



# VETERANS OF FOREIGN WARS MASON DIXON POST 7234

## OCTOBER 2020

### COMMANDERS COMMENTS

As we head into October and the beginning of Fall....the days are getting shorter and the nights cooler. Sue and I certainly noticed that on our recent getaway to Wildwood. The temps were hovering around 65 and the winds quite blustery. As a matter of fact it was so bad, we never made it to the beach. It



was very sad to see that some of our favorite restaurants either never opened or decided to close right after the Labor Day holiday. It really makes me thankful for what we have here in Delaware and that our Governors guidelines are being followed more closely.

As we here at the Post struggle to return (within the Governor's Guidelines) some sense of normalness. We did have, with your support, a very successful "Crab Fest" on September 13<sup>th</sup>. Mark and his staff and volunteers did a Great Job. They also ran a 50/50 which was also very helpful to our bottom line. As a matter of fact we are running 50/50's on Flip Five nights and will be running them throughout various Post events. Speaking of Post events...We have the Bull & Oyster Roast on Saturday, October 10<sup>th</sup>, followed by our Auxiliary hosting Bryan Clark on Sunday, October 11<sup>th</sup>. Tickets are still available for both events. I also know that our Canteen Manager Mark has some other ideas in mind, so stay tuned and keep on checking our website or checking your emails from the Post for updates.

My wife read in the local paper that Our Post will be having Flu shots on Tuesday, October 27<sup>th</sup> between 1pm and 5pm....I did find that interesting since no

one notified me.....Tony Adams our Chairman of the Board of Directors or Mark Daughaday our Canteen Manager to see if the room was available. Guess that one fell through the cracks or someone forgot procedures.

Need to say Thank You to George Christensen and Ron Weber for repairing the siding on the Auxiliary Shed....It looks Great....also a shout out to Jim Jensen and Dale Weese for replacing some of the ceiling tiles.....

The Department of Delaware VFW Gun Raffle will be held on November 8<sup>th</sup>, so there is still time to see Dean Levering or myself for tickets. The 1<sup>st</sup> drawing is for an S&W-M&P-9mm Range Kit Hand Gun. The 2<sup>nd</sup> drawing is for a Remington 12 gauge semi-automatic shotgun. The 3<sup>rd</sup> drawing is for a Rugar AR556 American Flag Cerakote. Tickets are 1 for \$10.00 or 3 for \$25.00. If you win, you must pass a background check, all FFL Laws apply or you may take the cash cost buyout.

I do want to thank all who have taken the time to attend some of our events or to stop by the post for something to eat and drink. As I have mentioned our Post is a Great Place to come to relax, have something to eat, enjoy a drink and visit with old friends and comrades. Our bartenders, kitchen staff and volunteers are all looking forward to seeing everybody. So if you feel comfortable, bring your mask and join us, we would love to see you.

It's also great to see two of our Bartenders.....Sharon and Marie back at the Post working...Welcome Back

**May God bless all our Veterans.  
All Those who served  
Those who are now serving  
&All those who didn't return.  
May God bless America**

Hal Dietrich  
Commander  
732-371-2564

## AUXILIARY PRESIDENT

Welcome fall! It's so good to see some familiar faces back at the post now that some of the COVID



restrictions have been lifted and people are enjoying themselves once again. Of course we are continuing to practice social distancing and using the hand sanitizers. We are looking forward to the Brian Clark fundraiser on October 11th. It is very important that we support the Post after the rough year we have all had.

Ron Weber and George Christensen have done a great job repairing the auxiliary shed. It was in a lot worse shape than any of us realized. Thank you both. It looks terrific!



Cookie has been back busy planting some new flowers and bulbs in the entrance gardens. She took a little break while the weather was extremely hot and humid but she is back playing in the dirt. You're the best Cookie!

Speaking of another terrific volunteer, Beth Douglas was back on Thursday nights greeting people and directing them to their tables making sure face masks were on and people were staying proper distance apart. Why was this special? Well, because she broke her foot two days before, but that didn't stop her from her commitment. She also is doing a great job with the Facebook page she created for the Auxiliary. If you haven't checked it out, it's VFW Auxiliary 7234.

