



VETERANS OF FOREIGN WARS MASON DIXON POST 7234

FEBRUARY 2024

COMMANDER'S CORNER

Hello Comrades, Auxiliary, Post Members,

Winter has finally arrived! Temperatures down in the twenties, blustery winds, and our first snow.



Waking up to frost on your windows and leaving for work 5 or 10 minutes earlier, just to sit in your cold car while it warms up. Yes, winter is here. The post is now in our slower, lower mode. Oh, don't get me wrong, we still have our routines that

we follow. Through the crowds have dwindled some and the roar during a football game has gotten less, we still move ahead with an agenda. Always, looking for ways to improve and to keep our members abreast with the happenings at the post. We had our first trivia night event on Monday evening. We had nearly 90 people in attendance. It was a fun night. Looking forward to the next scheduled trivia. We are working out some scheduling. Trying to work around football playoffs (Ravens). The super bowl and finally the replacement of the complete upstairs flooring. We're staying open downstairs to accommodate our members. We have upcoming events that we are in the process of finalizing.

So watch your newsletters for such events as trivia, mingo, wine tasting, flea market in the spring and can't forget a spring 50's 60's/70's sock hop. You have

plenty of time to break out your saddle oxford shoes and take your hoop skirts out of moth balls. That should be hoot of a night!! And we will still throw in St. Paddy's Day or as around here we refer to it as (Mark Daughaday's Day).

Vietnam Veterans Day will be March 29. Chili cook-off can't let this one slip by.....post Olympics. Along with our regular activities; cheese steak night, flip 5, weekly dinner specials. So, yeah, we are in our slower time, But still moving along. Before I forget. Congratulations are in order. Our JR. Vice Commander Mike Tuckman was nominated for the Jr Vice Commander of our district and he accepted. Our own, how can I put it.? Our "go to man".

Former Commander (State, District, Post), Chaplain (State. District, Post) and every other position that is affiliated with the VFW. Our most honored John Mitchell was nominated for Sr. Vice Commander. And he accepted.

Another well accomplished Past Commander (State, District, Post) and District Quartermaster ran unopposed and was reelected. Danny Steele that's all!

But the evening really belonged to our adjutant Fulton Loppatto who has been the District Commander for 3 consecutive years. He has decided to pass the gavel to a new incoming District Commander.

P.S. I want to thank all those who contributed to the success of our first trivia. Mark, Bill Healy, our expeditor Dale, our cooks, John, Gina, and Paul. Our cashier Mary Ann, our 50/50 Raffle guys Chuck and Joe, our servers Debbie, Mike, Chad, and yours truly. Our bartenders Debbie, Jenna, Sharon, Lori, Beverly. Thank You for a fun evening.

Did I forget someone, oh and what's his name BOBBY. (whose little white Xmas tree collected \$300.00 in donations for the posts Veterans relief fund). Well done Bob.

Jim Jensen,
Commander Post7234

AUXILIARY PRESIDENT

I hope February finds everyone well and that we are all taking advantage of the better than



average weather in January, although it has been a little wet. We continue to take orders for bricks at our Memorial Park and numerous previous orders are in and awaiting installation as soon as weather dictates. Come out and see the Memorial, it is truly a lasting

tribute to those who served our country and post.

Our membership continues to grow by leaps and bounds. We ended the last Auxiliary fiscal year at the end of June 2023 with 1,972 members. As of the writing of this newsletter our Auxiliary has 2,141 paid members with 5 months still to go in the 2024 fiscal year and continue to be the largest Auxiliary in the country.

At our last meeting we started talking about ideas for our Buddy Poppy display that we will be submitting at the Department Convention in June. I have noticed an increase of new members attending our monthly meeting. It is good to see new faces getting involved and presenting ideas. As I have said before, we have a great blend of individuals with ideas and experience in our Auxiliary. I look for our more experienced members to guide and mentor our new members.



On the subject of mentoring, our Auxiliary Mentoring for Leadership Chair Carol Weber, presented certificates to Theo Loppatto, Roberta Walter, and Cindy Weese at our January meeting for their efforts in mentoring fellow Auxiliary members. Good job and congrats ladies. As I have said before, as a family there is nothing we

can't achieve.

