



VETERANS OF FOREIGN WARS MASON DIXON POST 7234

APRIL 2024

COMMANDER'S CORNER

Fellow Comrades, Auxiliary, Mason Dixon Members,

Spring has sprung, clocks have been moved ahead. And so have we. First, let me wish Mark a speedy recovery and return. Last conversation with our canteen manager was about his getting ready to ring that BELL. Won't be much longer and you'll be seeing him flip flopping around the post. This year is



going to be an exciting time. Look around and you will see the post in a different light, literally. New fans to cool those nasty hot evenings. All the new flooring and painting, and new deck gives the surrounding a flair about itself. Changes are abound, you've noticed new menus and New music venues and New games being played - Like trivia and Mingo. The Shuffleboard is now always opened unless it's being used as a table top, but not too often. On top of having added trivia and Mingo, we are going to venture into the realm of Karaoke. Let me know what you think?

I'm planning a get together on a Sunday in April with DR. Thomas Beck, an orthopedic surgeon to speak about joint management, knee and hip replacement. About our Friend (Author Ritis),

we haven't set a date yet. We've had a volunteer orientation, about 45 maybe 50 people showed. We have added some kitchen help; some Flip Five volunteers along with some servers for the game nights. Don't fret future volunteers. We are still looking to place more volunteers in open spots, and continue to call prospective volunteers. Oh, I can't forget to mention the new Friday family pizza night. Enjoy pizza and half price beer; bring your children grand children, who can drink Shirley temples free. Over the next few summer months we will be booking top bands for Saturday nights. Some bands will be ticketed events, but will include top of the line ayce buffet. If you like to receive up to date news and hear the latest gossip leave us your name and email. Write it down and give it to one of the bartenders.

Also, consider purchasing a key card to enter the post. It can become a problem when the bar is busy and the bar tender can't find time to answer the buzzer. Cost of card is \$15.00. Any questions that you may have just direct them to the officer on duty that evening. A Post Officer will always be at the post to assist if needed.

Thank you and enjoy your early spring.

Jim Jensen,
Commander Post 7234

AUXILIARY PRESIDENT

I hope everyone had a joyous Easter with family and friends this past weekend. We look forward to spring, warm weather, and the upcoming summer season at the post. As for March.....St. Patrick's Day was great at the post, new events at the post have been fun and exciting. Our Hospital program continues to serve our Veterans and community



members with visits to the VA Hospital and several facilities in the Sussex County area. They most recently delivered 198 music CD'S to Atlantic Shoals that were collected and donated by members.

The Children's Easter Craft Event was held on Sunday March 24th at the post. Children were

treated to a day of crafts, prizes, treats, and a visit from the Easter Bunny.... thanks Kevin Conlon for a wonderful job. A big thank you goes out to the 22 volunteers that made this day exciting for the children and a great success. Thanks to Pops, John, and Jerry for volunteering their time in the kitchen for this event. Thank you to the Commander Jim Jensen and Jr. Vice Commander Mike Tuckman for attending, I think even they enjoyed their visit with the Easter Bunny. A few pictures are attached in this newsletter but see our face book page for more.



We ended the month of March with our Vietnam Veterans Day Service on the 29th. Congratulations to the Quilt of Valor recipients. This is honorable day to remember and honor those who served in Vietnam.

April is an important month for the Auxiliary. At our monthly membership meeting on April 1st, nominations and elections for Officers will be held. Those elected offices are President, Sr. Vice President, Jr. Vice President, Treasurer, Chaplain, Conductor, Guard, and a 3 year Trustee. It is important for membership to attend and nominate and elect the leadership team that they wish to represent them. Let your voice be heard. Consider being nominated and holding an elected office. Nominate yourself or if

you feel uncomfortable ask someone to nominate you. Please do not feel apprehensive about stepping up and taking on a leadership role. Don't hesitate about nominating more than one person for a position. Just because someone is nominated for a position doesn't mean someone else can not be nominated for that position as well. Elections allow for the membership body as a whole, to elect those that they feel will best represent them. A member with numerous years or just a few can both effectively do the job. If wondering about duties of a position, they can be found in the Podium book. I look forward to seeing you at the meeting and participating in electing a strong leadership team for our Auxiliary for the term 2024-2025.

