

VFW OBJECTIVES:

- TO ENSURE THE NATIONAL SECURITY through maximum military strength
- TO ASSIST THE WIDOWS AND ORPHANS and the dependents of disabled and needy veterans.
- TO SPEED THE REHABILITATION of the nation's disabled and needy veterans.
- TO PROMOTE AMERICANISM through education in patriotism and constructive service to the communities in which we live.



POST 2894

Meetings

2nd Wednesday of month – 7:00 pm
Fraternal Order of Police (FOP) Lodge,
110 Kempsville Rd, Chesapeake, VA



Post Address:
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Web Site:

<http://myvfw.org/va/post2894>

Visit us on FaceBook

OFFICERS

Commander.....	Chris Mulholland
Sr. Vice Commander....	Matt Schweers
Jr. Vice Commander.....	José Vazquez
Adjutant.....	Tom Benson
Quartermaster.....	Mike Kust
Chaplain.....	Mark Junghans
Surgeon.....	José Vazquez
Staff Judge Advocate.....	Matt Hamel
Service Officer.....	Gary Dunbar

NATIONAL

www.vfw.org

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www.vfwva.org

VFW VA DISTRICT 2

www.vfwwebcom.org/va/dist2



VFW SSG DOZIER MEMORIAL POST 2894

Chesapeake, Virginia 23322

"Veterans Helping Others – Other Vets, Other People"

NEWSLETTER – Vol. VI, Issue 2, April-May 2017

Corrected June 2017

APRIL 6th, 1917 – US ENTERS WORLD WAR I!

This Memorial Day is especially poignant since it comes just a month after the 100th anniversary of America's entry into the 'war to end all wars', World War One.

After two and a half years of neutrality while millions of Europeans died in the trenches of

Arras, Passchendaele, and the Somme, President Woodrow Wilson traveled to the US Capitol Building on April 2nd, 1917 and asked a special joint session of Congress to declare war on the German Empire. Two months before, Germany had resumed unrestricted submarine warfare in the Atlantic and the US public had just been confirmed that Germany had offered to help Mexico regain lost territory in the southwest.

Wilson stated that "we have no selfish ends to



50,000 of them had lost their lives, including 11 from Chesapeake (when it was known as Norfolk County.)

Chesapeake honored its fallen with a memorial located at Lakeside Park in South Norfolk. In May 1939, trees were planted and small plaques placed as a memorial to eight men: Truman Lazarus Brown, Arthur M. Donahoe, John P. Gorman, Norman Albert Hempel, Howard Lonnie Johnson, Nicholas L. Keller, Vernon Parr and James M. Stewart. Three others, Dan Holley, Simpson Hunter, and John Wesley Sorey, are not on the memorial because they came from what was then known as Norfolk County.

Truman Lazarus Brown was born on July 21st, 1892 in Bertie, North Carolina and was the middle of three boys. By 1917, he was working as a carpenter with the Norfolk & Southern Railroad when he signed up with the US Army as a Private. He was assigned to the 166th Infantry Regiment, of the vaunted 42nd "Rainbow" Division. Truman was killed during



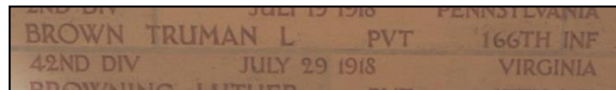
serve", that the war would "make the world safe for democracy", that it would be a "war to end all wars", and that the United States had a moral responsibility to enter the war.

Four days after his speech, the Congress approved the resolution and the US officially entered the First World War.

On June 26, the first 14,000 US infantry troops landed in France to begin training for combat. After four years of bloody stalemate along the western front, the entrance of

the Aisne-Marne Offensive in France on July 29, 1918 and is buried in the Aisne-Marne American Cemetery in Belleau, France.