I also want to thank everyone who showed up for our tribute to the 9/11 victims. Flags and luminaries were

placed around the Post entrance and gazebo. The wind that night made it a little challenging.



To all Auxiliary members, it is important to report if you have done things like donate clothes food or delivered meals of any other community service. The election is coming up. This is another reportable event. Who you voted for is not important, just that you did vote. These reports help our auxiliary to earn money at the end of the year. Since the year is a tough one to begin with, we need to open our mind and get creative. If you are unsure how to report ask an officer or chairperson. Above all, come to our monthly meeting and see exactly what the Auxiliary is all about. New faces are always welcomed and getting involved is what keeps the Auxiliary healthy. Dean and I had the privilege of being with Mr. Dan doors, a WWII 96 years young veteran as he was presented with a quilt of valor at his home. WRDE interviewed him and it was aired on TV that night. He had some interesting stories to tell. Cape Gazette was also there. He is already paying it forward by requesting a quilt for one of his military friends. Thank you Mr. Durso for your service.

I know I'm full of Thank Yous but this is what makes our Auxiliary great. People who are willing to step up and participate.

Our next auxiliary meeting is at 7:00pm October 5th Please remember all our veterans and sick members in need in your prayers.

Respectfully

Mary (Ellen) Reilly

President

908-451-0624 [TRIPLETSMOM1@GMAIL.COM](mailto:TRIPLETSMOM1@GMAIL.COM)



## BOARD OF DIRECTORS NOTES

The Board met on September 29, 2020 with one member being absent, along with the President of the VFW Auxiliary. Items reviewed:

The Post is showing some profit to keep up with the expenses of daily operations and maintenance. The 50/50 raffles during the Crab Feast, and Flip 5 have had great success and thanks to all who give to support us. The canopy will come down the end of October to maximize the deck for rented social events. The bridge over the rocks will be rebuilt in October. The Post resigned an agreement with an electrical broker to reduce cost and increase savings of around 15% for 14 months. Post Rental pricing will remain the same. Tickets for a Basket of Cheer will be available shortly to go off the end of December.

I want to personally thank the many volunteers that help the Post achieve a place where members and guests can come and enjoy themselves. When you see them, please thank them.

If you would like to volunteer, or have questions on volunteering, please let any Post Leadership member know.

Next Board meeting will be October 27, 2020 at 1800 hrs. Members are welcomed.

Stay safe.

Chairman Tony Adams

## 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.



*Lionel J. Butler  
John D. Griffis  
Archibald J. Alexander  
Wayne A. Johnson  
William C. Shane*

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.

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FLU SHOTS AT THE VA CLINIC IN GEORGETOWN  
EVERY FRIDAY FROM 1 TO 3 pm  
CALL FOR APPOINTMENT 1-800-461-8262  
(IF YOU ALREADY HAVE HEALTH CARE APPT THEY WILL GIVE YOU A FLU SHOT)

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## SERVICE OFFICER OUTREACH

### Civilian Doctors and disability claims

Many veterans have civilian doctors for a variety of reasons. Before you run to the VA to file a disability claim there are some things you should know. The

VA is under no obligation to accept a civilian doctor's diagnosis. That being said, there are things you can do to help your claim. Have your doctor fill out a VA Disability Benefits Questionnaire or DBQ. There is a form for every imaginable disability. The DBQs may not elicit all of the information necessary for the VA to properly rate the disability. In such



cases, it is recommended that you check the VA's Schedule for Rating Disabilities (in Part 4 of Title 38 of the Code of Federal Regulations) to ensure that a private examiner using one of these DBQs supplements the DBQ with any additional information needed for the VA to

properly rate the disability in question. Finally, because the VA may initially erroneously reject DBQs submitted by claimants, it may be wise to request that a private medical examiner answer the applicable questions on the DBQ in a different format, such as their own examination report or a letter. DBQs address a range of medical conditions and include check-the-box inquiries designed to elicit the information needed for the VA to make determinations on the issues of service connection and the proper disability rating for a condition. When completed by a private medical expert, DBQs can be valuable evidence used to support a claim for VA disability benefits. The VA usually requires a VA physician verify the diagnosis prior to approval of a disability claim. The DBQs are extremely hard to find on the VA's website. Contact me if you need help. In addition, the VA requires the following release of information forms to even consider a DBQ.

