



# VETERANS OF FOREIGN WARS MASON DIXON POST 7234

## OCTOBER 2023

### COMMANDER'S CORNER

Hello Comrades, Auxiliary, Post Members,

It's the beginning of the fall season and its getting quieter around town.



I've now completed

the first quarter of my first year. It's been quite a start.

Let's first start by mentioning the vast improvements of the post

New ceiling installed in the bar area after a partial collapse during the most

recent windstorm.

A new outside deck and improved seating; sit outside and enjoy. New lighting fixtures in the atrium. All new ceiling fans throughout the bar, dining room, and atrium. Let's not forget new air conditioning system. And there is more improvement to come. After the super bowl Sunday.., you can look forward to new flooring throughout the bar, dining room, and (NORMAN'S) dance floor and entrance to the post.

I've created a few new committees and picked who I feel will be perfect chairmen Events committee, youth committee, a committee that can supply disabled veterans or family members with a ramp. It's called (ramp it up).

I'm also going to address the BOD about every officer of the post including the BOD to take their turn in attending a veteran's funeral service as an officer of the post. This should be taken as an honor to serve our deceased comrade.

I'm planning to have a "Meet and Great" the new post and BOD officers this October. Open to all members. Date will be announced by emails.

In November I want to have our next volunteer orientation. Again notification by email Our distinguished former Chaplain (John Mitchell) has a great idea on acquiring new membership. Every newly community being built should have veterans, some looking to join a VFW or some who may want to transfer. We are thinking about speaking to their HOA, perhaps a flyer inviting them to visit our post. This could be a great recruitment.

I want to keep our community commitment at the high standard we are accustomed.

Our last leadership left me a post that is highly regarded as the post you achieve to be.

I want to maintain that and with your help to go one better so I can leave it as it's has been left to me.

One more thing - thoughts to ponder We are all former military personnel And have all served within a chain of command. It's no different in our VFW.

Signing off  
Jim Jensen,  
Commander Post7234

## AUXILIARY PRESIDENT

October.... a time to embrace fall and settle in to the "second season" as the rush of summer is officially behind us. In September we remembered 9/11, those that lost their lives on that day, and what the day means to us as Americans. We also recognized POW/MIA Day and Gold Star Mothers and Families Day. In the month of September we held Buddy Poppy drives on Labor Day weekend, and a Buddy



Poppy / membership drive along with our Post counterparts at the Arts Festival on the Bethany Boardwalk.



Speaking of membership..... ours continues to grow, adding 45 new members at our September meeting and 116 since the beginning of the 2023 - 2024 Auxiliary year that started on July 1, 2023. We continue to be the largest Auxiliary in the Nation.

On October 2nd our Department President Alice Burrell will be visiting at our monthly meeting. President Burrell's special project is the support of C.A.S.H (Canines Assisting Service Heroes). This is a unique program within the state of Delaware that provides a fully trained service dog to honorably discharged United States armed forces Delaware residents diagnosed and suffering from Post-Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI). We will present her with a donation to her special project. Come out and join us.

In October our Youth Chairperson and volunteers will be participating in the Cops and Goblins Event at John West Park on October 28th. We will be having a table at this event handing out candy to the children and providing information about our Post, Auxiliary, and National contests to the parents. See [VFWAUXLIARY.ORG](http://VFWAUXLIARY.ORG) for more information about Patriots Pen, Voice of Democracy, and Patriotic Art contests. We are looking for donations of bagged candy for this event and there will be a container at the post by the cash register for donations.



### October is Breast Cancer

Awareness month which is an annual campaign to increase awareness and to promote regular screening and early detection. Although this is the most common cancer affecting women, with 1 in 8 receiving the diagnosis during one's lifetime, breast cancer is a disease that affects both men and women. Early



detection provides the best chance of successful treatment. Support the fighters, admire the survivors, and Honor the taken.

