



VETERANS OF FOREIGN WARS MASON DIXON POST 7234

MARCH 2020

COMMANDERS COMMENT

Spring is right around the corner bringing us to the beginning of our busiest time of year. Please volunteer or keep volunteering to keep our post strong and well functioning. I would like to welcome new members to the #1 post family. Let's all strive to



make them feel welcome. We will be having nominations this month for officers and one trustee position. Feel free to stand up and nominate yourself if you are interested in taking a position. Nominations are accepted in March and April and elections are also in April. As warmer weather

arrives, more people will be out and around it is a great time to recruit new members. We will be continuing to check membership cards at the door to insure our members can enjoy the activities at our post. Please remember that post regulations allow 3 guests with a member at a time. Please do not abuse this and if there is a special occasion where there would be more than three guests, you need to have it approved by a board member or an officer. Be sure to check our calendar and bulletin board for any upcoming events. We will be having our Bar Olympics and Chili Cook-off in March. We will be having another "Quilts of Valor" presentation on March 27th for some WWII veterans. Thank you Fulton for initiating this presentation. Another big thank you to Dana Mason and Marguerite Neimoller for their dedication and work getting these beautiful quilts made and making these very emotional presentations. The veterans that receive them are very humbled by the presentations.

March 29th, there will be a ceremony for Vietnam Veterans Day at 11:00 am at the post. Try to attend and honor these well deserving veterans.

As always, if you know of a member who is ill or in need, please contact an officer or the Chaplin so it can be addressed.

Please remember the sick from our post.

**God bless all veterans.
Those who served
Those who are now serving
& Those who didn't return.
God bless America**

Dean Levering
Commander
443-553-1167

AUXILIARY PRESIDENT

Hello Members, during the past month, I visited the beautiful states of California and Hawaii. During my



visit to the island of Oahu, I had the fortunate opportunity to tour Pearl Harbor and the USS Arizona Memorial. For those of you who have had this same wonderful opportunity, you know what a moving and humbling experience this can be. There were many memorable

moments during my visit, but two were noteworthy, one was viewing the leaking oil that continues to rise to the surface from the ship, which is sometimes referred to as "the tears of the Arizona or black tears." Secondly of the 335 survivors, 1,177 Sailors and Marines killed, dozens have had their ashes returned to the ship, at the time of their deaths, to be reunited with their shipmates. As of February 2020, only two survivors of the ship are alive. Hawaii and California are both beautiful states, however, I was

very happy to return to our little treasure here in Ocean View. I want to thank Ellen Reilly, my Senior Vice-President, who handled all my duties during my absence, she did a great job. Ellen also was part of the quilting event that took place at our Post on February 1, 2020. Forty-eight quilters gathered with their sewing machines, sewing enough quilt blocks to make 10 quilts for future Quilts of Valor recipients. On February 9th, Charles Marvel, a Veteran of World War II received a Quilt of Valor at our Post. Since founded in 2003 by Seaford resident, Catherine Roberts, whose son was deployed in Iraq, more than 240,000 quilts have been awarded to soldiers and veterans across the country. Our second Spring Fling fundraiser, featuring entertainment by Bryan Clark, will be held on Sunday, April 26th from 3 to 8. Tickets will be sold on Sunday, March 15th from 2 to 4 at the Post. This was a great event last year and tickets sold out quickly. Be sure to mark the 15th on your calendars to come by the Post, and get your tickets for a \$25.00 donation. The event includes a buffet and Chinese Auction, with the items donated by all the generous businesses in our area. All proceeds benefit our Veteran/Auxiliary Relief Fund, which is used to assist with the unmet needs of our veterans, active military and their families. We are fast approaching the end of the year for our current officers. During our April meeting will be asking for nominations and hold elections for the next year, beginning in July, 2020. If you are interested in holding an officer position, do not miss our April meeting. Officers' positions do require a commitment but it is a rewarding knowing you are helping to improve the lives of veterans, active military and supporting the efforts of our community. We would like to see members step up to fill these positions, new faces and new ideas. Our Auxiliary continues to grow and we are currently at 1265 members. Spring and summer are around the corner and we all know activities and visitors to our Post increase. Please come to one of our meetings and see how you can volunteer throughout the busy season, which is fast approaching.

Let us always remember those who served and always try harder to serve them better.