With the warmer weather approaching we look to be installing bricks of loved ones that have been ordered and delivered to our memorial. Our memorial park will continue to grow and improvements made. The Department of Delaware Red, White, and Blue Gala will be held at the Cheswold Fire Co. 71 Main St. Cheswold, Delaware on April 6, 2024 from 5:00 – 10:00p.m. Tickets are \$40.00 each. Thanks to Cindy Weese and Carol Weber for taking care of and making a basket for our Auxiliary to donate to the event. Basket will be used during the event in a raffle to help support and fund the Department Ways and Means.

Door monitoring at the Post will be starting again. Please be polite, courteous, and respectful to the door monitors. They are members of this post just like you. Greet and treat them in the same manner as you would expect to be greeted or treated.

Remember our Veterans serving at home and abroad. Take a moment to reflect, thank God and a veteran for the freedoms you have.

Stay Safe, Stay Healthy,

Dale A. Weese, Jr.
President, Auxiliary 7234
(302) 616-6298
Aux7234.de@gmail.com

BOARD OF DIRECTORS NOTES

Comrades, Auxiliary, Post Members;

Your Board was quite busy in March. We participated in: Visiting the Brandywine



Assisted Living Facility in Selbyville; the Vietnam Veterans Day Recognition and Quilts of Valor Presentation Ceremony at the Post; a Post Events Committee Meeting; a VFW Volunteer Orientation Session; Canteen and

Bar Management Meetings; Trivia and Mingo Game Nights; the Annual St. Patrick's Day Party; the Annual Children's Easter Craft Party; and the Monthly General Membership Meeting. Most importantly, for our Members and their Guests, Post Officers and Board Members were on site each day at the Post. Our daily coverage during March continued from its genesis in February. It demonstrates our commitment and concern for the success and continuity of operations.

While our thoughts and best wishes continue to go out to Mark Daughaday for a speedy recovery from his recent health challenges, we were blessed to have John Frye step up and assume the duties and responsibilities as our Interim Canteen Manager. I believe John has done a fantastic job and we owe him a debt of gratitude for all he has done. It was not easy to come in and pick up where Mark left off. Likewise, our Kitchen Crew (John and Gina), our wonderful Bartenders, and Volunteers continue to step up. We are advertising for another Cook and Bartender to supplement the existing staff. If you have not visited your Post since the new floors were installed and the walls freshly painted, I urge you to do so. The whole place has a lighter and brighter appearance. I invite all Members and Guests to visit and observe the bright new atmosphere. While you are there, thank John Frye, John Hickman, Bill Healy, John and Marty Reilly, and the Kitchen and Bartending Staff for all they do – every day, to help make your Post an inviting place to come and bring your Guests. Remember, John Hickman is stepping down very shortly. We need

a replacement to Chair the Building & Grounds Committee. Please consider stepping forward to fill this Board seat.

The Events Committee continues to pursue entertainment alternatives to bring in more Members and their Guests. We are happy to announce additional Trivia and Mingo Game Nights are scheduled through April. Come out and compete for prizes. New nightly food menus continue in April. Keep your eyes and ears open for future events – including a Bull and Oyster Roast in late April, and a Wine Tasting in May. April is a month of transition – from winter to spring, we see flowers and trees spring back to life. Likewise, your Post has turned the corner from the winter doldrums and is springing back to life. We continue to Honor all our Veterans.

We are a business, which is true – our business is serving our Veterans – first, last, and always.

Chad Myers
Chairman
Board of Directors

CHAPLAINS CORNER

Our deepest sympathy goes out to the families who have lost loved ones. Eternal rest grant unto them O' Lord, may the perpetual light shine upon them, and may they rest in peace. Amen.