### Show Your Care with Underwear

We will be collecting donations of new underwear and undershirts size 2T - (youth) 14 for the children



at the Nemours (A.I duPont) Children's Hospital Center for Cancer. One of our members lost her nine year old granddaughter to cancer in 2019. Through this trying experience it was learned that the children being treated often have accidents due to

their treatments. In addition their medication and chemo often stain their underclothes and if clean replacements are not readily available the alternate solution is a medical diaper. This can be humiliating to a child while going through such a difficult time. We will be aiding our member in her quest to ensure that clean undergarments will be readily available for these children to help with making their situation as comfortable as possible. Please aid us by showing you Care with a donation of Underwear. There will be a woven basket in the lobby entrance of the post for these donations.

Our Auxiliary has a new point of contact number of (302) 614-6298. This will ensure that we have a consistent contact number and will not change from President to President. We can now be reached at this number as well as emailed at [aux7234.de@gmail.com](mailto:aux7234.de@gmail.com). Also follow us on facebook at [vfwauxiliary7234](https://www.facebook.com/vfwauxiliary7234).

Our monthly meetings are the 1st Monday of the month at the post. Come out and get involved. Everyone's opinion is valued. Our Auxiliary is only as successful as its members make it. Success is all about action in the right direction. We are all here for one common purpose, to support our veterans.

Until next month,

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

## BOARD OF DIRECTORS NOTES

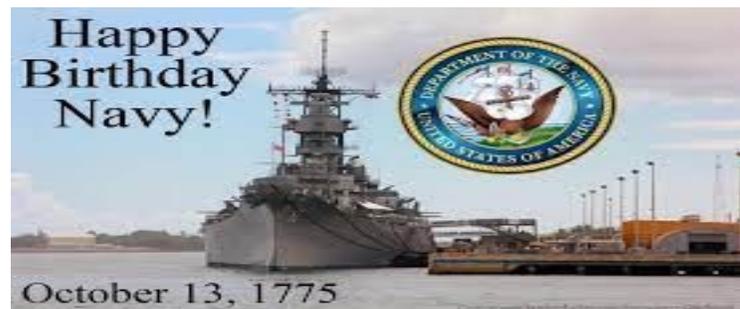
Thanks to all who completed the recent Event Survey, there were a lot of surveys submitted. Some of the surveys did include other ideas not on the survey. An even bigger thank you goes to



the Events Committee, Jim Jensen, Chad Myers, Phyllis Scully, Mike Tuckman and Dale Weese! The results are tabulated and we are researching the feasibility of bringing some of the ideas to the Post. Stayed tuned for more details once the research is complete!

As a sneak peek, though, we are working on theme buffet nights, an event to benefit Marine Corps Reserve Toys for Tots Campaign and a celebration of the 124th Army-Navy Football Game!

Sharon Ruest  
Chairman  
Board of Directors



## CHAPLAINSCORNER

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.



*Andrew Carmine*

With Honor & Gratitude

**We Remember**

Please call Phyllis Scully at 302-381-539-9981 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

### Pharmacogenomics: When one size does not fit all

Genes are parts of our DNA that provide instructions



on how your body develops and functions. Everyone has small differences in their genes, and because of this, people may respond differently to medicines. Pharmacogenomics uses information from YOUR genes to help find the right dose and medicine for you. VA now offers a no-cost blood test to

patients to understand how your body responds to medicines.

#### How can the results be beneficial for you?

- Help your provider find a medication that is safe for you.
- Decrease side effects.
- Reduce the trial-and-error process of medication commonly seen with antidepressants and pain regimens.

#### Medications that can be impacted include:

- Antidepressants
- Pain medications
- Stomach medications
- Cholesterol medications
- And many more

### What do I need to know before testing?

- Testing is free for Veterans.
- Pharmacogenomics is just one factor that may impact how you respond to a medicine.
- Other factors include your age, sex, race, ethnicity, and other medicines you may be taking.
- Federal law protects patients from discrimination by insurance companies or employers based on testing results.
- If you have had a liver or certain bone marrow transplants, you are not a candidate for testing.