Loyally yours,
Carol Weber
Auxiliary President

BOARD OF DIRECTORS NOTES

Our Cheese steak Tuesday on March 17th will be moved to Thursday, March 19th. On March 17th we will be having our St. Patrick's Day Party. We will also be having a Quilts of Valor Ceremony at 5pm.

The new stoves are in and are now being prepped and seasoned. John Mitchell has been appointed to head the kitchen committee and will be the liaison between the Board of Directors and Mark. John will also be preparing a list of Kitchen duties and responsibilities. The upstairs will be closed on March 27th for the ROTC Military Ball. We will also be having a ceremony on Sunday, March 29th at 11am, Vietnam War Veterans Day. Details will be posted as soon as they are available. Reminder....No outside food is to be brought into the Post. Don't forget that the Auxiliary will hold the Ryan Clark Spring Fling and Chinese Auction on April 26th. Our next Board of Directors Meeting will be on Tuesday, March 31st at 6pm.

Chairman Hal Dietrich

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.



*Donald G. Farran
Donald W. Bonsall
John P. O'Meara
Bozenna Eastburn
LaReau Fox*

Please call John Mitchell at 302-381-9934 for the VFW or Theo Loppatto at 302-537-5661 for the Auxiliary, if a member is sick or has passed away.

SERVICE OFFICER OUTREACH

Finding Untapped Monetary VA Benefits for Surviving Spouses

By: Bart Stichman, Executive Director, National Veterans Legal Services Program

It is an unfortunate truth that millions of Americans have to struggle to make ends meet. But some of these citizens may not realize that they are now entitled to at least \$15,300 per year in tax-free financial assistance from the federal government. All they need to do is file a simple VA application. Who are the people unaware of their entitlement to this money? Tens of thousands of surviving spouses of veterans who served in Vietnam and who are now deceased. The reason these survivors now qualify for these benefits relates to Agent Orange; the toxic herbicide used by the U.S. Government more than four decades ago during the Vietnam War to clear vegetation in areas where enemy troops were hiding.

2.7 million veterans of the U.S. Armed Forces served in Vietnam between 1962 and 1975. The overwhelming majority of them are men, and many of them were exposed to this toxic herbicide. Until the 1990s, the VA took the position that the only adverse health effect of exposure to Agent Orange was chloracne, a skin condition. In 1991, Congress required the VA to contract with an independent agency, the National Academy of Sciences (NAS), to review the emerging scientific studies on the adverse health effects of exposure to this herbicide and to prepare a report for the VA every two years with its conclusions. Slowly but surely, the NAS reported over the years, and the VA agreed that many serious disabling diseases are associated with Agent Orange exposure. By 2013, here's the list of diseases that the VA has officially recognized as linked to Agent Orange:

Prostate Cancer

Non-Hodgkin's lymphoma

Soft Tissue Sarcomas

Lung Cancer

Trachea Cancer

Larynx Cancer

Multiple Myeloma

Hodgkin's Disease

Type 2 Diabetes

Chronic Lymphocytic Leukemia

AL Amyloidosis

Ischemic Heart Disease

Parkinson's Disease

Chronic B-Cell Leukemia

Early-onset Peripheral Neuropathy

Chloracne

Porphyria Cutanea Tarda

Whenever the VA added a disease to its list, it amended its regulations to provide that a veteran who contracted one of these diseases is entitled to service-connected disability benefits, as long as the veteran set foot in Vietnam or served on the inland waterways. No proof of exposure is necessary because VA's rules contain a presumption that all of these veterans were exposed to Agent Orange. The word has gotten out to many in the Vietnam veteran community about the changes in law regarding disability benefits for Vietnam veterans. While hundreds of thousands of Vietnam veterans who suffer from one of these diseases have applied to the VA for these benefits, thousands of other veterans and their families remain unaware of their entitlement.

The same VA rules that provide disability benefits to these Vietnam veterans also provide service-connected death benefits (known as DIC) to surviving spouses of Vietnam veterans who died from one of these diseases. Unfortunately, many of these veterans

died from one of these diseases before the VA recognized the disease as Agent Orange-related. The surviving spouses would have had no reason to believe at the time of death that the death was due to Agent Orange, and even if they did, the VA would have told them that they were not entitled to benefits. These survivors have gone on with their lives, and many of them are unaware that the rules have changed since their spouse died, and they now qualify for tax-free death benefits of at least \$15,300 per year. Surviving spouses who have never remarried are not the only survivors of a Vietnam veteran who died of an Agent Orange-related disease who qualify for these benefits; many of those who have remarried are entitled. For a surviving spouse to qualify for VA death benefits (known as DIC), the spouse must have been married to the veteran for at least one year prior to the veteran's death and meet one of the following requirements:

The surviving spouse has not remarried since the veteran's death.