With Honor & Gratitude
We Remember

*Russell Bloodsworth
Kelly Hensley*

Please call Phyllis Scully at 30-381-539-9981 for the VFW or Eileen Healy at 302-539-9981 for the Auxiliary, if a member is sick or has passed away.

SERVICE OFFICER OUTREACH

At the direction of President Biden, VA is expanding health care eligibility to millions of Veterans — including all Veterans who served in the Vietnam War, the Gulf War, Iraq, Afghanistan, or any other combat zone after 9/11 — years earlier than called for by the PACT Act WASHINGTON — Today, VA announced that all Veterans who were exposed to toxins and

other hazards while serving in the military — at home or abroad — will be eligible to enroll



directly in VA health care beginning March 5, 2024. This means that all Veterans who served in the Vietnam War, the Gulf War, Iraq, Afghanistan, the Global War on Terror, or any other combat zone after 9/11 will be eligible to enroll

directly in VA health care without first applying for VA benefits. Additionally, Veterans who never deployed but were exposed to toxins or hazards while training or on active duty in the United States will also be eligible to enroll. As [directed by President Biden](#), this expansion of VA health care eliminates the phased-in approach called for by the PACT Act — meaning that millions of Veterans are becoming eligible for VA health care up to eight years earlier than written into law. This is a critical step forward because Veterans who are enrolled in VA health care are proven to have better health outcomes than non-enrolled Veterans, and VA hospitals have dramatically outperformed non-VA hospitals in [overall quality ratings](#) and [patient satisfaction ratings](#). Additionally, VA health care is often [more affordable](#) than non-VA health care for Veterans.

VA encourages all eligible Veterans to visit [VA.gov/PACT](https://www.va.gov/PACT) or call 1-800-MYVA411 to learn more and apply for VA health care beginning March 5. Since President Biden signed the PACT Act into law on August 10, 2022, more than 500,000 Veterans have enrolled in VA health care.

“If you’re a Veteran who may have been exposed to toxins or hazards while serving our country, at home or abroad, we want you to come to us for the health care you deserve,” said VA Secretary Denis McDonough. “VA is proven to be the best, most affordable health care in America for Veterans – and once you’re in, you have access for life. So don’t wait, enroll starting March 5th.”

“Beginning March 5, we’re making millions of Veterans eligible for VA health care years earlier than called for by the PACT Act,” said VA

Under Secretary for Health Shereef Elnahal, M.D. “With this expansion, VA can care for all Veterans who served in the Vietnam War, the Gulf War, Iraq, Afghanistan, the Global War on Terror, or any other combat zone after 9/11. We can also care for Veterans who never deployed but were exposed to toxins or hazards while training or on active duty here at home – by working with chemicals, pesticides, lead, asbestos, certain paints, nuclear weapons, x-rays, and more. We want to bring all of these Veterans to VA for the care they’ve earned and deserve.” In addition to expanding access to VA care, this decision makes it quicker and easier for millions of Veterans to enroll. Many Veterans believe they must apply to receive [VA disability compensation benefits](#) to become eligible for VA health care, but this is not correct. With this expansion and other authorities, millions of eligible Veterans can enroll directly in VA care – without any need to first apply for VA benefits. This expansion of care covers Vietnam Veterans, Gulf War Veterans, Iraq War Veterans, Afghanistan War Veterans, Veterans who deployed in support of contingency operations for the Global War on Terror (Operation Enduring Freedom, Operation Freedom’s Sentinel, Operation Iraqi Freedom, Operation New Dawn, Operation Inherent Resolve, and Resolute Support Mission), and [more](#). This expansion also covers many Veterans who never deployed as a part of a conflict but were exposed to toxins or hazards while serving in the U.S. Specifically, under this expansion of care, any Veteran who participated in a toxic exposure risk activity (TERA) — at home or abroad – is eligible for VA health care. VA has determined that Veterans who were exposed to one or more of the following hazards or conditions during active duty, active duty for training, or inactive duty training participated in a TERA: air pollutants (burn pits, sand, dust, particulates, oil well fires, sulfur fires); chemicals (pesticides, herbicides, depleted uranium with embedded shrapnel, contaminated water); occupational hazards (asbestos, industrial solvents, lead, paints including chemical agent resistant coating, firefighting foams); radiation (nuclear weapons handling, maintenance and detonation, radioactive material, calibration and measurement sources, X-rays, radiation from military occupational exposure); warfare agents