Legislative front

2023 DE SB201 is being introduced. This is an Act To Amend Title 30 Of The Delaware Code Relating To Exclusion Of Military Pensions From Taxable Income. It is currently capped at \$12,500 and also has an age provision of 60. This bill looks to remove the age provision of 60 and to increase exclusion on a year to year basis with an increased exclusion to \$25,000. Follow this bill and contact your legislator expressing your support of this bill and our veterans.

Our Patriotic Art submissions are due at the end of March. See VFW Auxiliary National website or details.





BOARD OF DIRECTORS NOTES

Comrades, Auxiliary, Post Members;

Your Board was busy in January. We attended or participated in a Veteran's Memorial Service



at the Veterans Cemetery; Trivia Night Activities; Flag Duty on the Post Grounds; the Quarterly District Meeting held at the Rehoboth VFW Post; an Events Committee Meeting; and the Annual Voice of

Democracy, Patriots Pen, and Teacher of the Year Presentation Ceremony.

Prior to the beginning of our January 2024 General Membership Meeting, the Post and Auxiliary awarded Certificates and monetary prizes to Voice of Democracy, Patriots Pen, and Teacher of the Year Contestants. The Ceremony was attended by our nine contestants with over 25 Family members in support. Additionally, a Banquet scheduled in February will recognize Contestants that advanced to win at District level.

The Events Committee met on 18 January and welcomed two new members (John Frye and Debbie Woods). The committee continues to pursue entertainment alternatives that will bring in more Members and their Guests during the off-season months. We are happy to announce that our Trivia Game Night on Monday, January 15 was a tremendous success with over eighty attendees. Teams of six people competed for gift cards to local grocery stores. A new Monday night food menu was available and was also a hit. Keep your eyes and ears open for future events that the Events Committee is sponsoring.

At the District Meeting on 17 January, nominations were opened for 2024 – 2025 Officer positions. Please join me in congratulating John Mitchell, nominated for District 4 Senior Vice Commander; Mike Tuckman, nominated for District 4 Junior Vice Commander; and Danny Steele, re-nominated to stay on as District 4 Quartermaster. Likewise, please join me in thanking our own Fulton Loppatto for his many years of dedicated service as District 4

On January 20th Commander Jensen, Post Officer of the Day Andrew Artemchuk, President Dale Weese, and Youth Chair Cindy Weese participated as judges for the Girl Scout dessert contest. This was held at the Millsboro Fire Department in which Girl Scouts made desserts utilizing the various girl scout cookies. 35 total entries were submitted and made for a very filling and sweet day.

February will be a busy month at the post. Bar Olympics on the Feb 4th and the Superbowl on Feb 11th before closing of the upstairs for construction. For those that are new members, Bar Olympics is a great time, come out and participate.

Our nominations and elections for Officers are coming up in April. Start reflecting on the direction of our Auxiliary and the officers that should represent and lead our Auxiliary. Please consider stepping up to assume a position as an Officer or to chair or co-chair a committee. Many may feel uneasy or unprepared, but rest assure there is much experience in our Auxiliary and they will help you be successful. Please talk with me or another Officer if you have an interest in an Officer Position or Chair of a Committee. I look forward to seeing everyone at our monthly meeting the first Monday of the month at 7:00 pm.

Have a Happy Valentine's Day.

Stay safe, stay healthy, and God Bless America

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

Commander. He is leaving that position later this year.

Finally, your Board has some tough topics to consider coming up in 2024. The preservation of our shoreline behind the Post, and a replacement for the outgoing Building & Grounds Committee Chair (John Hickman) are high on the list. If you have an interest and desire to fill this position, please make a Post Officer or Member of the Board aware of your intentions. In last month's Newsletter, I erroneously published that our Quartermaster, Bill Healy was leaving this year. That was a mistake. Bill is not leaving his position until 2025. My apologies.

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.



Ronald Pickup

With Honor & Gratitude
We Remember 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

Veterans Benefits Banking Program integrates with VetCents to improve Veterans' financial health

January 10, 2024
By FranscinoCrowelle
Public Affairs Specialist, VBA Office of Strategic Engagement

The [Veterans Benefits Banking Program](#) provides Veterans with a safe, reliable and inexpensive

way to receive and manage their VA monetary benefits.



Now the program has added a new component with the integration of a newly redesigned [VetCents](#), which helps Veterans gain the knowledge, skills and confidence to take control of their financial life.