### Need more information?

Pharmacogenomic testing is currently available in VISN 4 at facilities in Altoona, Butler, Erie, Philadelphia, Pittsburgh, and Wilkes-Barre, and coming soon to Coatesville, Lebanon, and Wilmington.

To learn more, [view a brief video explaining pharmacogenomic](#)

[testing](#). You may also [visit our website](#) and get answers to frequently asked questions.

If you are interested in testing, please speak to your health care provider, and never stop taking your medications without first speaking to your provider. If you still have questions, feel free to email us at [visn4pharmacogenomicsteam@va.gov](mailto:visn4pharmacogenomicsteam@va.gov).



### VA expands burial benefits for Veterans and their families.

FOR IMMEDIATE RELEASE

Sept. 22, 2023

11:00 am

WASHINGTON — Today, VA announced that Veterans, and their families, caregivers, and survivors now have access to expanded burial benefits to help with end-of-life expenses related to a Veteran's gravesite, burial, funeral, and transportation of remains to their final resting place. Burial benefits are available to individuals who pay for a Veteran's burial and funeral costs that are not reimbursed by any other organization.

#### The updated burial benefits are:

- Expanded reimbursement of transportation expenses, to include costs for transporting remains, to state or Tribal Veterans' cemeteries in addition to previously eligible national cemeteries.

- Instituted a more generous single payment rate for non-service-connected burial benefits.
- Extended the VA plot or interment allowance to Tribal organizations.

“Last fiscal year, VA delivered more than 84,000 burial benefits to families of Veterans,” said VA Under Secretary for Benefits Joshua Jacobs. “Expanding burial benefits means we are able to ensure Veterans are honored in their final resting place, and assist their family, caregivers, and survivors during the difficult time of their loved one’s passing.”

VA provides burial benefits for all legal burial types, including cremation, burial at sea, and donation of remains to a medical school. Eligible individuals include a surviving spouse or legal partner, surviving child, parent, or executor of the Veteran’s estate. Additionally, VA may pay burial benefits to a funeral home or third party who handled burial arrangements for a Veteran whose remains are unclaimed.

Veterans are encouraged to plan with end-of-life benefits provided by VA. These benefits include VA life insurance, care preferences, survivor benefits, and burial benefits that can be applied for in advance of a Veteran’s passing. Visit [www.va.gov/plan-ahead](http://www.va.gov/plan-ahead) to learn more.

There is no time limit to file for a service-connected burial, plot or interment allowance, or the transportation benefit. However, claims for non-service-connected burial benefits must be filed within two years of the Veteran’s burial or cremation. A non-service-connected burial benefit is one where the cause of death was not related to military service. Learn more about [burial benefits](#) and additional information regarding [flags, headstones, and markers](#).

## ANATOMICAL GIFT PROGRAM ABOUT THE PROGRAM

I, myself am a cadaver donor to the Uniform Services Hospital in Bethesda, MD. Normally, I would live too far away to be a donor but due to my family and medical history they will make an exception. This relieves my family of the burden of planning a funeral at a difficult time. About six months later, my remains are returned to a designated individual or funeral home and an interment can be done. The University of Delaware has a similar program that saves the average family about \$10,000. Thank you for your interest in the Anatomical Gift Program for the University of Delaware, Department of Physical Therapy.

Anatomical gift donations are used exclusively for anatomical education by students. We never sell, transfer, or otherwise send anatomical gift donations

to be used by other facilities or agencies. All donations to our program remain at the University of Delaware until the students’ anatomical study is complete, at which time, the remains are returned to the funeral home indicated on the [Anatomical Gift Donor Form](#).

If you would like to participate in this very important donor program, please complete and return the Anatomical Gift Donor Form and inform your family or estate of your decision so that they are aware of your wishes. The University of Delaware will be responsible for the costs associated with this program. These costs include transportation, embalming and cremation.