They can be found at this website:

<http://www.vba.va.gov/pubs/forms/VBA-21-4142-ARE.pdf>

Department of Defense and VA Health Records

Despite millions of dollars spent on electronic health records and executive orders dating back to the Clinton Administration, the DOD and VA have yet to standardize and make accessible health records. There is light at the end of the tunnel! On April 9, 2018, the Department of Defense (DOD) announced

its intent to partner with the Coast Guard to deploy its electronic health record (EHR) capability across the service's clinics and sick bays. If you are not in the Coast Guard this endeavor will probably be the basis for all military medical records. On June 7, 2018, the Coast Guard, and the Defense Health Agency (DHA), the agency responsible for the DOD's health care system, signed an Inter-Agency Agreement that formally established the partnership to deploy MHS GENESIS. Under this transition, the service will access the DOD-hosted MHS GENESIS that the DOD as well as the Department of Veterans Affairs (VA) are implementing enterprise-wide.

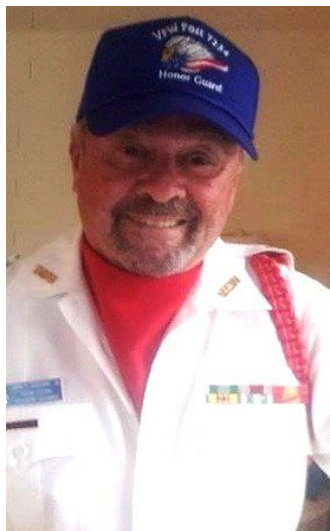
The Electronic Health Records Acquisition (eHRA) will modernize the Coast Guard's health care data management by acquiring an EHR solution in place of its primarily paper-based health record system. Having an EHR capability will make patient record retrieval easier and faster; reduce administrative errors; and allow electronic information exchange with the DOD, the VA and commercial care providers. The Coast Guard's EHR program, once fully implemented, will service all Coast Guard clinics and sick bays – ashore and afloat. Then it will probably be migrated to all the other branches of the armed forces.

**In Comradeship,**

**H. Rich Fales, Post Service Officer  
(301) 325-3813  
Smokey1st@netzero.net**

## **HONOR GUARD NEWS**

At the September Post Meeting, the Honor Guard, Post Officers, and members, thanked Paul Burbank for his many years of service as a member and



Captain of the Honor Guard. A “Meritorious Citation” and “Certificate of Appreciation” was presented to Paul by Post Commander Hal Dietrich. A Happy Hour salute followed with Paul and the Honor Guard members!

Members of the Honor Guard recently assisted the Southern Sussex Rotary Club in posting flags at Lord Baltimore School, Ocean View, to

honor veterans and first responders for the Rotary

fund raising program “Flags for Heroes”. The Honor Guard Volley and Taps video was shown as part of the program.

The Honor Guard participated in the service for two Vietnam Veterans this past month. Jerry Wingate, a Navy veteran (1959-76) (3RD Marines) and a member of VVA 1105, Longneck, was interred at the Veterans Memorial Cemetery on 9/14. Jerry was a former member of the DE State Police and Milford PD. Nine members of the Honor Guard participated.

On 9/18 the Honor Guard participated in the service for Post 7234 life member Wayne Johnson at the Melson Funeral Home, Frankford. Wayne was an Army veteran (1966-69) and served in Vietnam with the 199th Light Infantry Brigade, (Red Catchers), as a medic. Nine members of the Honor Guard participated. We salute these two veterans. May they Rest in Peace.

The services for former Honor Guard and Post 7234 member Cliff Biermeister scheduled for 9/18 was postponed. A new date for services will be announced.