This integration multiplies VBBP's and [VetCents'](#) potential to support the financial wellbeing of those who have served our country as they navigate their financial journey. VBBP is a partnership between VA and the Association of Military Banks of America (AMBA), and since December 2019, has helped more than 300,000 Veterans and their beneficiaries transition from paper checks to direct deposit. VBBP started with only four participating financial institutions. There are now 95 Veteran-friendly financial institutions participating (32 banks and 63 credit unions), all of which have taken a pledge to help Veterans, their families, caregivers and survivors gain access to the financial system.

“In fiscal year 2023, VBA issued over \$13.3 billion a month to our six million Veterans and their families. We take the responsibility for protecting them seriously—and the benefits to which they are entitled—and we are excited that VBBP has allowed us to provide Veterans with enhanced opportunities to achieve financial wellness,” said VBA Deputy CFO Jeanine Gilson. “Having VetCents integrated into VBBP is yet another opportunity for us to be more responsive to Veterans' financial needs and connect them to resources which can help alleviate financial stress.”

VetCents was created by the Military Family Advisory Network (MFAN), a national nonprofit, to connect families to information and resources that they need to reach their financial goals; the [application redesign](#) is its next evolution to provide access to tools and resources that help support financial wellness, and its updates were specifically designed to provide an engaging and interactive experience that will help achieve financial health and security.

Learn more about VBBP at www.veteransbenefitsbanking.org.

Visit app.vetcents.org to sign up and open a VetCents account

ALERT: TO GET REIMBURSED FOR POST-2010 EMERGENCY MEDICAL EXPENSES, VETS MUST APPLY TO VA BY FEB. 22, 2024
ARLINGTON, VA - Last year, VA announced that it had created a unique, one-year open period during which veterans enrolled in VA Health Care can apply for VA reimbursement of their emergency medical expenses at non-VA facilities for emergencies that occurred at any time after February 1, 2010 – that is, during the last 14 years. This right to a VA reimbursement decision applies even if the veteran was denied reimbursement or did not apply for reimbursement in the past.

But VA has made clear that it will not decide whether the veteran is entitled to reimbursement unless the veteran files a reimbursement claim on or before FEBRUARY 22, 2024.

To file a reimbursement claim, a veteran must complete and sign VA Form 10-583 and mail or deliver it to the nearest VA medical facility to where you live. You can get a copy of VA Form 10-583

at www.va.gov/communitycare/programs/veterans/file-a-claim.asp. or

<https://www.va.gov/resources/reimbursement-of-non-va-prescriptions-or-medical-expenses/>

You can find the nearest VA medical facility to you at www.va.gov/find-locations/

The VA form must be received by the VA medical facility by the February 22, 2024 deadline. If you decide to hand-deliver the form, get a VA employee to sign his or her name and date of receipt to the copy of your signed VA Form 10-583 that you keep for your records. If you decide to mail the completed VA form, it should be sent in a way that allows you to prove the date on which the medical facility received the form – for example, by Priority Mail, or Federal Express. To the extent possible, you should also include the following along with the completed form:

- a statement identifying the dates of the medical emergency care, and the name of the non-VA facility at which emergency medical care was provided;

- a copy of any invoices provided by the non-VA facility for the medical services;

- a copy of receipts of any payments you made

for the non-VA medical services; and

- if Medicare, Medicaid or other private health care insurance covered part of the emergency expenses, a copy of any Explanation of Benefits or Medical Care Summary Notice prepared by these insurers.

You should keep a copy for your records of all the papers you provide to the VA medical facility.

The one-year open period for applying for reimbursement is an outgrowth of NVLSP's victory in the lawsuit *Kimmel v. Secretary of Veterans Affairs*. In that case, the U.S. Court of Appeals for the Federal Circuit invalidated the part of VA's reimbursement regulation that prohibited VA from reimbursing a veteran with private health insurance for the veteran's coinsurance liability not covered by insurance. In February 2023, VA announced the one-year open period to apply for reimbursement described above at the same time VA published its replacement regulation requiring VA to reimburse veterans for coinsurance.

More than 31,000 Veterans sign up for new VA life insurance program in first year

FOR IMMEDIATE RELEASE

January 11, 2024

10:00 am

WASHINGTON — Today, the Department of Veterans Affairs announced that its new guaranteed-acceptance life insurance program, [VALife](#), has issued more than \$950 million in coverage to 31,400 Veterans in its first year.

