



**Queensbury  
Veterans of Foreign Wars  
Post 6196 and Auxiliary  
QVFWP6196.org**

Volume 34 Issue 4

April 2026  
Mike Varmette, Commander  
Kelly Sweet, Editor  
Rebecca Sweet, Co-Editor

# VFW Messenger

## Commander's Message

**Loyalty, Honor, Service**

Comrades,

**Welcome to Spring and Happy Easter!!!**

**State of the Post:** We still maintain our Bingo games every Tuesday. Big thanks to all our volunteers, especially our Auxiliary, for the support of Tuesday Night Bingo. Friday Night Dinners will end this month with Friday 24th of April being our last and we will restart in the Fall. Events will be upon us soon, including getting ready for Memorial Day Parades (Glens Falls/Queensbury and South Glens Falls). If there are any volunteers to help with Post cleanup or just help around the Post, let us know! We would like to have a BBQ in May for all those who have volunteered at the Post after the Glens Falls/Queensbury Memorial Day Parade. This month our elections for the Post and Auxiliary will be conducted, members come to the meeting and participate. I'd like to get an early start on the Voice of Democracy and Patriot Pen this month and generate youth participation around Queensbury. Anyone interested in this please contact the Post.

### **April Post Calendar Highlights!**

VFW Bingo Every Tuesday (Doors Open at 4pm, selling at 5pm, games start at 6:30pm)

**April 7th, 14th, 21st, 28th**—Bingo Nights

**April 3rd, 10th, 17th, 24th** Friday Night Dinners 4pm to 7pm

**April 3rd**—Canteen Game Night 6-9pm

**April 8th**—Easter Sunday - Closed

**April 11th**—Polson's Country Show 5-10am

**April 13th**—Veteran's Lunch 11:30-1pm

**April 13th**—Post/Aux Meeting 6:30pm

**April 16th**—Canteen Amateur Cornhole Night 5-8pm

**April 19th**—Fan Club 2pm to 6:00pm

**April 25th**—Cooper's Cave Coin Show 8:30-4:00pm

**April 26th**—ADK Bluegrass Show 1pm - 5pm

Date to Keep in Mind:

**24 May—South Glens Falls Memorial Day Parade**

**25-27 May – Memorial Weekend, to include the GF/Queensbury Memorial Day Parade!**

Let's keep the momentum going to recruit new members to the Post and Auxiliary, thank you for all the efforts up to date. Until we all get together again, my wish is for everyone to have a safe and enjoyable January with family and friends! See you at our next event.

*Commander Mike Varmette*





## *Auxiliary Message*

### *Unwavering Support For Uncommon Heroes*



**Lest We Forget.**

Hello Brothers and Sisters,

I would like to thank everyone that has stepped up to help with Bingo and the Gold Star Tea.

We have a lot of work ahead of us in a short period of time, so if you have a few minutes to volunteer, please do so. Every little bit is appreciated.

Now on to some fun facts:

April 12, 1606 The Union flag became the official flag of Britain.

April 18, 1775 At the start of the war of American Independence, U.S. patriot Paul Revere rode from Charleston to Lexington, warning people that the British Troops were advancing.

April 19, 1775 The first battle in the war of American independence took place at Lexington, Massachusetts.

April 1, 1963 Soap Opera General Hospital first aired on ABC.

April 2, 1877 The first Easter egg roll is held at the White House lawn.

April 16, 1900 The U.S. Postal Service issues the first book of postal stamp.

April 18, 1783 fighting ended the American Revolution 8 years to the day it started.

Now on to Auxiliary business:

Spring is approaching and there is a lot of clean up that needs to be done around the post. As soon as I get some dates from the Commander I will post the some we all can get together and make light work of it.

Gold Star Tea is approaching fast if anyone that would like to help with this please get ahold of Patty or Rebecca the more the merry and I would like this event to be a huge success.

Hope everyone stay healthy and safe. Take care and God Bless. Also lets all say a prayer for the troops that are fighting in the Middle east.

**Aux President :**

**Bob Brooks**

[bobyluv@frontiernet.net](mailto:bobyluv@frontiernet.net)

518-696-5265 home phone

518-683-2458 cell phone





**WE HAVE  
BINGO  
TUESDAYS !!!!**

**Regular Tuesday Night Bingo!!**

**For April @ 6:30 pm**

**7th, 14th, 21st, 28th,**

**Food and Snacks available**

**Come and enjoy yourself!**

**VFW MOTTO**

*“Honor the dead by helping the living”*

**VFW POST DONATIONS**

**March 2026 Total: \$1300.00**

<b>West Glens Falls Vol FD</b>	<b>\$200.00</b>
<b>District 3 VFW Raffle</b>	<b>\$100.00</b>
<b>District 3 VFW Ways &amp; Means</b>	<b>\$1000.00</b>

**AUXILIARY DONATIONS**

**March 2026 Total: \$0.00**

**\$0.00**



**CHAPLAINS CORNER**

All Members,

Mary Jo White is our Post Chaplain. You can reach her via the Post phone number 518-793-7535.