The surviving spouse remarried, but that remarriage ended by divorce, annulment, dissolution, or the death of the second spouse; or

The surviving spouse is currently married, and that remarriage occurred both after December 16, 2003 and after the surviving spouse reached the age of 57. The application process for these survivors is simple. All a surviving spouse would need to do is to complete and sign VA Form 21-534EZ and mail it to: Department of Veterans Affairs

Claims Intake Center

PO Box 4444

Janesville, WI 53547-4444

This form can be downloaded from

www.benefits.va.gov/BENEFITS/Applying.asp

The sooner the VA receives this application the better, since benefits will generally be awarded retroactive to the date the VA receives the VA Form 21-534EZ.

After submitting this application, the VA will typically ask the surviving spouse to submit several documents, including the veteran's death certificate, and a marriage certificate. If the death certificate does not list one of the diseases that the VA now recognizes as Agent Orange-related, then in order to be granted benefits, the survivor will need to obtain and submit a medical opinion explaining in detail why the physician believes that an Agent Orange-disease was a principal or contributory cause of the veteran's death, even though it was not listed on the death certificate. After receipt of the application, the VA will review the veteran's military personnel and medical records to determine whether the veteran served at least one day on land in Vietnam or its inland waterways. If the VA makes a positive determination on this issue, and agrees that an Agent-

Orange related disease was the principal or a contributory cause of the veteran's death, then if the death occurred on or after January 1, 1993, the survivor will begin to receive monthly payments of at least \$1,281 tax-free. If the death occurred before 1993, the amount of the monthly payment depends on the base pay of the veteran while in service. No matter when the veteran died, the monthly payment will be higher if the survivor is in need of aid and attendance or is housebound.

Some of the surviving spouses who now qualify for VA death benefits on a prospective basis are also entitled to many years of retroactive benefits. They may qualify for retroactive benefits if (1) they previously applied in writing to the VA for death pension or death compensation, (2) they previously applied in writing to the Social Security Administration for survivor's benefits based on the death of the veteran, or (3) while the veteran was alive, he applied to the VA for disability compensation for a disease that is now recognized as Agent-Orange related and the VA denied the claim. These retroactive payments can be quite high. For example, the VA recently paid a widow from Alabama \$247,508 in tax-free retroactive benefits. Her husband had served in Vietnam and died in 1983. His death certificate stated that the cause of death was cardiac ischemia (heart attack) and coronary atherosclerosis. In 1985, the widow filed a form asking the VA to award her widow's pension, which the VA denied in 1986. Twenty-four years later, the VA added ischemic heart disease as an Agent-Orange related disease. With the help of the National Veterans Legal Services Program, the widow convinced the VA that her 1985 widow's pension claim qualified her for this high award of retroactive benefits. Although the quality of VA decision-making is relatively high for claims based on Agent Orange exposure, the VA sometimes makes mistakes on the amount of retroactive benefits that are owed. Survivors who believe they are entitled to retroactive benefits can contact the National Veterans Legal Services Program (NVLSP) for help. NVLSP is a nonprofit veterans service organization that does not charge veterans or survivors any money for its services. NVLSP represented Vietnam veterans and their survivors in the class action lawsuit that resulted in the requirement that VA pay retroactive benefits. Survivors can contact NVLSP by email at agentorange@nvlsp.org or through its toll-free telephone number, 855-333-0677.