(nerve agents, chemical and biological weapons); and [more](#). VA will use all available information to determine if Veterans participated in a TERA, including military records and service connection.

VA is executing a nationwide campaign to ensure that as many Veterans as possible enroll. To date, VA’s PACT Act outreach campaign has included more than 2,500 events nationwide, \$13 million in [paid advertising](#), 88,000 earned media clips, more than 400 million emails and letters to Veterans, VA’s first-ever text messaging campaign, the creation of a [one-stop-shop PACT Act website](#), and more. This is the largest outreach campaign in VA history, which has one goal in mind: ensure that all Veterans — and their survivors — get the health care and benefits they deserve under the PACT Act. For more information about how the PACT Act is helping Veterans and their survivors, visit VA’s [PACT Act Dashboard](#). To apply for care or benefits today, visit [VA.gov/PACT](#) or call 1-800-MYVA411. More information on eligibility can be found at [VA.gov/PACT](#).

MILITARY BASE EXPOSURE MAP

We’ve just unveiled a new feature on our website designed to assist Veterans who have encountered hazardous chemicals during their service on military installations within the United States. This interactive map serves as a valuable tool for Veterans to identify the toxins they may have been exposed to during their service, as well as the potential health conditions associated with these toxins. The video below shows you how to utilize this tool.

We anticipate significant policy changes over the next decade addressing toxic substances found on our military bases within the United States. These changes will likely be favorable to individuals harmed by toxic exposures on these installations. If you or a loved one developed a systemic disease or cancer and were exposed to hazards on these bases, contact us.

In Comradeship,
H. Rich Fales, Post Service Officer
Cell: (301) 325-3813
Email: Smokey1st@netzero.net

HONOR GUARD NEWS

During the month of March, the Honor Guard was active as follows. On March 1st six members of the Honor Guard posted colors for the Moose Foundation at their semiannual conference in Ocean City. On March 8th ten Honor Guard members and post Officers visited our veterans who reside at the Brandywine Assisted Living residence. We had the opportunity to meet and greet 16 veterans and widows and spend time with them in a “Happy Hour” setting. Please see the attached photos.





On March 29th the Honor Guard participated in the ceremony, service, and recognition of Vietnam War Veterans Day at the Post. The Honor Guard posted colors and rendered “Volley and Taps. Twelve Vietnam Veterans received Quits of Valor. We are grateful to our Post Honor Guard for their dedication and service and “salute” you for your representation of VFW Post 7234.

If you are interested in becoming a member of the Honor Guard, especially our younger members, please contact me. I plan to conduct an orientation for those interested this spring.

John F. Gossart, Jr.
 Captain of the Honor Guard
 240-304-8183

Judge800@yahoo.com

Or:
 Mike Schiffer
 Assistant Captain of the Honor Guard
Rschiffer0@gmail.com

*The purpose of the Honor Guard is to provide funeral honors for our fallen comrades and guard national monuments. An Honor Guard may also serve as the ‘guardians of the colors’ “by displacing and escorting the national flag on ceremonial occasions at official functions.”

VFW GOLF ASSOCIATION

VFW Golf Association members play golf each Tuesday at the Salt Pond Golf Course. If you are thinking about joining the Golf Association, please contact our President, Ken Smith, at 267-228-7285 or madrivervenken1946@gmail.com for more information.