At just 17 years of age, **Arthur M. Donahoe** was already a Corporal when he was shot in the head and killed in Argonne France on October



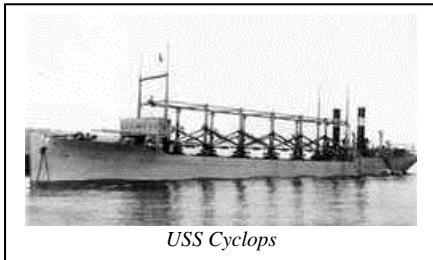
15th, 1918. Donahoe was part of the 318th Regiment, 80th Division, which was made up almost entirely of Virginians. Activated in 1917, the regiment was part the massive Meuse-Argonne Offensive, one of the war's final, bloody trench-warfare battles. Arthur is buried in the Meuse-Argonne American Cemetery in Romagne, France.

John P. Gorman was born on November 6th, 1890 and living in South Norfolk in 1917. He was training at Camp Lee (now known as Fort Lee) as a Private with Company L, 317th Infantry Regiment when he caught pneumonia died at the Base



Hospital on April 22nd, 1918 at the age of 27. His sister, Mrs. H.R. Cherry is the only relative listed on his death certificate. He is buried at Magnolia Cemetery in Norfolk.

Norman Albert Hempel was born in Cleveland, Ohio on December 3rd, 1901. His father was a German immigrant who worked as an officer with the Salvation Army. ON his draft registration card, Norman listed himself as a Christian and a member of the fraternal order, Modern Woodmen of America (WMA). He made his home at 41 B Street, South Norfolk, Norfolk, Virginia, where his mother, Rose, moved after his death. Norman enlisted in the US Naval Reserve Force in Norfolk on May 16th, 1917 and was assigned to the Navy collier (coal carrier), *Cyclops*, as a coxswain when he too caught pneumonia and died on June 14th, 1918. He was buried at sea.



USS Cyclops



WWI Victory Medal

Dan Holley was born in 1893 and lived near the North Carolina border when he joined the Army late in the war. He was a Private with Company E, 543rd Engineer Service Battalion (Colored) in December 1918 when he was diagnosed with tuberculosis and he died less than two months later, on February 9th, 1919, in the Embarkation Hospital at Camp Stuart, in Newport News. He is buried in a family cemetery in Moyock, North Carolina.

Simpson Hunter was born on



Suresnes American Cemetery and Memorial, Île-de-France



CPL Arthur Donahoe

assigned to the 511th Engineer Battalion (Colored) as a Private. The regiment was formed at Camp Lee in January 1918 before being deployed overseas in March. The 511th was responsible for "general construction". Simpson died on April 16th, 1918 in France and is buried in the Suresnes American Cemetery and Memorial in Île-de-France just outside Paris along with 1541 of his countrymen.

Howard Lonnie

Johnson was born on November 24th, 1897 in the Berkley section of Chesapeake as the fourth of eight children. He was working as a painter in South Norfolk in 1918 when he registered for the draft and was sent to Camp Lee for training as a Private with Company D, 19th Battalion, Infantry



Reserve Training Center (IRTC). He died there on October 5th, 1918 of influenza and is buried in Riverside Memorial Park in Norfolk. The inscription on his tombstone reads, "Our Soldier Boy".

Nicholas L. Keller was born on February 10th, 1887 in Derby, Connecticut, just outside New Haven. In 1918 he was living in South Norfolk where he worked as a painter for an "Arthur McCloud." He joined the Army as a Private and was assigned to the 116th



116th Regimental Crest

Infantry Regiment in the 29th Division. On September 15th, 1918, he received a serious gunshot wound near the Verdun Sector and developed pneumonia on December 16th, passing away on Christmas Day, December 25th, 1918. He is buried in the Oise-Aisne American Cemetery in Fere-en-Tardenois, France.

Vernon Christopher Parr was born in Wapakoneta, Ohio on February 6th, 1890. He worked as fireman on a locomotive before enlisting in the US Army on April 27th, 1917. He apparently lived in the Berkeley section of Chesapeake during this period. He was sent to Fort Thomas, Kentucky for training and was assigned to the 19th Cavalry. The 19th Cav was transferred to Camp Ethan Allen in Vermont where it was converted and redesignated as the 77th Field Artillery Regiment.