Anyone needing Service Officer Assistance can contact me at (301)325-3813 or email me at

Smokey1st@netzero.net

Rich Fales, Service Officer

CANTEEN CORNER

Spring is a little closer, our repairs are all done, and we are back up stairs and getting back to our regular schedule. We have a very busy March planned so make sure you look at the calendar so you do not miss anything. We start off on the 1st with the tickets going on sale for the Spring Bull & Oyster Roast which will be held on Saturday April 4th. This is one of the most popular activities we have at the Post and usually sell out early. I would suggest you get your group together and buy your tickets and pick your table. This is an AYCE event for \$40pp. On Sunday 3/8 we will be having Post 7234 Bar Olympics. This consists of 2 person teams in 3 events. Each team will play Cornhole, Darts, and Shuffleboard. The teams will consist of a man & a woman and will be selected by a blind draw. Registration is at 12:30 and the games start at 1:30. We ask that you bring a covered dish to share at our break at 3pm. If you are interested in registering early see John Frye at Tuesday Night Cheese steaks. It does not matter if you are playing or just coming to cheer the teams on, a fun time will be had by all as the teams try to dethrone last year's champs of Ruth Ann & Russell. On Tuesday 3/17 we will be celebrating St. Patrick's Day. The party will begin at 4pm with your standard St. Patty's Day fare of Corned Beef, Ham, Cabbage and all the Fixings. The AYCE buffet is \$9.00 and will be served until 7pm. The DJ will be playing from 5-9pm so put on your green and join the party. Special Note at 5pm we will pause and have a special ceremony to honor some of our Veterans. Because St Patrick's Day is on Tuesday we will move Cheese steak Night that week to Thursday which is the 19th. On Saturday 3/21 On the Edge a fan favorite band of our members will be performing from 6-10pm. This band always brings a large crowd so get to the Post early to find a seat. We will be checking membership card so if you are bringing guests make sure they come with you so you can sign them in. On Sunday 3/22 we will have the Post Chili & Cornbread Cook-off #2. I am not sure why our first try was not a success, maybe it was because it was not listed on the calendar or maybe it was because people heard that Russell & I were entering and they got scared. So if you think you can make Chili or Cornbread then enter and we will see who is the Champ. It will start at 3pm and you can taste all entries for \$3.00. If you have any suggestions, please let me know. See you at the Post, Mark

VFW GOLF ASSOCIATION

VFW Golf Association members play golf each Tuesday at the Salt Pond Golf Course.

Please show-up at 8:30 a.m. for 9:00 a.m. Tee time.

Remember all are welcome!!!

If you are thinking about joining the Golf Association

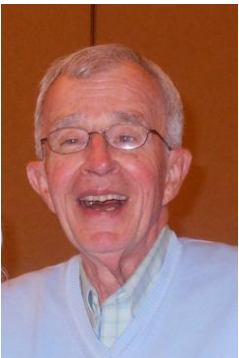
Please contact our President, Ken Smith,

madriverken1946@gmail.com

for more information. Ed Pike

SPAM: UNWELCOME IN ANY FORM

Probably like you, Rosemary and I get a lot of unwelcome phone calls identified on Caller ID as “Spam”. And reportedly, over 80 percent of the emails people receive can be classified as “Spam”, which is defined as unsolicited commercial email. I



wondered why they call it “Spam”. When I see or hear the word I think of the Hormel Foods canned ground pork product. It’s imprinted in my memory growing up during World War II. Spam was sometimes on our dinner menu, and I was not a fan. They called it “spiced ham”, but even a little kid knew it wasn’t ham. My mother, who was a great cook,

prepared it different ways to make it tasty. I was grateful, but I didn’t ask for seconds. Rationing On the Home Front. I didn’t realize it at the time, but I later learned that virtually everything people had been used to, including meat, was rationed or unavailable during the war years. After the attack on Pearl Harbor in December 1941, the federal government established a rationing system under the Office of Price Administration (OPA) to conserve and allocate crucial supplies of food and materials. Understandably, the allocation priority was to support the military services and the war effort. Rationing involved limits on what you could buy, when and how much. The list of rationed products included: tires, gasoline, shoes, cigarettes, meat, sugar, cheese, butter, coffee, paper products and canned milk. Here’s the way I think it worked. OPA allocated points for every person in a household. The points came in the form of stamps in ration books that were provided to individuals and families. The stamps, together with cash, could be used to purchase available items. For example, a pound of bacon at one time cost about 30 cents, but you needed to turn in seven ration points in stamps and the money to be able to buy it. It looks like even limited shopping could get complicated. My mother managed our family ration books and I wasn’t consulted. I suppose when Spam was available and fit the stamp budget,