When VALife [first launched](#) in January 2023, it became the first new VA life insurance program for Veterans in more than 50 years and extended life insurance access to millions of Veterans. VALife provides up to \$40,000 of whole life insurance to our nation's Veterans. For all Veterans age 80 or under with service-connected disabilities from 0-100%, acceptance in the program is guaranteed and no medical underwriting is required. Veterans can apply online through VA.gov and receive an instant decision. This program also allows self-service functions like electronic payments and beneficiary updates.

President Biden believes we have a sacred obligation to care for our nation's Veterans and their families, and he has made delivering for

Veterans is a key part of his Unity Agenda for the nation. In total, VA is now providing [more insurance coverage to more policyholders than ever before in our nation's history](#) – currently serving 5.6 million Veterans, service members, and their families with \$1.5 trillion of insurance.

“All Veterans deserve to know that their families will have financial support when they pass away,” said Secretary of Veterans Affairs Denis McDonough. “VALife helps make that happen, providing well-earned peace of mind to Veterans and their families VALife increases Veteran access to life insurance in several ways:

There is no time limit to apply: VA’s previous life insurance program for service-disabled Veterans, [Service-Disabled Veterans Insurance](#) (S-DVI), required most Veterans to apply for insurance within two years of receiving their disability rating. VALife has no such time constraint for Veterans aged 80 and under.

There is no health requirement to apply: Under S-DVI, Veterans had to be in good health except for service-connected conditions. VALife has no medical evaluation tied to it.

Veterans are eligible for more coverage than before: Under S-DVI, most Veterans could only receive up to \$10,000 of coverage. Under VALife, all Veterans are eligible for up to \$40,000 of coverage.

VALife premium rates are competitive with, or better than, rates for policies with similar coverage available in the private sector, and \$40,000 of coverage is more coverage than what other similar products offer. The policy will build cash value after the first two years of coverage when the face value goes into effect. If a Veteran passes away during this two-year waiting period, the named beneficiary will receive all premiums paid plus interest. VALife does not offer waiver of premiums.

Veterans currently enrolled in S-DVI have the option to keep their current coverage or switch to VALife. These Veterans can apply for VALife at any time; however, if they apply before Dec. 31, 2025, they can also retain coverage under S-DVI during the two-year waiting period for the VALife death benefit to go into effect.

To learn more visit va.gov/life-insurance/ nationwide.”

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



HONOR GUARD NEWS

The Honor Guard participated in 1 funeral service this month. On 1/11/24 nine members of the Honor Guard rendered Volley and Taps at the Veterans Cemetery for retired Coast Guard Captain Ronald Pickup (87)(Vietnam).



The Honor Guard and Post Officers were present at St. Ann Catholic Church for the funeral service for Rose Kominiak wife of longtime Honor Guard member

Andy Kominiak (Korea).



Pictured are our 3 Honor Guard Korean veterans (left to right) Bob Argonish, Don Golis and Andy Kominiak.

We are grateful to our Post Honor Guard for their dedication and service and “salute” you for your representation of VW 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 over the next several months.

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 Post 7234 Hosts Recognition Ceremony for Youth Essay Contestants

A Ceremony held on January 8th at Mason Dixon Veterans of Foreign Wars Post 7234 in Ocean View recognized the 2023 Entries for the annual Voice of Democracy (VOD), Patriot’s Pen (PP) and Teacher of the Year Competition. The ceremony continues VFW’s and the VFW Auxiliary’s tradition of promoting patriotism and investing in our youth. During the ceremony, high school and middle school students and the Teacher of the Year received a Certificate and monetary awards. All entries were judged by a panel including Chad Myers, Post Senior Vice Commander, and Competition Chairperson; Dale Weese, Post Auxiliary President; Karen Ware, Post Auxiliary Vice President; and John Mitchell, Previous Post Chairperson of the Competition.

The Voice of Democracy audio-essay program was established in 1947. In 2023, it provided students in grades 9 – 12 the opportunity to express themselves in an audio and written essay submittal on the topic of: “What are the Greatest Attributes of our Democracy?”. The first-place winner was: Ms. Brynn Crandell; second place was awarded to:

Ms. Emily Davis; and third place was awarded to: Ms. Isabella Candeloro.