SGT Vernon Parr

Vernon was by now a Sergeant assigned to Battery D. The 77th was assigned to the 4th Division and deployed overseas in May 1918. Vernon's unit was supporting the attack across the Meuse River in Lorraine, France when he was hit with a "bursting shell" on September 27th, 1918 and died from his wounds. After the war, his body was

disinterred and returned to the US where he was buried on July 24th, 1921 in Decatur, Indiana although there are also records which indicate that he was buried in the Berkeley section of Chesapeake.

John Wesley Sorey was born in the Fentress section of Chesapeake on December 28th, 1896 and was working as a "Mate" on the Albermarle & Chesapeake Canal in 1918. He joined the Army in 1917 and was assigned as a Private with Company D, 35th Engineers. Engineers were among the first US forces to arrive in France in 1917. In December of that year, he caught measles and was hospitalized in Base Hospital #101 in St. Nazaire, France where he then developed



pneumonia and died on January 13th, 1918. Many years later, his father, Howard, applied for a veteran's stone memorial which was approved and is located in Chesapeake Memorial Gardens.

James M. Stewart was a Private with the 318th Infantry Regiment in the 80th "Blue Ridge" Division - he was in the same unit as Corporal Arthur Donahoe. The 318th was made up mostly of men from the Shenandoah Valley and Tidewater areas. While training with the British in France, the 318th were nicknamed "Squirrels": 1st Battalion were RED squirrels; 2nd were GRAY squirrels; and 3rd were called FLYING squirrels. During the Meuse Argonne campaign, the 80th Division was the only one that saw action during each phase of the offensive and earned their motto, "The 80th Division Moves only Forward!" James was killed on September 29th, 1918 during the Meuse-Argonne Offensive and is buried in the Meuse-Argonne American Cemetery, Romagne, France.



Rest in Peace.

COMMANDER'S CORNER

Our Post's largest event of the year, the **Bataan Death March Memorial Walk** is coming on **22 April!** It's also our way of recognizing the heroes of Bataan and Corregidor as well as honoring all the men and women who served during World War II and Korea. We are also working with the Fil-Am Racing Club who will be holding a run in conjunction with the walk. Please set aside some time on Saturday, the 22nd, to help us make this another successful event.



Our post elections are just around the corner on April 12th. We've got a great slate of officers for the coming year.

Our annual Post Awards Ceremony is on May 10th. We've invited all sorts of dignitaries from around the area to attend and help honor our award winners.

For Memorial Day, don't forget to set aside the weekend of 20-21 May for the Buddy Poppy Drive, the 29th for the ceremony in front of City Hall, and some day late in the week of 22-26 May where we will be placing flags on the headstones at the Portsmouth Naval Hospital graveyard.

We are well on the way to duplicating our success from last year as an All-American Post! If you know of anyone who is eligible for the VFW and would like to give back to the community while helping veterans, please encourage them to consider joining our Post.

For those who participated in the St. Patrick's Day Parade in Norfolk, thanks for your support!

And, as always, thanks to all of you for your service to our country! Semper Fidelis!

Chris Mulholland, Commander

PRESIDENT'S CORNER

Hello Everyone. We have a new member to welcome, Jackie Conway. Jackie's husband is Raymond Conway. Jackie makes our membership at 100 + 1 %. This is important because the Auxiliary needs to have the +1 in order to qualify for this year's placard for the banner. We learned this at the District 2 meeting held on March 11. I am always learning things when I attend the District and Department meetings.