that’s what we had. Looking back, I can see how abundantly blessed we were growing up safely, and well fed, in America during those years while the Greatest Generation fought and won the war. Spam Helps Win the War. Now I know a lot of people liked Spam and still do. I think any popularity it enjoys today began in WW II. Hormel reports that during part of the war it was providing 15 million cans of Spam a week to help feed American and Allied troops and civilians in Europe. Other quantities went to the Pacific theater. By 1944, 90 percent of Hormel’s production was going to military forces and civilian aid programs. Pretty impressive for a company that just started production in 1937. Hormel won high praise from American, British and Russian leaders for its contribution to the war effort. What About Today? Today there are 15 varieties of Spam available. It’s sold in 44 countries around the world. Obviously, some people love it. In Hawaii, people eat seven million cans of Spam a year. Guam residents consume an average of 16 cans per person annually. In parts of Asia, it’s considered a luxury food item and is given as a special gift. Think about that! “Happy Anniversary, Sweetheart.” Imagine the emotion when that gift is unwrapped? The tears! That would be fun to see. Back to the Phone Calls and Emails. So, how did the Spam name migrate to the world of communications as the label for unsolicited commercial messages? The story is that it originated with some computer geeks (naturally); who loved the British comedy hit “Monte Python’s Flying Circus,” which included a funny skit about a restaurant that only served Spam. With that in mind, they called a mass mailing that had been posted on the world’s largest online conference system by a programmer as a joke, “Spam”. Somehow the label caught on and here we are today with the name for unsolicited phone calls and emails. I can see the connection.

Looking forward to March, here are some dates to keep in mind, in addition to all the events on the Post calendar:

March 3. “Star Spangled Banner” adopted as our National Anthem (1931)

March 8. Daylight Savings Time Begins. Spring forward one hour.

March 14. Pi Day for all you math wizards.

March 17. St. Patrick’s Day

March 19. Spring begins again!

March 29. Vietnam Veterans Day.

Hope everyone enjoys every day in March.
Jerry Hardiman

VFW FRIDAY NIGHT BUFFET
 MARCH 6th, 2020
 5:00 – 7:00 pm

CHICKEN & DUMPLINGS
 MASHED POTATOES & GRAVY
 VEGETABLE OF THE DAY
 FRIED FISH TOSSED SALAD
 ROLLS & BUTTER

Donation: \$12 AYCE

MUSIC 6-10 pm
 DJ JT CRUISE

VFW FRIDAY NIGHT BUFFET
 MARCH 27th, 2020
 5:00 – 8:00 pm
DOWNSTAIRS

CHICKEN MARSALA
 RED ROASTED POTATOES
 VEGETABLE OF THE DAY
 FRIED FISH TOSSED SALAD
 ROLLS & BUTTER

Donation: \$12 AYCE
 NO MUSIC

VFW FRIDAY NIGHT BUFFET
 MARCH 13th, 2020
 5:00 – 7:00 pm

PORK TENDERLOIN & SAUERKRAUT
 MASHED POTATOES & GRAVY
 VEGETABLE OF THE DAY
 FRIED FISH TOSSED SALAD
 ROLLS & BUTTER

Donation: \$12 AYCE
 DJ ROCKIN RAY
 MUSIC 6-10 pm

VFW FRIDAY NIGHT BUFFET
 MARCH 20th, 2020
 5:00 – 7:00 pm

SALISBURY STEAK
 MASHED POTATOES & GRAVY
 VEGETABLE OF THE DAY
 FRIED FISH TOSSED SALAD
 ROLLS & BUTTER

Donation: \$12 AYCE

MUSIC 6-10 pm
 DJ JT CRUISE

MASON DIXON **VFW** AUXILIARY
 POST 7234

Spring Thing

SUNDAY
APRIL 26
 2020

FEATURING
 Entertainment by
BRYAN CLARK

3:00 pm
 Chinese Auction
 and Social Hour

4:00 pm
 Buffet Dinner

5:00 pm
 BRYAN CLARK
 Performs

\$25 DONATION

For Event Schedule please visit:
www.bryanclark.com/schedule

Sinatra 2 Soul
True art transcends time...