The University of Delaware Anatomical Gift Program welcomes the opportunity to work with all local funeral homes and has worked most closely with Chandler Funeral Home. Please feel free to contact us for a list of all funeral homes whom we have worked with in the past.

Unfortunately, there are occasional situations beyond our control when anatomical gifts cannot be accepted. Such situations include, but are not limited to, certain medical conditions (e.g., HIV/AIDS, Hepatitis, Prior Disease, Tuberculosis, extremity amputation etc.) and limited storage capacity at the University. We regret that this happens, and when it does, we will inform families as quickly as possible and assist in making other arrangements.

We are sincerely grateful for your interest in making an anatomical gift donation. If you have any questions or need additional information, please don’t hesitate to contact us.

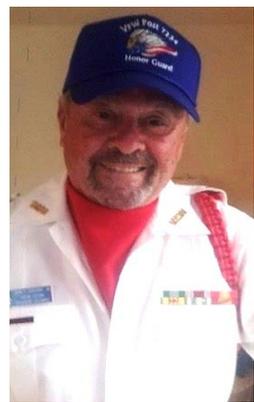
**CONTACT US**  
[anatomical\\_donor@udel.edu](mailto:anatomical_donor@udel.edu)  
302-831-4809

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 the season ending program at John West Park on September 2<sup>nd</sup> with a Volley and Taps recognizing all deceased veterans. Mayor John West, a lifetime member of our Post welcomed the 11 Honor Guard members. On September 9<sup>th</sup> the Honor Guard and Post officers installed the Flags of Remembrance for September 11 at Lord Baltimore School and on Route 113 in Selbyville.



On September 12<sup>th</sup> six members of the Honor Guard participated in the VFW Golf Association Tournament to raise funds for the Home of the Brave (veterans' home in Milford).



On September 15<sup>th</sup> the Honor Guard participated in the funeral service of Andrew Carmine, a lifetime member of our Post and a Navy veteran. The service was held at the Veterans Cemetery Post officers participated in the service and the Honor Guard rendered a Volley and Taps. Rest in Peace Comrade Carmine.

Finally, on September 30<sup>th</sup> the Honor Guard participated with a Volley and Taps in the veterans fund raising program held at the Bethany Beach Tennis Club.

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 summer 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

As we head into the Fall season, we will continue to have all our nightly activities. The one exception will be Thursday Crab Night. Our crab supplier closed his business for the season on Oct. 1<sup>st</sup>. We will continue to have our Steak & Pork Chop special on Thursdays with other menu items.

On 10/7 we will be having our Fall Bull & Oyster Roast. The event will begin at 3pm with doors opening at 2pm. This AYCE event will feature , Raw Oysters, Oyster Stew , Sausage & Green Peppers, Pit Beef , Steamed Shrimp, Baked Beans , Potato Salad , Cole Slaw , and all the fixings. Tickets are \$45pp and can be bought at the bar. Table assignments will be given when tickets are purchased. As of this writing we have a few tickets left.

The Post will be closed on Sunday & Monday October 8<sup>th</sup> & 9<sup>th</sup> for insulation being blown into the ceiling. This necessary repair will greatly improve our heating & cooling expense.

On Sunday 10/15 we will hold a special Football Morning Brunch. The Baltimore Ravens & Tennessee Titans play in England starting at 9:30am.

Breakfast will be served from 8-12pm and will feature all the regular Breakfast items plus a Roast Beef Carving Station and Steamed Shrimp. The cost for this AYCE event is \$14. Football Sundays are continuing to grow. Each week more & more people are coming to enjoy watching the Eagles, Ravens, and Commanders. I believe the majority are Eagle fans and we hear Fly Eagles Fly often. A new Ravens fight song was composed by Ken Weber, and hopefully we will hear it often this season. So put on your colors, bring a covered dish and enjoy your Sunday afternoons at the Post.