I would like to invite the spouses of the new members of the Post to consider joining the Auxiliary. We are a young Auxiliary, in May we will have our 2nd Anniversary. We help the comrades on several of the events such as Poppy Events, the Bataan Death March, selling hot dogs, hamburgers and drinks at the South East Virginia Car Show to name a few. The Auxiliary has programs such as Veterans & Family Services, Americanism, Hospital and VA Volunteers, Legislative, Youth Activities, and Scholarships. Please keep in mind the Auxiliary is for anyone 16 years and older. If you have a son or daughter in high school, being a member of the Auxiliary would look good on a college application. Those eligible for membership are fathers, mothers, husbands, wives, widowers, widows, brothers, sisters, sons, daughters, grandfathers, grandmothers, grandsons, and granddaughters of persons who were or are eligible for membership in the Veterans of Foreign Wars of the United States.



In April we will hold election of Officers and they will be installed before the Awards Ceremony in May.

Thanks to all for the work you do for the Veterans.

Sandy Dunbar, President

POST MEMBER INDUCTED INTO NATIONAL MARTIAL ARTS HALL OF FAME

Nelson "The Tyrant" Lebron was inducted into the United States Martial Arts Hall of Fame in a ceremony in San Antonio,

Texas on January 27th. The mission of the USMAHOF is to recognize martial artists who have made a profound difference. Their goal is to serve the fundamental martial arts community by honoring all people who dedicate themselves to excellence; both the well-known as well as the hidden treasures who never see the limelight.

Nelson was honored as one of the “Black Belt Legends in the American Martial Arts”. He retired from the Navy in 2013 and has been teaching martial arts ever since. Here’s a recent article by Linda Lamm English in the January 10th edition of the Virginia-Pilot about him:

"The kids are my purpose":

Martial arts instructor and Navy vet finds a home at Norfolk gym

The “hyper kid from the Bronx,” as Nelson Lebron calls himself, started boxing when he was 5. Now almost 42, he still competes, all over the world.

His career stats are 180 wins, 36 losses, 6 draws. He has a black belt in seven styles of mixed martial arts, plus numerous belts in other styles. This month, he will be inducted into the Action Martial Arts Magazine Hall of Honors.

When he’s not squaring off against an opponent, he’s teaching others some of those skills. The Navy veteran’s full-time job is as an instructor at the UFC GYM on E. Virginia Beach Boulevard. He teaches children and adults mixed martial arts and also builds their confidence.

Lebron, who suffers from post-traumatic stress disorder, said the workouts and classes are his outlets. “The kids are my purpose.”

Lee Holland, the owner of the gym, said in an email that Lebron “embodies all the best qualities of the club – hard work, good humor and a passion for self-improvement. His martial arts and fighting expertise got him the job, but I would say those qualities have become secondary to his enthusiasm for teaching and rapport with his students.”

After he leaves the gym, Lebron works nightly as a manager at a local club. In addition, he works for a government contractor teaching tactics to active duty personnel, like Special Forces, getting ready to deploy overseas.

Lebron joined the Navy after high school, where he graduated as valedictorian of his class. He was a combat photographer and

later became a bodyguard for chaplains, Navy Seals and visiting dignitaries, he said.

In 1998, while he was overseas, his girlfriend and their 7-month-old twins she was expecting, were killed in a car accident involving a drunk driver.

He said he didn’t get leave to go home for the funeral. He left the service for two years, then re-enlisted.

After 9/11, he volunteered for dangerous duty. People thought he was brave.

But, in truth, suffering from the loss of his fiancée and unborn children. “I was hoping to meet the maker myself,” he said.

He was often assigned to lead convoys because of his fearlessness, which he had even as a child.

One day in Afghanistan, members of his unit watched as a man molested a little boy, he said. His unit was under orders to only observe and not use weapons unless fired upon first, he said.

“It was horrible to watch. Who would

hurt a kid?”

Lebron said he interceded, beating the man and rescuing the boy. Called before a disciplinary committee, he said he told the members it “went against every American value I thought we had as a country.”

He never heard any more about it, he said, but it became one of the recurring nightmares of his PTSD.

“After that, I always volunteered for humanitarian things,” like befriending children in orphanages, he said. His Facebook page has numerous photos of him posing with them.

The petty officer 1st class retired in 2013, saying the military became “too political.” But he misses the camaraderie.