The Honor Guard continues to look for new members! If you are interested in learning about us and possibly joining our ranks contact me.

**John F. Gossart, Jr.**  
Captain of the Honor Guard  
240-304-8183  
[Judge800@yahoo.com](mailto:Judge800@yahoo.com)

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



## CANTEEN CORNER

As we head into the fall months, we are trying to have as many events as we can safely. All of our members have been very good about following all guidelines so we can continue to plan functions. On October 10<sup>th</sup> we will be having our Oyster & Bull Roast. I am glad to say that our members have faith in us that we will do this event safely that ticket sales are almost sold out.

On Oct 18<sup>th</sup> we will be having a Football Sunday Brunch. Brunch will be served from 10:00am – 12:30pm and will be AYCE for \$11. The Menu will be as follows: Scrambled Eggs, Fried Potatoes, Sausage, Creamed Chip Beef, Roast Beef Carving Station, Steamed Shrimp and Fruit Cocktail. After breakfast stay and watch the Ravens vs. Eagles at 1pm. Come Support the Post and wear your colors for your favorite team.

We will continue to have Crabs on Thursday nights in October as long as our supplier can furnish us Crabs. We will send an email if we have to change.

Our guidelines for Cheese steak Night and for Flip five will continue in the month of October. I would like to thank everyone for helping us make these nights successful and doing them safely.

We monitor the Governors guidelines on a weekly basis and make any changes when necessary. Any changes to the calendar will be sent by email.

As you remember, we had to shut the Post on March 16<sup>th</sup> and were not able to have St Patrick's Day. Do not put your Green away. We will have St Patrick's Day in November. Details will be coming.

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 an 9:00 a.m. tee time. Sign up for play by sending an email to [vfwgolf7234@gmail.com](mailto:vfwgolf7234@gmail.com) NLT noon on the Monday before the date of play. Remember all are welcome!!!

We will hold our annual meeting at the Post on October 6th following golf. The agenda will include election of officers.

If you are thinking about joining the Golf Association, please contact our President, Ken Smith, at 267-228-7285 or [madriverken1946@gmail.com](mailto:madriverken1946@gmail.com) for more information.

Ed Pike

## COPING WITH COVID: THE BRIGHT SIDE

“Always look on the bright side of life.” Monty Python

It's been over seven months now since the COVID-19 virus from Wuhan, China spread to the United States.



Needless to say, it disrupted and changed everything we took for granted, including: home and social life, churches and synagogues, schools, businesses, medical care, travel and sports. But like other crises in the past, we will deal with it and prevail.

Not to forget or downplay the loss of life or the financial and other adverse impacts, there have been some positive developments that may cheer you up in all this. Here are just a few examples.

Why Fly? Was your flight cancelled and your vacation plans derailed? Don't feel bad. As reported in the Wall Street Journal, you can now buy airline food online. Really. For example, you can buy Jet Blue snack packs with the cheese and crackers and dried fruit. Reportedly, over 40,000 packs had been sold as of August. Other online offerings include cheese omelets (a best seller), chicken parmesan, spinach quiche (for Real Men), and beef burgundy. The meals come with side dishes in a tray and plastic knives and forks for the full dining experience. The big advantage, other than the meals, is that your couch is more comfortable than an airline seat and it's easier getting up for a bathroom break.

Then last week I read that at least one airline is selling the drink trolleys that flight attendants push up and down the aisles. Think about this. Enjoying an airline meal with your very own drink trolley at your side with all your favorite beverages. No waiting. This is like flying without the take offs and landings, sharing the armrest and getting your bag out of the overhead. Plus, with so many tours of foreign countries and interesting places available on DVD, you can sit back and enjoy a virtual vacation in the comfort and safety of your own home. Without the jet lag.

Zoom Is In. I know some meetings are necessary and helpful, but I try to avoid most of them. Typically, they're inconvenient, go on too long, people wander off the agenda or get so far into the weeds of minutia that you forget what you're there for. But now, with the advantage of this new Zoom technology, meetings are bearable and sometimes even productive and enjoyable.