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

## VFW GOLF ASSOCIATION

VFW Golf Association members play golf each Tuesday at the Salt Pond Golf Course. Register to play by sending an email to [vfwgolf7234@gmail.com](mailto:vfwgolf7234@gmail.com) NLT noon on the Monday before the date of play. All are welcome!!! Please note that beginning September 5 our times change to showup at 8:30 a.m. for a 9:00 a.m. tee time.

The Golf Association is sponsoring a golf tournament on September 12 at the Salt Pond Golf Course to benefit Home of the Brave Foundation. Join us for a fun filled day of golf. Registration opens at 8:00 a.m. with a 9:00 a.m. shotgun start. It will be a scramble format with lunch and awards immediately after play concludes. Green fees and cart are \$60 per golfer (\$40 for Salt Pond Members). Please contact Bill Sadtler at 301-461-5769 or [sadtler@msn.com](mailto:sadtler@msn.com) for more information. If you are interested in joining the Golf Association, please contact our President, Ken Smith, at 267-228-7285 or [madriverven1946@gmail.com](mailto:madriverven1946@gmail.com) for more information.

Ed Pike

## MEET AND GREET

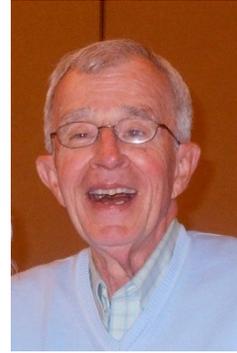
Come meet and greet the new officers of the Post and Auxiliary, and BOD  
October 16, Monday evening at 5 PM  
And hear about the working process of the Post and Auxiliary.  
Everyone Welcome

Thank You

Post Commander Jim Jensen  
Auxiliary President Dale Weese

## FALLING BEHIND IN THE TECH WORLD

Are you up to date on developments in technology? Lining up for the new iPhone 15? I'm so far behind



I'll never catch up, even if I wanted to. Here's a recent example.

We were looking forward to a visit by two of our grandsons and a few of their friends last month. They're young men now, just getting started with their careers. They've been here many times before. But I was still

planning on telling them what was going on in Town, where to park, places to go if they wanted to eat out and maybe help out with a little cash. Then a friend of ours told me something like this: "They don't need you for that. The young ones don't need us anymore. They have VENMO and 2000 apps on their phones."

VENMO. Now I had no idea what VENMO was.

With a little research, I learned that it's a payment app on a "smart" phone where a person can transfer money from an established account. Reportedly, it's a popular system that has over 90 million users!! I even came across a picture in one newspaper of two young kids at a lemonade stand with a sign announcing: "We now accept VENMO and PayPal." All this was news to me. But I still have a flip phone. Bob Dylan was right about changing times.

A word of caution to VENMO users. The New York Times reported in September that VENMO is sharing too much of your personal information. It is "set by default to publicly share when you receive or make a payment." Apparently, without privacy protection, anyone can see your transactions if they visit your VENMO profile.

Artificial Intelligence. Then there's all the recent attention to AI, which I don't fully understand. I'm not sure anyone really does. But I want to assure readers that this column is not written by AI. Limited intelligence, yes, but not artificial. As I understand it, AI vacuums up billions of pieces of data, including internet conversations and every existing book and study, and can quickly collate, mix and reformulate that information in reports, stories and other products on request. According to Bloomberg News, AI can write software code, compose poetry and music, translate 100 languages and answer questions about almost anything in the human and natural world. Sometimes with high quality writing. But it's not always accurate and reliable. One evaluation sampling disclosed that up to a fifth of the information produced by AI included errors.

The Washington Post also reported in September that AI generated reports with inaccurate simple financial interest calculations and produced embarrassing sports stories that contained little factual knowledge of sports. It can't discern fact from fiction, right from wrong behavior, or determine what's appropriate in reporting. For example, Bloomberg noted that AI reports have contained racist, gender biased and even dangerous information.