In between tours of duty, Lebron was stationed in Hampton Roads. “It became like a second home.”

The Virginia Beach resident avoids fireworks, and, last year, went to his first picnic in a long time. The scent of meat cooking on a grill reminds him of the smell of burning flesh.

It took many efforts of taking a few steps at a time on the beach before he could get to the ocean without thinking about the sands of the Middle East.

Still, he only sleeps only about four hours a night and spends most of his time either working or working out at the gym.

“UFC saved me,” he said.

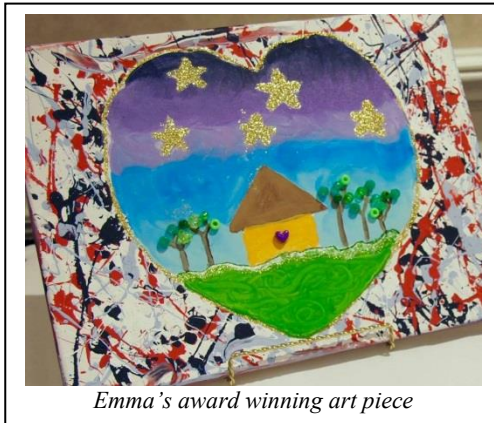
Linda Lamm English, lindalamm@cox.net.



Nelson Lebron with some of his title belts



Nelson Lebron handing out goodies to an Afghani child.



Emma's award winning art piece

EMMA DOZIER HONORED AT GALA

Angels of America’s Fallen (AoAF) hosted a gala in Colorado Springs on 14 January and invited Emma Dozier as a special guest. She was honored for a piece of art she had created. Here’s how she described it: “My name is Emma

Grace Dozier. I am 9 years old. My Dad, SSG Jon Dozier, died while fighting for our country in Iraq when I was only 13 months. Even though I don't have any memories of him, I know lot of stories about his life and feel connected to him in a way that is difficult to explain. Through multimedia art, I try to share my love for my dad, and my pride for my country. In the piece I created, you can see the colors of our flag in the background the heart that represents love, my home that is always protected, the Purple Heart in honor of our fallen, and the Gold Stars which represent me and my friends and family who shine as the living legacies of our heroes. I shine through gymnastics – an activity gifted to me by Angels of America's Fallen!"

of the committees you're interested in and let them know you'd like to help:

- **Budget Committee:** Jose Vazquez, Mark Rios, Chris Mulholland
- **Awards Committee:** Gary Dunbar, Mark Rios, Matt Schweers, Jose Vazquez, Mark Junghans, and Chris Mulholland
- **Membership Committee:** Jose Vazquez, John Guill, Mark Rios, Gary Dunbar, and Chris Mulholland
- **Building Committee:** Carl Dozier and Gary Dunbar

OTHER POST NEWS

Several of our members recently participated in charity events with historic "themes".



Grace and Matt Schweers (above left) attended the "1940's Valentine's Hangar Dance" at the Virginia Military Aviation Museum dressed in "high style"! Meanwhile, Karen and Matt Hamel (above right) participated in the Central Business District Association 8th Annual Casino Night, "A Night at the Gatsby's" in Virginia Beach with all proceeds benefitting the



Junior Achievement of Greater Hampton Roads. Chris and Barbara Mulholland (left) attended a Valentine's Day Dinner Dance fundraiser hosted by Knights of Columbus Council 8240 in Chesapeake (photo courtesy of Francher Photography).

YOU CAN HELP!

If you are looking to get involved and help the Post improve its work for and with veterans, think about joining one of the recently established committees. Contact one of the members

50th ST. PATRICK'S DAY PARADE

Post members Carl Dozier, Matt Schweers, Mark Junghans and Chris Mulholland participated in the 50th St. Patrick's Day Parade in Ocean View, Norfolk on Saturday, March 18th. They rode in the back of a "deuce-and-a-half" belonging to the Vintage Military Vehicles Club of Norfolk.