All Members,
 I hope you had a warm cozy winter. Spring has sprung and I’m sure you are all out practicing your golf skills in anticipation of our 2024 golf Season. Our organized golf season begins on Tuesday, April 2nd. and will require you to use our signup procedures. (Copy Attached) Last season we had a lot of last minute changes that we tried to accommodate, no shows, walk-ons not signed up, late cancellations, etc. All of these changes required us to reshuffle our pairings creating unwanted delays and headaches for those of us trying to make the accommodation. These last minute changes and delays were and are also unfair to Art and his Staff. In addition to our group there are other golfers that have or need tee times. Please keep this in mind. We may not be willing or able to make last minute changes. Our weekly entry fee will remain at \$5.00; \$2.00 goes to our charity fund and \$3.00 towards prize money. Prior to Memorial Day we gather at 8:30am and tee off at 9:00am. After Memorial Day we use the earlier times, we gather a 7:30am and tee off at 8:00am. I’m looking forward to an enjoyable 2024 season. See you soon.
 Ken

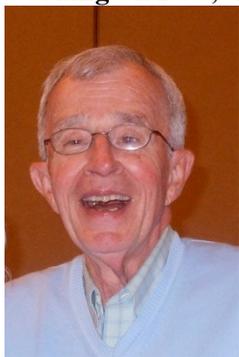
VFW Golf Weekly Signup Process

- All signups are via email to vfwgolf7234@gmail.com
- In the email, put your name and play date in the subject line. Send to the above email address. Any information in the body of the email will not be read unless the phrase “see below” is in the subject line. If you are bringing guests or have special requests. That would be examples of “see below” information.
- Signups are required to be sent prior to noon, the Monday before play.
- Since groups are created based on the fact that each group’s total handicap, to assure fairness, should be generally equal.
- Cancellations are the same process as signup. Just send another email with the subject line stating “Cancel” then your name and the play date.

WHAT WERE THEY THINKING?

Do you ever wonder, like I do, how normally sensible people come up with the zany ideas they do? Things to do and not do. Maybe “zany” is too judgmental. Here are a few examples for you to decide.

Sauna Mania. According to a recent report in the Washington Post, there’s a sauna marathon every winter in Estonia, a NATO nation in the Baltic Sea and the border with Russia. Teams of up to 14 people race to complete a circuit of 18 saunas in one afternoon. Each stop involves three minutes in a hot sauna followed by a plunge in cold water or snow and then a race to the next location. Beer, vodka and other drinks are provided.



A U.S. Army team from a unit deployed in that country participated in the marathon this year. Who was guarding the border? This is a different approach to “winning hearts and minds” than many will remember. I told Rosemary it was an activity I wouldn’t volunteer for because my skin might wrinkle. She said it’s too late to worry about that. I’m not sure what she meant.

Art Depreciation. An art museum in Lyon, France that featured an exhibition focused on representations of the human body required visitors on one evening to be totally naked. A spokesperson said the purpose was “to see how bodies interact with other bodies.” The 90-minute nude stroll through the gallery was followed by wine and cheese and a discussion of the experience. A lot of wine. No follow-up reports on the experience were available. Tout ce qui sera sera.

Keep Moving . . . Or Else. As reported in The Week magazine in February, pedestrians in Las Vegas can now be fined or even jailed if they stop walking. A new law sets penalties up to six months in jail and/or a fine of up to \$1000 for anyone who on or near pedestrian bridges, elevators and escalators halts his or her forward progress in a way that causes another person to also stop walking. The purpose is “to maintain the safe and continuous movement of pedestrians.” To the casinos, no doubt. You can imagine the jail conversations starting with: “What are you in for?”

Department of Silly Walks. According to Jason Gay in the Wall Street Journal, there was a study late last year that claimed walking backwards is good for you. The study must read like a Monty Python script. The claim is that walking backward is good for your lower back, hamstrings and muscles we don’t normally use. It may even help with anxiety (except fear of falling) and improve your memory. One caution was that you should start with short distances (not walking backward to Rehoboth or to the bathroom at night), and also rely on a friend (hopefully) as a walking buddy to look out for you. I don’t see this activity as a trend in our demographic area, and I know it’s not for me. One thing’s for sure: Don’t try it in Las Vegas.