The 2023 Patriot’s Pen essay program provided students in grades 6 – 8 the opportunity to express themselves in a 300 – 400 word written essay submittal on the topic of: “How are You Inspired by America?”. The first-place winner was: Mr. Matthew Johnson; second place was awarded to: Mr. Chase Mutz; third place was awarded to: Mr. Colin Hickman; fourth place was awarded to: Mr. Anthony Schifano; and fifth place was awarded to: Mr. Torin Crotty.

The VFW highly supports the educators of America’s Youth. Annually, it identifies and recognizes educators who instill a sense of national pride in their students. The VFW Post 7234 Teacher of the Year for 2023 was awarded to: Mrs. Haley Mears, a K – 5 Teacher at East Millsboro Elementary School in Millsboro.

The VFW Post 7234 Competition for 2024 occurs this fall, so keep a watch out for further announcements at that time.

James Jensen
Commander

Chad Myers
Senior Vice Commander
Chairperson, 2023 VOD and PP Committee







us for the game, we are asking for you to bring a covered dish to share with the group. We will eat at 5pm and then be ready for the game. Please get out your best recipe and join us for this fun day. On Monday the 12th we will be closing the upstairs for a complete floor replacement and other repairs. As the schedule goes now this should be 2 week project. We let you know of any changes to plan. While we are closed upstairs the Canteen downstairs will be open. Our normal food service will not be offered downstairs. We will feature a Hot Dog Bar and Snacks for your enjoyment. On the 2 Wednesdays downstairs we will have Flip Five at 6pm. On those nights you are allowed to bring food and snacks for your enjoyment. On Monday 2/26 we will have our second Trivia Night from 6-8pm. You may register your team at the Bar and see if your group will be named the mighty champ. From 5-7pm you may order from our Canteen Menu to enjoy before and during the game. Please remember those in our community who need our help. Items for the Food Bank can be left in the Lobby anytime the Post is open.

See you at the Post
Mark

MORE NEWS FOR THE NEW YEAR

As we moved through January, news kept coming in about New Year's resolutions. If you're still considering personal goals for 2024 or working on those you made in a weak or lubricated moment on New Year's Eve, here are some reports to think about.

Sound bath therapy. According to a report in the Delaware News Journal on January 23, this is something that promotes "inner peace." It's safer



than burning candles or incense and it doesn't cost much. All you need is a tuning fork, gong, cymbals or best of all, a set of "singing bowls." From the picture in the paper, they look like four or five different size salad bowls. But these metal bowls will emit different tones by tapping a bowl with a mallet or rubbing the rim. Apparently,

what you do is create and focus on sound vibrations and in about an hour or less, all anxiety, stress and

CANTEEN CORNER

February will be a very busy month at the Post, and it will be important to refer to the calendar and emails for any schedule changes.

On Sunday 2/4 we will have our 7th annual VFW Bar Olympics. This features 2 person teams that compete in Darts, Corn Hole, and Shuffleboard. The teams are formed by a blind draw. Each team will compete in this double elimination tournament until they are eliminated. The last team standing will be crowned the Champion. It will cost \$10pp to enter and prizes will be awarded to the top 3 teams. Registration starts at 1pm and the games start 2. Spectators are welcomed and all are encouraged to bring a covered dish to share at intermission. This is a very popular event with a 16 team maximum.

Sunday the 11th is Super Bowl Sunday and we will have a full day of activities planned. We will start at 3pm with Super Flip 5. It is a little different than our normal Wednesday games. It will cost \$30 to play and feature many more winner take all games. The final game will feature a very nice Jackpot. Following Flip Five we will settle in for the Game. If you are joining

fatigue evaporate. Not only that, but your chakras are unblocked, if that's something you worry about. I don't know what all this means, but it sounds good, (sorry), and better than an ice bath (see note below). Guinness is another option.

Put aside your smart phone. As reported by our friend Darin McCann in his column in the Coastal Point on January 26, Sigg, a yogurt company I'm naturally not familiar with, conducted a campaign and contest called "Sigg's Digital Detox" to encourage people to ditch their smart phones for a month. You could win some substantial prizes, including cash, or even better, a flip phone. Most surprising to me was that apparently the average person, whoever that is, spends about 5.4 hours each day on the phone. I don't know how they came up with that number, but it seemed low to me, based on the people I see on their phones, walking around, crossing streets, in stores and restaurants and, yes, in their vehicles. For those folks, I think putting their phones in a drawer for a month would be impossible. Darin entered the contest and is also considering something called "self-discipline" to cut down on his phone time. Good luck, Darin. Whatever happens, we already know that even with some phone distraction, Darin doesn't miss much, if anything, about what's going on around him. Or about the Orioles.