For example, getting to and from a meeting is really easy, just a few steps from your kitchen to the computer. The dress code and hair cut styles are certainly more casual. No one cares. Here's the best part. If someone wanders too far off for too long, you can hit "mute". And if a meeting runs on too long and you need another cup of coffee or a nap you can experience "technical difficulties" and disconnect. It's not considered anti-social or even suspicious because even IT experts can experience "connectivity" problems. So I'm all in on the brave new world of Zoom.

Encouraging Scientific News. Sure there's a lot of discouraging news. Politics, for example. The Washington Nationals, World Series champs in 2019, wound up tied with the Mets for last place in the National League East in this season of what I consider exhibition games. I can hardly watch the "Washington Football" team (formerly known as the Redskins) or the Eagles struggle to be competitive. And many people report that their clothes have shrunk during all the stay-at-home time. Still there's some great uplifting news in a new study.

Jason Gay reports in the Wall Street Journal that researchers at the University of Zurich in Switzerland and Radboud University in the Netherlands have concluded that short-term "hedonistic" pleasures lead to at least as much happiness as longer-term accomplishments. Who didn't know this already? Eating a container of chocolate ice cream is at least as good for my mental health as jogging, learning Urdu, reading War and Peace (I didn't say "re-reading"), or cleaning out the garage. Wow! Obvious or not, the new study is being acclaimed by some (Jason Gay) as a life-altering scientific discovery like the Theory of Relativity and worthy of Nobel Prize consideration.

It is wonderful when you think about it. It gives us academic cover for binge watching old movies, taking a nap, eating a package of Oreos, or all three. You're doing it for mental health and well-being.

For more detail, you can read (or try to) the complete research paper by Katherina Bernecker and Daniela Becker: "Beyond Self-Control: Mechanisms of Hedonic Goal Pursuit and Its Relevance for Well-Being." My short title is "Enjoy the Life You've Been Given." Or, in the words of that old song by Dorothy Fields and Jimmy McHugh made famous by Frank Sinatra: "Just direct your feet to the sunny side of the street."

Looking forward to October, here are a few dates to keep in mind.

Oct. 12. Columbus Day  
Oct. 13. U.S. Navy Birthday (1775)  
Oct. 31. Halloween (Masks are definitely in this year.)

Hope everyone stays well and enjoy every day in October.

Jerry Hardiman

**FOOTBALL SUNDAY BRUNCH**

**October 18th**

**10:00 a.m. - 12:30 p.m.**

**AYCE for \$11**

Tomato Juice  
Orange Juice  
Coffee  
Scrambled Eggs  
Fried Potatoes  
Sausage  
Creamed Chip Beef  
Roast Beef Carving Station  
Steamed Shrimp  
Fruit Cocktail

 vs. 

Baltimore Ravens vs. Philadelphia Eagles

**1:00 p.m.**

## FRIDAY NIGHT DINNERS

**10/2 STUFFED PORK LOIN**  
**10/9 TACO BAR**  
**10/16 POLISH NIGHT**  
**10/23 ORIENTAL NIGHT**  
**10/30 PIZZA NIGHT**

## LEADERSHIP TEAM

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

## BOARD OF DIRECTORS

Chairman	Tony Adams
President	Hal Dietrich
Vice President	John Gossart Jr.
Treasurer	Bill Hensley
Secretary	Ken Weber
Board Member	Frank Mathers
Board Member	Fulton Loppatto
Board Member	Ed Wolfe
Board Member	John Mitchell
Board Member	James Jensen
Board Member	Dean Levering

## AUXILIARY TEAM

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

**Our 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 JOHN GOSSART 240-304-8183**

### Member in Need of Assistance

**Please call:**

**Hal Dietrich 732-371-2564**

### 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](mailto:Smokey1st@netzero.net)**

### For the Latest Updates and News

**Please send your email to**

**[vfwpost7234@vfw7234.com](mailto:vfwpost7234@vfw7234.com)**