From lt to rt: Matt Schweers, Chris Mulholland, Carl Dozier and Mark Junghans (how can you NOT love the kilts?!)

Although it was a cold and drizzly morning, the guys had a great time! Matt even brought his son's butterfly net which was perfect for catching flying jello-shooters!

CHAPLAIN'S FOXHOLE

ACCOUNT OF THE RESURRECTION FROM JOHN 20:1-18
 Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him." When she had said this, she turned around

and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her,

"Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She said to him in Hebrew, "Rabbouni!" (which means Teacher). Jesus said to her, "Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.'" Mary Magdalene went and told them that he had said these things to her.

This is the gospel of our Risen Lord.

+ SAFETY CORNER **+**
**APRIL IS PARKINSON'S DISEASE AWARENESS
MONTH**

What is Parkinson's Disease?

Parkinson's disease (PD) is a chronic and progressive movement disorder, meaning that symptoms continue and worsen over time. Nearly one million people in the US are living with Parkinson's disease. The cause is unknown, and although there is presently no cure, there are treatment options such as medication and surgery to manage its symptoms.



Parkinson's involves the malfunction and death of vital nerve cells in the brain, called neurons. Parkinson's primarily affects neurons in an area of the brain called the substantia nigra. Some of these dying neurons produce dopamine, a chemical that sends messages to the part of the brain that controls movement and coordination. As PD progresses, the amount of dopamine produced in the brain decreases, leaving a person unable to control movement normally.

The specific group of symptoms that an individual experiences varies from person to person. Primary motor signs of Parkinson's disease include the following.

- **tremor** of the hands, arms, legs, jaw and face
- **bradykinesia** or slowness of movement
- **rigidity** or stiffness of the limbs and trunk
- **postural instability** or impaired balance and coordination

Scientists are also exploring the idea that loss of cells in other areas of the brain and body contribute to Parkinson's. For example, researchers have discovered that the hallmark sign of Parkinson's disease — clumps of a protein alpha-synuclein, which are also called Lewy Bodies — are found not only in the mid-brain but also in the brain stem and the olfactory bulb.

These areas of the brain correlate to nonmotor functions such as sense of smell and sleep regulation. The presence of Lewy bodies in these areas could explain the nonmotor symptoms experienced by some people with PD before any motor sign of the disease appears. The intestines also have dopamine cells that degenerate in Parkinson's, and this may be important in the gastrointestinal symptoms that are part of the disease.

Secrets, Myths and Misconceptions

There are many pervasive myths and misconceptions about Parkinson's disease (PD) and its treatment. Below are some tips to help you distinguish between fact and fiction so that you can optimize both your care and quality of life.

Myth/Misconception

PD only affects movement. Most people - including some physicians - believe that PD only causes movement-related (motor) symptoms such as tremor, stiffness and slowness.

Reality – Many symptoms of PD are unrelated to movement. Nonmotor ("invisible symptoms") of PD are common, and may affect everyday life more than the more obvious movement difficulties. These symptoms may include impaired sense of smell, sleep disorders, cognitive symptoms, constipation, bladder symptoms, sweating, sexual

dysfunction, fatigue, pain (particularly in a limb), tingling, lightheadedness, anxiety and depression.

Secret – Good news: many nonmotor symptoms of PD are highly treatable. For this reason, you should write down your invisible symptoms, discuss them with your doctors, and seek treatment.

Myth/Misconception

If someone with Parkinson's looks good, then they also feel good. People will often assume that if someone with PD looks good at one point in time, then they will feel well all of the time.

Reality – PD symptoms fluctuate, and not all of them are visible. Over time, people with PD notice an increasing tendency for their medications to wear off between doses. For this reason, the way that they appear at one moment may not reflect the way that they feel most of the time. Even when someone with Parkinson's looks good, they may not feel well because of nonmotor symptoms.

Secret – Keeping a symptom diary can help. If your symptoms fluctuate during the day, then you should keep track of your pattern of "on" times (when your medications work effectively) and "off" times (when medications wear off). This will enable your doctor to optimize your medications, and help you feel more in control of your PD.