I'm really not interested in catching up with all the developments in the tech world, getting an iPhone 15, a VENMO account or AI advice on anything. I still have to work on using the self-checkout at the grocery store. But from all my recent reading, my advice is be careful out there. Put on your detective glasses and check every detail.

By the way, we had a great visit with the grandsons and their friends. They didn't need VENMO and maybe used just a few of their phone apps. And we didn't need an app for laughs.

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

- Oct. 9. Columbus Day and Indigenous People Day  
Oct. 13. 248<sup>th</sup> Birthday of the U.S. Navy established in 1775. "Honor, Courage, Commitment" are the U.S. Navy values. I'm not sure if there's an official Navy motto. It used to be: "Not for self, but country" (translated from Latin). That still applies to all our Navy veterans.  
Oct. 28. Anniversary of the dedication of the Statue of Liberty on Bedloe's Island (now called Liberty Island) in 1886 in NY harbor.  
Oct. 31. Halloween

Hope you enjoy every day in October.  
Jerry Hardiman

## LITTLE KNOWN FACTS

Did you know?

We are coming up on 80 yrs after the invasion of the beaches of Normandy. A few facts.

Nearly 160k landed that day

73k Americans

84k British and Canadian

Not counting the French

Nearly 11 k allied aircraft

7k ships and boats

5 k men were killed on D day alone

2500 were Americans

More than 5k wounded

Unfortunately, allied bombing killed nearly 20k French civilians

In total the invasion cost the allies 75k dead, 160 wounded.

D day was the largest and bloodiest invasion in world history.

The world will celebrate the 80th yr anniversary on June 6, 2024

Another day to reflect on this country's veterans

Jim Jensen

## HELP A VET PROGRAM

Volunteers needed to help with this special program. We are reaching out to all of our VFW Post 1200 members to say hello, see how they are, and see if there is anything we can do for them. ALL Post members are invited to help. If you are interested in joining us, please contact.

Frank (semperfi-marines@mediacombb.net)

## 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

## **VOLUNTEERS ALWAYS NEEDED**

As we start this new year the Commander has several committees that need volunteers. As stated above there is the Help a Vet Program. The Events Committee has sent out a questionnaire, so when they decide what events to pursue they will be asking for volunteers, The Grant Committee is focusing on obtaining Grants from the VFW Foundation to pursue many activities to help Veterans and those in our community which will require volunteers, the Communications committee is developing a new Web site and email system and an enhanced social media presence. We are also seeking writers for articles in Newsletter, VFW Magazine, Auxiliary Magazine, local papers etc. As always we value all the many volunteers that help with Honor Guard, Breakfast, Chicken Shack, Burgers on Sunday, Flip Five on the floor and in the kitchen, Crabs, grounds crews, Special Auxiliary and Post Programs, all the other functions in the canteen and all volunteers who help with the many ad hoc events that come up. If you are interested in helping please contact any of the officers or [vwfpost7234@gmail.com](mailto:vwfpost7234@gmail.com).

## **MEMORIAL BRICKS**



You can still purchase bricks. We will always continue to accept bricks forever. We still have space for more than 2000. As we worked with each of you buying bricks we felt the emotions you held in your heart to honor or to remember your loved ones. This will truly be a special place to visit and feel the radiation of Love, Honor, and Respect for those who served this Country and this Post. Thank you to those who have purchased bricks and to those who have not we hope you will consider purchasing a lasting tribute to someone who served this Country and this Post. God Bless you,

## **9/11 Ceremony at Post & Lord Baltimore**





## LEADERSHIP TEAM

Commander	James Jensen
Sr. Vice Cmdr	Sharon Ruest
Jr. Vice Cmdr	Chad Myers
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	Sharon Ruest
President	James Jensen
Vice President	Chuck Guido
Treasurer	Bill Healy
Secretary	Ken Weber
Board Member	Chad Myers
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	Debbie Vischer-Jensen
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)**