You don't have to be obsessively neat (or even resolve to be neater) to be happy. As reported in "The Week" magazine, neatness guru Marie Kondo, now 39, admitted that since welcoming her third child she has given up on all that tidiness advice. And she's happy with life's clutter.

Based on a report in the New York Times on January 9, the AARP magazine and other sources, we can forget the hype and "influencers" and now know a few sensible things with scientific certainty.

You don't need to walk or run 10,000 steps a day to stay healthy. That myth started with the translation of a Japanese marketing slogan for a pedometer in the 1960s. Right now, 3867 steps roughly a 2-mile walk, is enough. Even 1000 steps a day, about a 10-minute walk is a good goal. I'd like to know who counted. I'm sure there's a lower healthy number. Here's a quote from Aristotle that fits the situation: "Leisure seems itself to contain pleasure and happiness and felicity of life. And this is not possessed by the busy but by the leisured." You can always count on old Aristotle for words to live by.

You don't need to lift heavy weights to build muscle. About 30 repetitions with light weights (maybe 12-

ounce curls) is just as effective. The sports medicine physicians say: "Don't overdo it" and "It's all a matter of personal preference." I love that advice.

Ice baths may not be good for you. The ice bath "trend" (Did you know about it?) which includes ice water plunge spas and events and growing sales of ice bath tubs for home use, may not improve recovery from a workout or rev up your immunity as claimed. They actually may slow the muscle repair process or stop your clock. Who didn't already know this from common sense?

Slip-ups are inevitable. (Not just in the ice tub.) A report in the Wall Street Journal in the January 27-28 edition advised that whatever your resolutions may be, don't give up if you slip up. You're only human. Be kind to yourself. I always like hearing that.

Looking forward to February, here are a few dates to keep in mind, in addition to all the events on the Post calendar.

Feb. 10. The beginning of the Lunar New Year. Often called the Chinese New Year, it's also celebrated as a Spring festival in other Asian countries and communities. Some may remember it as Seollal in Korea and Tet in Vietnam. February 10 ushers in the Year of the Dragon, one of the 12 signs in the Asian Zodiac calendar. People born in a Year of the Dragon are supposed to be intelligent, generous and idealistic. To see if you were born in a dragon year, just count back from 2024 in 12-year increments: 2024, 2012, 2000 and keep going. Or just be generous and kind.

Feb. 11. Super Bowl Sunday.

Feb. 13. Mardi Gras. (Laissez les bon temps rouler!)

Feb. 14. Valentine's Day (Keep romance going.)

Feb. 19. Presidents Day (At least we'll remember and honor George Washington and Abraham Lincoln, both born in February.)

Feb. 29. This is the extra day we get every Leap Year to be grateful for all our blessings.

Hope you enjoy every day in February.
Jerry Hardiman

LITTLE KNOWN FACTS

Most points scored by one team in a super bowl was 55 by the 49ers against Denver.....55 To 10.

Most run scored in a baseball game Held by the cubs in 1922 beat the Phillies 26 to 23. Cubs actually led 26 to 3 but held on to win Also most runs scored combined 49

Most points scored by an NBA team Pistons beat the nuggets 186 to 184 in 1983

Most points by one team in hockey Montreal bested Quebec bulldogs 16 to 3 in 1920

Jim Jensen
Commander

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

BRICK UPDATE

Several people have asked about bricks recently ordered. We have received over 60 bricks that had been ordered in the Fall. All orders have been processed through mid January. We will wait until the weather warms up hopefully in March to install them in the Memorial Park. Thanks for your order and patience. Also we will continue to accept brick orders and send a new order to the engraver once a month. We still have ample room in the Memorial Park.

Vietnam Veterans Day

Mark your calendar for March 29 as we commemorate Vietnam Veterans Day at the Post. We will have a ceremony, present quilts to our Vietnam Veterans and share a lunch. If you know of a deserving Vietnam Veteran that has not gotten a quilt please contact us at vfw7234@gmail.com . Also please honor your Vietnam Veteran with a brick in our Memorial Park. Since we have over 700 Vietnam Veterans at our Post we are looking for a large turnout. Now the largest event at the VFW Post was in 1982 when the wall in DC was dedicated. 600 people were in attendance, certainly we can exceed that.



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**