



# VETERANS OF FOREIGN WARS MASON DIXON POST 7234

## JANUARY 2024

### COMMANDER'S CORNER

Hello Comrades, Auxiliary, Post Members,

For the last 2 to 3 monthly newsletter I have told you about the plans of the post moving forward with building and maintenance. Because this is the time for giving I thought in this letter I would speak about the many ways we offer assistance to those who need help. The help we offer to our veterans, our



main mission. We at this post are dedicated to that mission.

We make telephone calls to members whom we haven't seen or heard from and we offer rides to medical appointments if needed.

We have a Veterans relief fund at our disposal. We can supply wheel chairs and canes to those who require them. We've partnered with UPS in a program called RAMP it UP. A veteran is supplied a ramp leading to the entrance of their home.

We donate to worthy causes: Like Home of the Brave. A Veterans home for both male and female veterans in need of help. We've helped a veteran and family secure a home. We've helped a veteran with a go fund me when their home burned to the ground.

We extend our help to worthy organizations within the community with our honor guard during special holidays. We hold social events to raise awareness of the veterans many needs. Our post avid golfers recently held a tournament that raised \$7000.00 dollars and was donated to the Home of the Brave. A wonderful gesture! Our post extends participation to the community in our Memorial Day and Veterans Day ceremonies at the post. Also a Memorial Day Ceremony performed on the boardwalk in Bethany beach.

We believe no one should be without a thanksgiving meal. We open our doors and serve 400 or more people AYCE and prepared and served by post volunteers.

We also donated 18 roasted and carved turkeys to a church that serves the many homeless in Ocean City.

So, now you can see what we are about, and how we go about helping our veterans and community.

Thank you members  
One and all for your generosity

Jim Jensen,  
Commander Post7234



## REACHING OUT TO HELP THOSE IN NEED AT CHRISTMAS



Commander Jensen, Jr Vice Commander Mike Tuckman, Quartermaster Bill Healy, Officer of the Day Andy Artemchuk deliver 18 baked and carved turkeys for St. Paul's by the sea Christmas dinner for the many of Christ's children whom would if not for this meal go hungry. Over 120 meals were served, on Christmas day, the day the Christ child was born.

Reverend mother Jill Williams (center) began the service with grace, along with thanking the VFW 7234 of Ocean View for its time and its generosity in donating dinner and a check for \$1000 to support the continuing program to feed the homeless all year around. .

Our canteen manager Mark Daughaday supervised the cooking and carving done by Mark Hobson and John Fowler. The delivery was well received. We were met by the pastor and the dozen or so very grateful members of St. Paul's by the sea congregation. Merry Christmas!!!

## AUXILIARY PRESIDENT



I hope everyone had a Merry Christmas and a blessed New Year. As we celebrated the holidays with our family and friends I hope all took time to pause and remember those Veterans who were unable to share the holidays with theirs. December was a busy month with

activities at the post, outside the post, and preparing for the holidays. Although everyone was quite busy with their personal lives we were still able to make time to serve our community, remember, and honor our Veterans. Members of our Auxiliary and Post Honor Guard took time out to participate in Wreaths across America on December 16th at the Veterans Memorial Cemetery in Millsboro. This event ensured that every Veteran had a Wreath for the Holidays.





On December 17<sup>th</sup> the Auxiliary held our 3<sup>rd</sup> annual Breakfast with Santa. This started with the shopping of gifts, volunteers coming together to wrap them, planning of event and set up the day of the event. This was a huge success in which we hosted 19 families consisting of over 40 children. A wonderful breakfast was served thanks to John Frye, Pops, Doc, and Jerry, who selflessly volunteered their time to cook breakfast. Thank You very much guys. After breakfast the children were read Twas the Night Before Christmas by Theo Loppatto and Sue Clark before a visit by Santa and Mrs. Claus. Santa and Mrs. Claus, our own Ty Magliola and his wife, took pictures with and presented a gift to each and every child. Lori Showalter, AKA Balloon Lady, did another fantastic job providing Christmas themed balloon sculptures for the event as well as a balloon Grinch, with the help of Erna and Lisa, for each and every child. As you can tell numerous people provided their time to make this event happen. The list is too large to name all of them, just take a look at the group picture....and this is not everyone who had a part in this, but we sincerely thank everyone for their contribution.

