



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

Volume 34 Issue 3

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

VFW Messenger

Commander's Message

Loyalty, Honor, Service

Comrades,

Thank you to all the volunteers who helped put it together and to give a special shoutout to volunteers who help every day at the Post!

It seems like its been a long, long winter 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: Line Dancing, Friday Night Dinners, Karaoke, Canteen Amateur Cornhole, Trivia Night, etc., more to follow.

March Post Calendar Highlights!

Mar 6th, 13th, 20th, 27th - 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 3rd, 10th, 17th, 24th, 31st Bingo Nights

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

Mar 5th - "You're Not Alone" 6pm

Mar 6th - Canteen "Are You Smarter than a Grade Schooler?"

Mar 8th - ABL Meeting 1-5pm

Mar 9th - Veteran's Lunch 11:30-1pm

Mar 9th - Post/Aux Mtg 6:30pm

Mar 14th - Polsun's St Patrick's Day Show 5-10pm

Mar 15th - Fan Club 2-6pm

Mar 19th - Canteen Amateur Cornhole 5-8pm

Mar 22th - 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.

Dear Brothers and Sisters,

It has been a long cold winter, signs of warmer weather on its way. I was in Lake George the other day and spotted my first robins feeding in the bushes that's a good sign spring is on its way.

Now on to some fun facts:

- March 4, 1879 The first meeting of the New Congress under the New U.S. Constitution took place in New York City.
- March 9, 1964 Ulysses S. Grant was commissioned as a Lieutenant General and became the Commander of the Union Armies.
- March 10, 1862, the first issue of the U.S. Government paper money occurred as \$5s, \$10s and \$20 bills began circulation.
- March 31, 1968, President Lyndon Johnson made a surprise announcement that he would not seek reelection because of the Vietnam conflict.

Now on to some Auxiliary news.

The Gold Star Parents Tea is moving right along and before we know it will be upon us the is still plenty of work to be done so if you would like to help please let us know.

The Kitchen at Bingo is still an ongoing issue. I don't mind helping wherever needed. But I cannot dedicate all my time to the kitchen on Bingo nights. So, if you can help please do.

Also, if you are looking for something to do on Tuesday nights the commander is always looking for help to work bingo. He is looking to get one or two more callers also people to work the floor so if interested please let me know so I can let the Commander know. Thank you to everyone that helps, it is much appreciated. Everyone please stay healthy and safe.

Thank you And God bless,

Bob Brooks, Aux President

Cell number 518-683-2458
Home number 518-696-5265

If you need to contact me my email is:
bobyluv@frontiernet.net





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

Regular Tuesday Night Bingo!!

For March @ 6:30 pm

3rd, 10th, 17th, 24th, 31st

Food and Snacks available

Come and enjoy yourself!

VFW MOTTO

“Honor the dead by helping the living”

VFW POST DONATIONS

February 2026 Total: \$675.00

Haynes House of Hope	\$100.00
Open Door Missions	\$100.00
NYS Sheriff's Institute	\$ 25.00
Girl Scouts of NE NY	\$ 50.00
WGF Emergency Squad	\$200.00
VFW Service Officers	\$100.00
VFW National Home	\$100.00

AUXILIARY DONATIONS

February 2026 Total: \$0



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 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 19th 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 March 9th 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 MyHealthVet 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

MyHealthVet: 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

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™



March 2026



Pray for our troops at home and overseas

God Bless America

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	<i>Tuesday Bingo</i> ³ <i>Doors Open-4pm</i> <i>Card Sale-5pm</i> <i>Calling-6:30pm</i>	4	WIC 5 11AM-5 pm "You're Not Alone" 6 pm	6 Canteen's "Are you Smarter than a Grade Schooler" 6-8pm Friday Dinners 4-7pm	7 Line Dancing 5-9pm
8 Adirondack Bluegrass Mtg 12PM	9 Veteran's Lunch 11:30—1pm VFW/AUX MTG 6:30pm	10 B I	11	12	13 Canteen's Friday the 13th 6-9pm Friday Dinners 4-7pm	14 Polsun's Show 5-10pm 
15 Fan Club 2PM	16	17 N G	18	19 Canteen Amateur Cornhole 5PM	20 Friday Dinners 4-7pm	21
22 Adirondack Bluegrass Show 1PM	23	24 O 6 P	25	26	27 Friday Dinners 4-7pm	28 Canteen's Karaoke 5-9pm
29	30	31 M !				

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