Auxiliary Chaplain is Sherri Sherman. She can be reached at 518-792-7806.

Please remember those of our members who reside in area Nursing facilities. Keep our ill comrades and sisters in your prayers.

If you know of any member in distress or that needs cheering, you can always leave a message at the Post by calling 518-793-7535.

If you hear about anyone who is having health problems (VFW or AUX) please use one of the above numbers or the Chaplains box to let us know. There is a very good chance that we do not know about it. Our Chaplain will be glad to send a get well card to a member or a sympathy card to the families.

**RESERVATIONS FOR HALL RENTAL**

**Post Office: 518-793-7535**

**Diane Perry: 518-636-8470**

## OTHER FEBRUARY INFORMATION



### **Beware: Claims predators want to prey on your benefits**

Have you noticed advertisements from companies offering to help with the VA claims and appeals process? Do their services seem too good to be true, leaving you wondering whether to trust them? If so, you are not alone.

More Veterans are getting VA health care and benefits than ever before, which also presents opportunities for scammers to commit fraud against Veterans and their families. These increased benefits have led to a rise in shady companies and individuals that are not accredited by VA, offering claims assistance services and charging hefty fees when they do. This expansion of benefits has also attracted individuals and companies who are misleading Veterans to think it is okay to exaggerate disability symptoms in order to get higher disability ratings.

VA refers to these companies and individuals as “claims predators”; these claims predators are not accredited by VA. They are known to aggressively prey on Veterans’ benefits through various channels such as mail, telephone or online platforms. They try to take advantage of Veterans and their beneficiaries by using high-pressure tactics, sharing misleading information and making false promises to convince Veterans to sign up for their services. Unfortunately, these services usually come at a high cost to Veterans, with little to no actual benefit.

To avoid falling victim to claims predators, Veterans and their loved ones must be cautious when seeking assistance with their VA claims and appeals. It’s crucial to always verify the legitimacy of the individual or company before providing any information. VA strongly advises against working with unaccredited companies and individuals. Instead, VA recommends seeking help from [VA accredited](#) claims agents, attorneys and Veterans Service Organizations (VSOs). These individuals and organizations are recognized by VA, having established the good character and competence necessary to navigate the VA benefits system, ensuring Veterans and their beneficiaries receive the benefits they have rightfully earned.

It’s important that Veterans and their families know they should never pay a fee to file an initial claim for benefits. In fact, it’s unlawful for anyone to charge a fee for preparing an initial claim. Only [VA accredited attorneys, claims agents and VSO representatives](#) can lawfully assist Veterans with their initial benefits claims. Only accredited attorneys and claims agents may charge a fee to:

- Consult or advise VA claimants seeking review of or to appeal their claims.
- Collect evidence for a supplemental claim or an appeal.
- Prepare and file a supplemental claim.
- Submit requests for higher level review.
- [Submit an appeal](#) to the Board of Veterans Appeals.

VA remains committed to educating Veterans about these fraudulent schemes by claims predators while providing the necessary [resources and tools](#) to help Veterans pursue their VA benefits claims safely. To learn more about fraud scams and how to safeguard your benefits, [visit the Protecting Veterans from fraud website](#).

If you suspect a representative acted unlawfully or unethically while assisting you in filing a VA benefits claim, file a report and learn more at [VSAFE.gov](#) or call 1-833-38V-SAFE (1-833-388-7233), a new government-wide website and call center designed to protect Veterans, service members, and their families from fraud and scams. These tools will inform Veterans and their families about common fraud schemes and help protect themselves, and provide an outlet for reporting and further assistance.

Remember, you earned your benefits, don’t let claims predators prey on you. Work with a VA recognized representative to receive the support you deserve.



Have you joined us for  
Cornhole?  
If not April 16th is your  
next chance.



Each month we host a Veterans  
lunch for all veterans. Please come  
join us next month and meet oth-  
er fellow local veterans. Our next  
lunch is on April 13th at 1130 am.