Whether it was planning, shopping, wrapping, set up, event day execution, or cleanup; it is appreciated. It was even great having some of our Post Officers, Commander Jensen and Jr. Vice Commander Mike Tuckman make an appearance. A thank you also goes out to those individual post and Auxiliary members, our Auxiliary, as well as our Tuesday cheese steak crew for their financial contribution for this event.



## BOARD OF DIRECTORS NOTES

Comrades, Auxiliary, Post Members;



As we enter the New Year we look to continue moving forward, improving on our success and identifying any areas we may have as an organization that will make us stronger and continue to serve our Veterans in an efficient manner. I look forward to building on the partnership that we have with our post comrades and the accomplishments of our Auxiliary. A New Year provides us with a chance for a new verse, a new chapter ....or just more of the same. Ultimately we write it, the choice is ours.

I would like to thank our Auxiliary Officers, the Chairs of our committees and our Auxiliary members for their hard work this past year. As we will be approaching our end of year for committees in the next couple of months, I remind our chairs to please submit their reports to respective Department Chairs. Please keep totals for your end of year report.

As our membership numbers grow it is refreshing to see new faces at our monthly meetings. I remind everyone that our monthly meetings are the first Monday of the month at 7:00 pm at the post. Come out, see what is going on and get involved. It is this blend of our experienced members with our new members and the free flow of ideas blended together that makes our Auxiliary great and will keep it moving forward. Remember we are all here for one common purpose, to serve our Veterans. No one does more.

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

\* Socrates \*

Until later,

Dale Weese, Jr.,

President Auxiliary 7234  
(443) 324-1244  
[aux7234.de@gmail.com](mailto:aux7234.de@gmail.com)

Your Board was busy in December. We attended or participated in a Veteran's Memorial Service, Holiday Season kick off Activities at Evans Park, Army – Navy Game Tailgate Party, the VFW Annual Holiday Party, Wreaths Across America at the Veterans Cemetery, and the Post Staff Holiday Dinner.



Prior to the beginning of our January 2024 General Membership Meeting, the Post and Auxiliary will award monetary prizes to the Voice of Democracy and Patriots Pen Essay Contestants, as well as our Teacher of the Year winner.

The Events 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 preparations are underway to conduct a Trivia Game Night on Monday, January 15, 2024. Teams of six people each will compete. A new Monday night food menu will be available and prizes will be awarded. Sign up your team or sign up individually on the sheet behind the Bar. It should be a fun evening.

As usual, 2024 will be another year of transition for the Post. Your Board has some tough topics to consider coming up in 2024. Both our Post Quartermaster and the Building & Grounds Committee Chair will be leaving their positions. Replacements will have a hard act to follow. If you have an interest and desire to fill either of these positions, please let a Post Officer or Member of the Board know your intentions.

Finally, the BOD wishes you and your loved ones a safe, happy, healthy, and prosperous year ahead.

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.



*Roy Rickards  
Donato Civitella*

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

### VA now offers online ordering for CPAP & hearing Aid supplies

December 4, 2023 By VA Office of Information and Technology



Veterans who rely on CPAP (continuous positive airway pressure) machines to manage sleep-related breathing disorders, including sleep apnea, now have a new [streamlined online ordering system for CPAP supplies](#).

VA has added the CPAP supply ordering feature as part of the online tool that's already in place, same as how Veterans [order hearing aid supplies](#) on VA.gov. The addition improves how Veterans order, manage, and efficiently receive health care supplies. It's a notable improvement to the previous CPAP supply ordering process, which was by phone call or traditional mail order forms sent to VA's Denver Logistics Center (DLC).

Last year, VA's Logistics Center shipped nearly 5.5 million apnea care products, with the majority being supplies such as masks, tubing, filters and more. These are some of the items Veterans can now conveniently request directly online. Within one week of launch for the new online CPAP supplies ordering feature, 24.1 percent of CPAP supply orders were placed on VA.gov, and we anticipate the number will

grow to be twice as many daily orders as hearing aid supplies.