The Nose Knows. Early this year, a 39-year-old Danish man stuffed 68 matchsticks in his nostrils to set a new Guinness world record. (Yes, there’s a Guinness category for nose stuffing.) The winner could have set the record with 45 matchsticks, but found he had more room so he just kept going. You know there’s a nose out there in training to challenge the record.

Skydiving for Records. Two quick reports: There’s a Guinness record for the shortest time solving a Rubik’s Cube puzzle while skydiving. There are people who compete to do this. Late last year, a 17-year-old Australian jumped out of a plane at 14,000 feet and solved the puzzle in 28.25 seconds, beating the previous record by almost two seconds. The young man can solve the cube in 6.5 seconds on the

ground. Why wasn't that enough? Your guess is as good as mine.

Not to be outdone, a 104-year-old woman from Chicago left her walker on the ground and jumped from 13,500 feet (in tandem with an instructor) to set a new Guinness World Record as the oldest skydiver. Hard to beat this one.

All this makes me wonder what the people involved were thinking. Is there something in their DNA that compels things like nose stuffing for a Guinness record or putting people in jail if they stop walking? Who knows and does it really matter? As Darin McCann quoted a friend in a column in the Coastal Point about unusual laws and regs: "Life's about the stories."

Looking forward to April, here are some dates to keep in mind, in addition to all the dates on the Post calendar.

April 7. National Beer Day, also known as Jason Kelce Day in Philadelphia. It marks the anniversary of the relegalization of beer (3.2% alcohol) in 1933, during Prohibition and the Great Depression in the U.S. The new law revitalized the economy. Breweries hired thousands of new workers and purchased delivery trucks, bottles and kegs and thousands of bushels of malt and barley, which also increased employment. A popular song at the time was "Happy Days are Here Again." You could say beer saved the country.

April 8. Total solar eclipse occurs over part of the U.S., when the moon passes between the sun and our planet Earth and blocks the sun from view. According to the Delaware News Journal, the State is not in the "path of totality." We'll see a partial eclipse between 2:07 pm and 4:34 pm, with maximum eclipse effect at 3:27 pm. They're still advising people to look at the eclipse with appropriate safety glasses. Check local media for more information.

April 9. Former POW Recognition Day.
April 14. U.S. Air Force Reserve established in 1948.
April 15. Tax Day
April 22. Passover begins.
April 23. U.S. Army Reserve established in 1908.

Hope you enjoy every day in April.

Jerry Hardiman

LITTLE KNOWN FACTS

A few EGGS- TREMELY interesting facts on Easter

Ham is a staple Easter recipe Tradition. Reason, long before refrigeration people would Cure the hams in the winter months and when the ham thawed out by springtime it made sense to use it, thus becoming the centerpiece

The Easter bunny was brought to this country back in the 1700s by German immigrants.

Milk chocolate candy outsells all other chocolates mainly due to Easter

16 billion jelly beans are produced every year in the U.S. alone. Enough to circle the earth over 5 times

The little marshmallow peeps were originally made by hand until early 1900s

2 billion are sold here annually.

So now you know!

Jim Jensen
Commander

COMMUNITY CARE

On Sun, Mar 24, 2024, 7:34 PM James Jensen <jamesjensen916@gmail.com> wrote:

The pasta casseroles were well received. We delivered 70 casseroles between two churches. St. Paul's by the sea in ocean city and Mariner's Bethel in Ocean View. Both were very thankful.

We will again be passing out the pans and recipes on Cheese steak Tuesdays, FF Wednesdays and family pizza nights. On Friday All casseroles need to be frozen when returned to the post by 4/15 to 4/20.

So we can prepare for delivery.