PROCEEDS BENEFIT VETERAN/AUXILIARY RELIEF FUND



VIETNAM VETERANS CEREMONY
VFW POST 7234
MARCH 29 11 PM

**HONORING THE
 SERVICE AND SACRIFICE
 OF OUR VIETNAM VETERANS**

BAR OLYMPICS

SUNDAY MARCH 9

12:30 SIGN UP

1:30 GAMES BEGIN

BRING COVERED DISH TO

SHARE 3pm

BAR OLYMPICS EVENTS

DARTS/CORNHOLE/SHUFFLEBOARD

\$10 ENTRY FEE

2 PERSON TEAMS (MALE/FEMALE)

ST PAT'S DAY PARTY
CORNER BEEF / HAM CABBAGE
& ALL THE FIXINGS

March 17th 4 - 7 PM
AYCE \$9.00



**ANNUAL CHILI &
 CORNBREAD CONTEST**
SUNDAY FEB 9 AT 3PM

\$3 TO TASTE ENTRIES

CARNIVAL MIRACLE

11 Day Alaska Cruise from San Francisco, CA
 Departing June 20th 2021

Sunday-San Fran CA Monday-Fun Day at Sea
 Tuesday-Fun Day at Sea Wednesday-Ketchikan AK
 Thursday- Icy Strait Point AK Friday-Skagway AK
 Saturday- Juneau AK Sunday -cruise Tracy Arm Fjord
 Monday-Fun Day at Sea Tuesday-Victoria BC Canada
 Wednesday- Fun Day at Sea Thursday-San Fran CA

*Prices below are based on double occupancy and are per person.
 Price includes cruise, port charges, Gov. Taxes,*

Inside Cabin(4K).....	\$1433.64
Oceanview(6A).....	\$1608.64
Balcony Cabin (8C).....	\$2108.64
Balcony Cabin (8D).....	\$2118.64
Balcony Cabin 8E).....	\$2128.64
Balcony Cabin (8F).....	\$2138.64

3rd & 4th guest cabins available upon request.*A limited number of each category above is available and subject to change based on availability. Hold yours today!

\$400.00 per person
 on or before February 22nd 2020 and final on or before March 12th 2021
 cabin number assignment and dining confirmed when you have paid \$400.00 per person

\$50.00/ person cancellation fee if booking is cancelled after deposit made
 PASSPORTS ARE REQUIRED

Arranged by Bethany Travel/Dream Vacations
 28436 DuPont Blvd., Millsboro, DE 19966
 (800) 806-8747 or (302) 933-0955
www.bethanytravel.net

Insurance, Gratuities & Transportation are not included in above rates

LEADERSHIP TEAM

Commander	Dean Levering
Sr. Vice Cmdr	Hal Dietrich
Jr. Vice Cmdr	Tony Adams
Quartermaster	Bill Hensley
Adjutant	Fulton Loppatto
Chaplain	John Mitchell
Judge Advocate	John Gossart Jr.
Surgeon	George Hickman
Officer of the Day	Rob Gill
Guard	James Jensen
Service Officer	Rich Fales
Honor Guard Capt	Paul Burbank
Trustee	Danny Steele
Trustee	George Smith
Trustee	Ed Wolfe

BOARD OF DIRECTORS

Chairman	Hal Dietrich
President	Dean Levering
Vice President	Fulton Loppatto
Treasurer	Bill Hensley
Secretary	Ken Weber
Board Member	Frank Mathers
Board Member	Tony Adams
Board Member	Hal Barber
Board Member	John Mitchell
Board Member	Rick Delaney
Board Member	Mike Grabowski

AUXILIARY TEAM

President	Carol Weber
Sr Vice Pres	Ellen Reilly
Jr Vice Pres	Dale Weese
Secretary	Ty Magliola
Treasurer	Roberta Walter
Chaplain	Theo Loppatto
Guard	Shirley Stong
Conductress	Karen Vitsorek
Patriotic Ins	Jackie Umstetter
Trustee	Connie Weber
Trustee	Debbie Vischer-Jensen
Trustee	Larry Hamby

Our Sr Vice Commander, Hal Dietrich is a notary. He will provide notary services to members at no cost. Donations to the VFW will be accepted. Please call the post at 302-539-9981 to schedule.

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 PAUL BURBANK
757-288-6248**

**Member in Need of Assistance
Please call:
Dean Levering 443-553-1167**

**Member Sick or Deceased
Please call:
For VFW – John Mitchell 302-381-9934
For Aux – Theo Loppatto 302-537-5661**

**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@vfw7234.com**