In the future, VA's Office of Information and Technology will add more ordering supply types to the VA.gov tool.

**A seamless ordering experience**

When Veterans sign in to their VA.gov accounts for ordering, the VA.gov platform allows for a more efficient ordering experience by prefilling certain order details based on the user's account information. Veterans can even start an order, save it as a work in progress, and return later to complete it. This feature grants a generous 60-day window to finalize and submit orders, providing a flexible approach to ordering CPAP supplies.

### How to place an order

To get started with a supply order, Veterans should have the following details ready:

- Shipping address
- Email address
- Information about your hearing aids
- Information about your CPAP machines

### What to expect when ordering

The ordering process involves several key steps:

- Confirmation of personal information
- Confirmation or editing of shipping address and email address
- Selection of hearing aids requiring batteries
- Selection of necessary hearing aid accessories
- Selection of essential CPAP supplies
- A final review and submission of the order

Once a Veteran successfully submits an order, they'll receive a confirmation message, which can be retained for records.

### Track and receive your order

Within 1 to 2 days of order submission, Veterans will receive an email containing an order tracking number. This number allows for easy monitoring of the order's status. Orders typically arrive within 7 to 10 business days.

### Need assistance? Reach out!

Should any Veteran require assistance during the ordering process, please contact the Denver Logistics Center Customer Service Section at 303-273-6200, or email [dalc.css@va.gov](mailto:dalc.css@va.gov). The dedicated customer service team is ready to provide guidance, support and information.

### Traveling Veterans

Are you getting ready to travel? Did you notify your local VA Patient Aligned Care Team (PACT)?

Preferably you would notify them 4 to 6 weeks prior to departure, or as soon as you are aware. Early planning will allow time for your local PACT and the Traveling Veteran Coordinator to coordinate your care at the alternate VA health care facility should you need it. If you are unable to make an appointment to see your PACT or provider in person, you may reach them by telephone or through secure messaging in MyHealthVet at [www.myhealthvet.va.gov](http://www.myhealthvet.va.gov).

To coordinate your health care with another VA health care facility, you should inform your PACT of the following:

- travel destination(s), and temporary address
- valid telephone numbers
- arrival and departure dates
- specific care concerns

Your PACT will contact the Traveling Veteran Coordinator, who will assist in coordinating your care at the alternate VA health care facility.

## Stay Informed, Follow Our Social Media Channels

Follow Wilmington VA Medical Center on our social media channels @WilmingtonVAMC on [Facebook](#), (X) formerly [Twitter](#) and [Instagram](#). Visit our website at [www.va.gov/wilmington-health-care](http://www.va.gov/wilmington-health-care).

Service members and veterans experiencing a mental health emergency can contact the Veteran Crisis Line at 988 or 1-800-273-8255 and select option 1 for a VA staffer. Veterans, troops or their family members can also text 838255 or visit [VeteransCrisisLine.net](http://VeteransCrisisLine.net) for assistance.

## VEText appointment reminders

We use VEText to send you appointment reminders and other updates about your VA health care. To confirm or cancel, you can reply using the special codes we send you. If you don't reply, we'll keep your appointment scheduled.

Getting locations in appointment reminders Basic VEText reminders do not include the location of your appointment. These appointment reminders can be more personal and can include the location of your appointments when you complete a simple one-time request process. If you don't want us to include locations, you don't have to do anything.

- **To start receiving locations**, reply to any VEText reminder with the 5-digit zip code for your home address. Or you can text

your zip code to 53079. When you finish, your future text message reminders will include the location and information for your appointment.

- **To stop getting locations**, reply BASIC to a VEText reminder, or text BASIC to 53079.

## What type of information will be included in the VEText appointment reminder?

All future text message reminders will have your name, VA medical center/clinic location information, and the date and time of the upcoming appointments.

## Will the appointment reminder text message phone number change?

No! You will still receive appointment reminders from 53079.

## Still have questions?

Learn more about VEText at [www.va.gov/HEALTH/VEText.asp](http://www.va.gov/HEALTH/VEText.asp)

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



## HONOR GUARD NEWS

The Honor Guard participated in 3 veteran services in December at the Veterans Cemetery.