Thank you again.
Commander Jim Jensen
Community Care Chairman Andy Artemchuk

VFW PAVILION

We are in the early stages of developing an outdoor Pavilion at the Post. Building an outdoor Pavilion will allow us to better serve our members with a place for new events. It will give us a better space to accommodate the crowds we have experienced at past events. It would be a place for family events and activities. It will have the capability of being enclosed during winter and bad weather. I would like to create a committee to start planning the building of a Pavilion. Please contact me if you would like to be on this committee. Vfw7234@gmail.com

The most important phase is to develop some drawings for the pavilion so we can understand what it will cost. If anyone has architect skills that would be willing to volunteer to put some plans together for us please contact me.

Once we get an idea of cost we can start fund raising and soliciting donations.

Thank You
Jim Jensen
Commander

POST MEMBERSHIP



We are now offering a free two year membership for our younger Combat Veterans who served in Southwest Asia campaigns. Please stop by Post or visit website vfw7234.com "Contact Us"



TICKETS ON SALE APRIL 1!!

Spring Bull & Oyster Roast.

Saturday 4/27 at 3pm.

Doors open at 2pm

Tickets are \$45pp

(Buy at the bar starting April 1)

Fund Raiser for Veteran Relief Fund



**THURSDAY NIGHT BASKET
(BURGERS, DOGS, FISH)**



**"HELP A VETERAN" PROGRAM
IF YOU NEED HELP OR A VISIT OR A CALL
OR BENEFITS INFO
CALL OR EMAIL US
539-9981
VFWPOST7234@GMAIL.COM**

LEADERSHIP TEAM

Commander	James Jensen
Sr. Vice Cmdr	Chad Myers
Jr. Vice Cmdr	Mike Tuckman
Quartermaster	Bill Healy
Adjutant	Fulton Loppatto
Chaplain	Phyllis Scully
Judge Advocate	John Gossart Jr.
Surgeon	Richard Wagner
Officer of the Day	Andy Artemchuk
Guard	Jeff Ringel
Service Officer	Rich Fales
Honor Guard Capt	John Gossart Jr.
Trustee	Danny Steele
Trustee	Skip Coale
Trustee	Rob Gill

BOARD OF DIRECTORS

Chairman	Chad Myers
President	James Jensen
Vice President	Chuck Guido
Treasurer	Bill Healy
Secretary	Ken Weber
Board Member	Andy Artemchuk
Board Member	Fulton Loppatto
Board Member	Mike Tuckman
Board Member	John Mitchell
Board Member	Rick Delaney
Board Member	John Hickman

AUXILIARY TEAM

President	Dale Weese
Sr Vice Pres	Karen Ware
Jr Vice Pres	Theo Loppatto
Secretary	Ty Magliola
Treasurer	Roberta Walter
Chaplain	Eileen Healy
Guard	Shirley Stong
Conductress	Connie Weber
Patriotic Ins	Peg Atkins
Trustee	Connie Weber
Trustee	Carol Weber
Trustee	Debra Craven

Veteran Claims Assistance

Our state Veterans Service Officer comes to our Post the 2nd Thursday of every month at 1:30PM; to make an appointment you can contact him at david.hilliard@va.gov or 302-994-2511 ext 7586

FOOD BANK

Please continue to drop off food items at the entry way. We continue to support our local families in need. Thank you for your donations.

**VFW POST 7234 HONOR GUARD
TO BECOME A MEMBER, PLEASE
CONTACT JOHN GOSSART
240-304-8183**

HELP A VET PROGRAM

**Veterans - Need help assistance, a friendly call, a visit, etc.
Contact our Post: 302-539-9981 or
Vfwpost7234@gmail.com**

Member Sick or Deceased

**Please call:
For VFW – Phyllis Scully 302-539-9981
For Aux – Eileen Healy 302-539-9981**

Assistance with VA claims or benefits

**Please call:
Rich Fales (301)325-3813 or email me at
Smokey1st@netzero.net**

**For the Latest Updates and News
Please send your email to
vfwpost7234@gmail.com**