



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

Volume 33 Issue 3

March 2025
Mike Varmette, Commander
Kelly Sweet, Editor
Rebecca Sweet, Co-Editor

VFW Messenger

Commander's Message

Loyalty, Honor, Service

Comrades,

I want to Thank everyone who was able to make our Anniversary Dinner last month. Thank you to all the volunteers who helped put it together and to give a special shoutout to Mitch Breault for cooking a fantastic meal! It was a great time for all!

Like the verse in the song "American Pie" by Don McLean, "February made me shiver, with every paper I delivered.", it certainly did this year! So happy to move into the month of March and start to thaw out, welcome Spring!

With Spring, I would like to get organized with some volunteers to plan out our "Spring Clean-Up" of the Post. Inspect around the Post and identify what we need to fix up, clean out, and organize. If there are any volunteers to help with Post cleanup or just help around the Post, let us know!

State of the Post: We maintain offering Bingo every Tuesday regularly, we thank all our volunteers and especially our Auxiliary for the support of Bingo. Some of the ongoing events: New Year Day Bingo, Friday Night Dinners, Karaoke, Canteen Amateur Cornhole, etc., more to follow.

March Post Calendar Highlights!

Mar 7th, 14th, 21st, 28th - Friday Night Dinners 4-6pm or until sold out.

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

Mar 4th, 11th, 18th, 25th, Bingo Nights

Mar 6th, 7th - WIC 11:30- 5pm

Mar 6th - "You're Not Alone" 6pm

Mar 8th - Gold Chevron Dinner

Mar 9th - ABL Meeting 1-5pm

Mar 10th - Veteran's Lunch 11:30-1pm

Mar 10th - Post/Aux Mtg 6:30pm

Mar 14th - Senior Community Night 5-7pm

Mar 15th - Polsun's St Patrick's Day Show 5-10pm

Mar 16th - Fan Club 2-6pm

Mar 20th - Canteen Amateur Cornhole 5-8pm

Mar 23th - ADK Bluegrass Show (1pm - 5pm)

Let's keep the momentum going for recruiting new members to the Post and Auxiliary, thank you for all your 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

It seems winter still has a strong grip on us. Saying that please be careful when you're out and about. Many of us have fallen this winter some have a few bruises and others have been seriously hurt. So please keep the brothers and sister that have been seriously hurt and spending time away from family in your prayers.

Now on to a few fun facts..

March 4th 1789 the first meeting of the new congress under the new US Constitution took place in New York City.

March 6th 1836 Fort Alamo fell to the Mexican troops led by General Santa Anna. The fraise Remember The Alamo became the rally cry for the Texans who went on to defeat Santa Anna in the battle of San Jacinto in April of that year.

March 22nd 1972 The Equal Rights Amendment to the US Constitution was passed by the US Senate and then sent to the states for ratification.

Now on to some businesses I have several about our meetings. First off I have to apologize for running the meetings on the little lax side. So when you have something to say please raise your hand and wait to be acknowledged. Then stand and state your business, and we'll speaking please speak loud enough for everyone to hear. We do have members that are hard of hearing that we need to be concerned of.

Membership the ones that are not life members should really think about becoming a life member the dues are only going to continue to rise.

To all the committee heads it that time of year to get your reports in by our next meeting at the latest so I can get them sent on up the chain of command.

In closing I would like to thank everyone for stepping up and making things run smoother, from bingo to to the meals being prepared. So in saying that please continue to respect each another and continue to help each other out.

Spring is right around the corner so let's all start thinking about them fund raisers and goals to make our organization even better.

Thank you And God bless,

Bob Brooks, Aux President

If you need to contact me my email is:

bobyluv@frontiernet.net

Cell number 518-683-2458

Home number 518-696-5265





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

Regular Tuesday Night Bingo!!

For March @ 6:30 pm

4th, 11th, 18th, 25th

Food and Snacks available

Come and enjoy yourself!

VFW MOTTO

“Honor the dead by helping the living”

VFW POST DONATIONS

February 2025 Total: \$707.32

St Jude’s Children Hospital	\$ 50.00
Open Door Missions	\$112.32
NYS Sheriff’s Institute	\$ 50.00
American Cancer Society	\$ 50.00
Special Olympics	\$ 85.00
Gold Chevron	\$360.00

AUXILIARY DONATIONS

February 2025 Total: \$500.00

Post Anniversary Dinner	\$500.00
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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 Kathleen Hayward. She can be reached at 518-858-6018

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



We are running this a second month to make sure the word gets out!

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 March 20th is your
next chance.



Each month we host a Veterans
lunch for all veterans. Please come
join us next month and meet other
fellow local veterans. Our next
lunch is on March 10th at 1130 am.



Monthly Events





Queensbury Veterans of Foreign Wars

Post 6196 and Auxiliary

32 Luzerne Road

Queensbury, New York 12804

518-793-7535

qvfw6196.org

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™



March 2025

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	3	4 B I	5	6 WIC 11AM-5 pm "You're Not Alone" 6 pm	7 WIC 8AM-2:30pm Friday Dinners 4-7pm	8 Gold Chevron Awards Dinner 6pm
9 Adirondack Bluegrass Mtg 12PM	10 Veteran's Lunch 11:30—1pm VFW/AUX MTG 6:30pm	11 N G	12	13	14 Friday Dinners 4-7pm	15 Polsun's Show 5-10pm
16 Fan Club 2PM	17 Happy St. Patrick's Day	18 O 6 P	19	20 Canteen Amateur Cornhole 5PM	21 Friday Dinners 4-7pm	22
23/30 23rd: Adirondack Bluegrass Show 1PM	24/31	25 M !	26	27	28 Friday Dinners 4-7pm	29

HAIL AND FAREWELLS
“FAIR WINDS AND FOLLOWING SEAS COMRADE!”
Arthur J Liberty

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
32 Luzerne Road
Queensbury, New York 12804

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