On December 12<sup>th</sup> ten members of the Honor Guard rendered a Volley and Taps for VFW Post 7234 Life

Member Donato Civitella (98), a WWII, US Navy.

On 12/26 eleven members of the Honor Guard rendered a Volley and Taps for VFW Post 6984 (Milton) member Charles Carlson (90), US Army, Korea.

On 12/29 ten members of the Honor Guard rendered a Volley and Taps for VFW Post 7234 life member Roy Rickards (76), US Army, Vietnam.

May our Comrades Donato,

Charles, and Roy, Rest in Peace as were remember them for the faithful service to our country.



On December 16<sup>th</sup> Honor Guard members Warren Eastburn, Rob Gill, Dale Weese and John Gossart participated in the “Wreathes Across America” program and service at the Veterans Cemetery in Millsboro and placed wreaths of the graves of fallen Comrades.



During the 2023 year our Post Honor Guard participated in over 40 funerals, ceremonies, services, and community events.

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](mailto:Judge800@yahoo.com)

Or:  
Mike Schiffer  
Assistant Captain of the Honor Guard  
[Rschiffer0@gmail.com](mailto: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.”

## CANTEEN CORNER

I hope everyone had a Happy and Safe Holiday Season. As we head into the New Year , we look forward to making new friends at the Post in 2024. To begin January we will have a couple changes to our normal schedule. On Tuesday 1/2 we will feature a Build your own Burger Night from 5-7pm. You may order a Hamburger, Cheeseburger or Hot Dog and then go to the Fixin Bar and add as many toppings as you like. Let’s see who will build the biggest Burger. On Thursday 1/4 we will feature our normal Cheesesteak Menu. After the first week Cheesesteaks will resume on Tuesday Nights and Thursday Nights will feature NY Strip Steaks and Pork Chops. On Monday 1/15 we will have our first Trivia Night from 6-8pm. You may register your team at the Bar and see if your group will be the first winners. From 5-7pm you may order from our Canteen Menu to enjoy before and during the game. On Sunday 2/4 we will have our 7<sup>th</sup> 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.

Please remember those in our community who need our help. Items can be left in the lobby any time the Post is open.

See you at the Post  
Mark



Monday Jan 15<sup>th</sup>, 2024

6:00 – 8:00 p.m.

Limited to 9 teams of 6 participants.

All teams or participants must **pre-register** prior to Friday Jan 12, 2024. Hurry and don't miss out.

Register your team at the bar.

Prize given to the winning team.



Mason Dixon VFW Post 7234



Come join the fun, test your knowledge.

Monday, January 15.th.

6pm to 8pm. Bar menu

chicken tenders, wings, fried shrimp, pizza, fish and chips shrimp salad, fries, onion rings and more.

Dinner served from 5pm to 7pm

Prizes awarded best team

Sign up sheet at bar

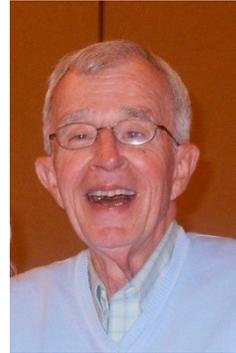
Make your own team of 6, if you like

Let the fun begin.

Jim Jensen. Commander

## RING OUT THE OLD RING IN THE NEW

According to the Old Farmer's Almanac January is



named for the Roman god Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past, the other looking into the future. We do the same thing every January, with self-reflection and sometimes, resolutions.

Ring Out the Old Year. Looking back at 2023, I found two reports I thought you might enjoy. One is a collection of headlines. The other is a collection of announcements from a church bulletin.

Headlines. Here are some newspaper headlines that make you look twice, and definitely read the articles. RING OUT THE OLD. RING IN THE NEW

- Police Begin to Run Down Jaywalkers
- Juvenile Court to Try Shooting Defendant
- Federal Agents Raid Gun Shop, Find Weapons
- City Council Runs Out of Time to Discuss Shorter Meetings
- Multiple Personality Defendant Sentenced to Three Life Terms
- Mayor Says City Safe Except for Murders
- Man Shoots Neighbor With Machete
- Man Found Dead in Cemetery
- Miners Refuse to Work After Death

Makes you wonder where the editors were.