Myth/Misconception

You can blame PD for everything. It is easy for you - and for your doctors - to blame PD every time that you are not feeling well.

Reality – Certain symptoms should never be attributed to PD. Fever, for example, is not a symptom of PD, and usually indicates an infection. Headache, vision loss, vertigo, loss of sensation, loss of muscle strength and chest pain are not symptoms of PD.

Secret – Your doctors should rule out other causes for your symptoms. Sudden-onset symptoms - such as chest pain, shortness of breath, weakness, difficulty with speech, or vertigo - warrant immediate medical attention to rule out an emergency.

Myth/Misconception

PD has spontaneous "exacerbations." Another common assumption is that PD can "flare up" unexpectedly. But PD does not work this way. Although symptoms may fluctuate throughout the day, the progression of PD is very slow.

Reality – If PD symptoms worsen over days or weeks, then it is critical to search for an underlying cause. Medication changes, infection, dehydration, sleep deprivation, recent surgery, stress, or other medical problems can worsen PD symptoms. Urinary tract infections (even without bladder symptoms) are a particularly common cause.

Secret – Certain medications can worsen PD symptoms. These include antipsychotics, valproic acid (Depakote®) lithium, and nausea medications such as prochlorperazine (Compazine®), metoclopramide (Reglan®) and promethazine (Phenergan®). Speak with your neurologist before starting one of these medications, to see if there is a better alternative.

Myth/Misconception

Levodopa stops working after five years. This is perhaps the single most pervasive myth about PD treatment. Many people are reluctant to start taking levodopa because of fear of "using it up." Some physicians also share this "levodopa phobia."

Reality – Levodopa works for decades. Levodopa does not treat all of the symptoms of PD, but it dramatically helps many of the most disabling motor symptoms.

Secret – Levodopa has been shown to increase lifespan and markedly improve quality of life.

Myth/Misconception

You should wait as long as possible to take the next dose of levodopa. Many people feel that they should wait until their medication has completely worn off before taking the next dose.

Reality – Levodopa is most effective when taken on time, just before the previous dose wears off. If you wait too long, then the next dose may never "kick in," and the medications may not work effectively for the rest of the day.

Secret – A medication timer can help. If you are experiencing wearing off of medications, then it is critical to take your doses exactly on time.

Myth/Misconception

Your doctor can predict your future. Many people with PD ask their doctor to predict their prognosis.

Reality – PD is highly variable from person to person. Even a PD expert has no way of knowing what the future holds for an individual with PD.

Secret – You can help to change your future. You can improve your disease at every stage by ensuring that you stay fit and receive

adequate sleep and proper nutrition. Exercise is particularly important for improving mobility, stamina, mood and quality of life.

By Melissa J. Nirenberg, M.D., Ph.D., is an Associate Professor of Neurology at NYU School of Medicine and Associate Director of Clinical Services, at NYU Parkinson's and Movement Disorders Center.

Visit the Parkinson's Disease Foundation website (<http://www.pdf.org>) for additional information.

+ SAFETY CORNER **+**
MAY IS HURRICANE PREAPREDNESS MONTH

Hurricane Preparedness Week 2017

It only takes one storm to change your life and community. Tropical cyclones are nature's most powerful and destructive phenomena. If you live in an area prone to tropical cyclones, you need to be prepared. Even areas well away from the coastline can be threatened by dangerous flooding, destructive winds and tornadoes from these storms. The National Hurricane Center and the Central Pacific Hurricane Center issue watches, warnings, forecasts, and analyses of hazardous tropical weather.



Hurricane Preparedness Week (May 7-13, 2017) is your time to prepare for a potential land-falling tropical storm or hurricane. Learn how with the daily tips below and related links. Share these with your friends and family to ensure that they're prepared.

Sunday, May 7th, Determine your risk: Find out what types of wind and water hazards could happen where you live, and then start preparing...