Department of Veterans Affairs  
Albany VA Health Care System  
Glens Falls VA CBOC

#### How to Refill or Renew Your VA Medications

Refills (You still have refills left) call the automated refill line: 1-800-585-9772

Use MyHealtheVet at VA.gov

Use the VA Health & Benefits App (Apple/Google Play): Go to Health Prescriptions

VA Health Connect: 1-800-877-6976

Glens Falls CBOC Medication Line: 518-798-6066 (Option 2). Leave:  
name, last 4 SSN, DOB, callback number, medication name

- You will not receive a callback unless there is an issue.

Renewals (No refills left)

VA Health Connect: 1-800-877-6976 — pharmacists may renew  
medications

MyHealtheVet: Request a renewal using Refill & Track Prescriptions

Glens Falls CBOC Medication Line: 518-798-6066 (Option 2). Leave name, last 4 SSN, DOB, callback number, medication name

- You will not receive a callback unless there is an issue.

Controlled medications may require PACT team contact

#### Helpful Tips

- Request refills or renewals 10—15 days before you run out
  - Mail-order prescriptions usually arrive 3—5 days after shipping
- Sign up for VA text/email reminders through VA.gov or the VA app



# Queensbury Veterans of Foreign Wars

Post 6196 and Auxiliary

32 Luzerne Road

Queensbury, New York 12804

518-793-7535

qvfw6196.org

## APRIL 2026

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™



Pray for our troops at home and overseas

God Bless America

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>Tuesday Bingo: Doors Open- 4pm Card Sale-5pm Calling-6:30pm</i>	1	2 WIC 11AM-5 pm "You're Not Alone" 6 pm	3 WIC 8AM-2:30pm Friday Dinners 4-7pm	4
5 	6	<b>B</b>  <b>I</b>	8	9	10 Canteen Game Night 6-9pm Friday Dinners 4-7pm	11 Polsun's Show 5-10pm
12 Adirondack Bluegrass Mtg 12PM	13 Veteran's Lunch 11:30—1pm VFW/AUX MTG 6:30pm	<b>N</b>  <b>G</b>	15	16 Canteen Amateur Cornhole 5PM	17 Friday Dinners 4-7pm	18
19 Fan Club 2PM	20	<b>O</b>  <b>5</b>	22	23	24 Friday Dinners 4-7pm	25 Cooper's Cave Coin Show 8am - 5pm
26 Adirondack Bluegrass Show 1PM	27	<b>P</b>  <b>M</b>  <b>!</b>	29	30		

HAIL AND FAREWELLS  
"FAIR WINDS AND FOLLOWING SEAS COMRADE!"

Ben Sylvester  
Maggie Crossman

**Warren County Veterans' Services Outreach Initiative...**  
**"You Are NOT Alone"**

We will be collecting items for "care" boxes to be sent to Soldiers currently serving overseas. Below is a list of needed items for the "care" boxes. Usually two boxes are sent to every soldier every month but supplies are low, especially with food and fun items.

It would be extremely helpful if you could drop off your items ~ 1340 State Route 9, Human Services Bldg., Lake George NY 12845, **Monday - Friday from 10am - 4pm.**

It's important to donate items that are **Individual Sized** that will fit in a postal box and that a soldier can put in his/her pockets and take with them on missions.

~ You Are NOT Alone ~

**Troop Support Group**

**Support Our Troops! Every Day! Every Mission!**

\* If you know someone serving overseas, please contact Rob McAvoy directly at the address or phone number listed.

*\*Monetary donations are accepted: Donations are used to cover postage. Please make checks payable to: VFW Post 6196 (in the memo write You Are Not Alone - Troop Support Group) and send to the address listed above.*

Boxes are packed the 1st Thursday of every month at 7pm at VFW Post 6196 ~ 32 Luzerne Road, Queensbury NY 12804. **Contact person: Rob McAvoy 518.338.8758.**

**CONTACT INFORMATION**

Commander	Mike Varmette	540-379-4212	tmvarmette@gmail.com
Qmstr.	Keith Lotich	518-793-7535 (post)	kalotich@yahoo.com
Service Off.	Denise DiResta	518-761-6342	direstad@warrencountyny.gov
Adjutant	Kelly Sweet	518-879-6655	luvkel@yahoo.com
President	Bob Brooks	518-683-2458	robertebrooksiii@gmail.com
Treasure	Bobbye Cauffiel	518-645-8474	mosher8099@aol.com

Queensbury VFW Post 6196  
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Queensbury, New York 12804

Non-Profit Org.  
U.S. Postage  
PAID  
Glens Falls, New York  
Permit No. 37