The Church Bulletin. Here are the announcements from a church bulletin that John Julius Norwich included in his 2019 book "The Ultimate Christmas Cracker."

- Remember in your prayers the many who are sick of our church and community.
- The rosebud on the altar this morning is to announce the birth of David Alan Belzer, the son of Rev. and Mrs. Julius Belzer.
- On Wednesday, the Ladies' Liturgy Society will meet. Mrs. Jones will sing "Put Me In My Little Bed," accompanied by the Pastor.
- Thursday, at 5 p.m., there will be a meeting of the Little Mothers' Club. All wishing to become little mothers, please see the Minister in his study.

- On Easter Sunday, we will ask Mrs. Lewis to come forward and lay an egg on the altar.
- Next Sunday, a special collection will be taken to defray the cost of the new carpet. All those wishing to do something on the carpet will come forward and do so.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- The ladies of the church have cast off clothing of every kind and they may be seen in the church basement on Friday.
- At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

Thankfully, for readers of the bulletin who needed a laugh, proof reading and editing review were sometimes neglected.

Ring in the New Year. Now we ease into 2024. With a couple of verses of "Auld Lang Syne" so old acquaintances and departed family members and friends are not forgotten. Based on indications so far, there's a reason for optimism. Here's one report. According to psychiatrist Robert Waldinger, the current director of the longest study of human contentment ever conducted (since 1938), the main factor that determines life satisfaction is "warm connections with other people." Not money or achievement. But strong connections with family members, friends, work colleagues and others. Even casual, friendly connections with those we encounter day-to-day add to our happiness. Dr. Waldinger determined that these social connections not only benefit your outlook on life, but your physical and mental health as well.

So one clear reason for optimism in 2024 is that VFW Post 7234 provides opportunities for connection with friends, long-time friends and some you might just work with in a volunteer activity or meet at an event. Those times are always enjoyable. Bet you didn't know they were also improving your health. You can also see the importance of the Help A Vet Program, reaching out to veterans in our area who are living alone.

As we begin the New Year, Rosemary and I want to wish everyone, including our wonderful hard-working staff, a very happy, healthy and stress-free 2024. It's also a Leap Year, so we get an extra day on February 29 to be grateful for all our blessings. We're off to a good start.

Jerry Hardiman

## LITTLE KNOWN FACTS

### New Year Resolutions

Only 9% of resolutions are achieved  
 23% of resolutions are discarded within one week  
 53% of resolutions never reach one month  
 The top 3 resolutions  
 1. Save more money, spend less  
 2. lose weight and exercise more  
 3 quit smoking.  
 What are yours?

Happy New Year  
 Jim Jensen  
 Commander

## 2023 MASON DIXON MEMBER RENEWALS

It is that time of year when Mason Dixon members whose membership expires on December 31, 2023 will begin the process of renewing their memberships. Beginning October 16, 2023, the Post will begin accepting renewal dues for Mason Dixon members whose cards show an expiration date of 12/31/2023. All dues for 2023 expiring Mason Dixon memberships must be received by December 31, 2023. Please check your card and make payment, if necessary. You will not receive any further notice of your need to renew.

Please refer to the Post website for the policy changes that were effective January 1, 2023. At that time membership renewals thereafter and new memberships were changed to a two-year period. So, please remit \$150.00 before December 31, 2023 and your new card will expire on December 31, 2025, and new cards will be available some time in late November or early December. Dues payments may be mailed, placed in the box at the membership station, or dropped off at the bar. If you wish to receive your card by mail, you will need to submit a self-addressed stamped envelope with your renewal payment. Otherwise, new cards will be available for pick up at the bar once your payment has been received.

Thank you for being a member of Mason Dixon Post No. 7234 VFW of the U.S., and we especially thank you if you volunteer!

Canteen Board of Directors



## 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 2<sup>nd</sup> Thursday of every month at 1:30PM; to make an appointment you can contact him at [david.hilliard@va.gov](mailto: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](mailto: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](mailto:Smokey1st@netzero.net)**

**For the Latest Updates and News  
Please send your email to  
[vfwpost7234@gmail.com](mailto:vfwpost7234@gmail.com)**