Monday, May 8th, Develop an evacuation plan: The first thing you need to do is find out if you live in a storm surge hurricane evacuation zone...

Tuesday, May 9th, Assemble disaster supplies: You're going to need supplies not just to get through the storm but for the potentially lengthy season. Hurricane Season runs from 1 June through 30 Nov...

Wednesday, May 10th, Secure an insurance check-up: Call your insurance company or agent and ask for an insurance check-up to make sure...

Thursday, May 11th, Strengthen your home: If you plan to ride out the storm in your home, make sure it is in good repair and up to local hurricane building code specifications..

Friday, May 12th, Check on Your Neighbors: Many Americans rely on their neighbors after a disaster, but there are also many ways you can help your neighbors.

Saturday, May 13th, Complete your written hurricane plan: The time to prepare for a hurricane is before the season begins, when you have the time and are not under duress and will make the wrong decisions.

Look for more www.facebook.com/groups/1487774551511824/information about Hurricanes on our Ready Facebook page located at: www.facebook.com/groups/1487774551511824.

FOR MILITARY AND VETERAN FAMILIES IN NEED, THE NATIONAL HOME HELPLINE IS JUST A TOLL-FREE CALL AWAY

The National Home Helpline is the gateway to help for military and veterans' families, providing connections with supportive services and resources in communities all across the nation as well as referrals to our on-campus programs.

And our war heroes can take comfort in knowing that their call will be answered by a caring professional who understands

the unique challenges faced by today's military and veterans' families.

The toll-free Helpline is answered Monday through Friday between 8:00 a.m. and 4:30 p.m. Eastern Time.

1-800-313-4200, help@vfwnationalhome.org

QUARTERMASTER DESK

Post 2894 Annual Dues are \$35.50.

Annual dues can be paid via mail (see our new address on front of newsletter) or to the Quartermaster at one of our meetings.

LIFETIME MEMBERSHIP

You can become a VFW Life Member by paying a one-time fee as listed in the table below, or making an initial \$35 payment and then paying the remainder over an 11-month installment plan. You will be issued an annual membership card and can elect, upon receipt of the first monthly invoice, to pay via check, credit card or ACH Debit. The applicable Life Membership fee is determined from the schedule using the applicant's age on Dec. 31 of the installment plan year in which the application is submitted, regardless of actual date of birth. A permanent Life Membership card will be issued upon completion of this agreement.

<u>Age</u>	<u>One-Time Payment</u>	<u>Installment Payment</u>
18-30	\$ 425	\$ 38.64
31-40	\$ 410	\$ 37.27
41-50	\$ 375	\$ 34.09
51-60	\$ 335	\$ 30.45
61-70	\$ 290	\$ 26.36
71-80	\$ 225	\$ 20.45
81 & over	\$ 170	\$ 15.45

<http://www.vfw.org/Join/Dues-Structure>

Life Memberships can be paid online at www.vfw.org, via mail, or in-person at the meetings.

**WWI HISTORY, 100 YEARS AGO TODAY...
US ENTERS WWI!**

- **April 2, 1917** – President Wilson appears before US Congress saying "the world must be made safe for democracy," then asks Congress for declaration of war against Germany.
- **April 6, 1917** – US Congress declares war on Germany.
- **April 9, 1917** – British 3rd Army, supported by Canadian and Australian troops, makes rapid advances north of Hindenburg Line at Arras and Vimy on Western Front. Expansive first-day achievement in snowy weather includes 3.5 mile gain and capture of Vimy Ridge by Canadians. However, similar to past offensives, inability to capitalize on initial successes and maintain momentum gives Germans opportunity to regroup and further gains are thwarted by 14 Apr. British suffer 150,000 casualties during offensive, while Germans suffer 100,000. Meanwhile, Admiral Sims, USN, arrives in England.
- **April 16, 1917** – French 5th and 6th Armies attack along 25-mile front south of Hindenburg Line ("Second Battle of Aisne" or "Nivelle Offensive"). New offensive comes amid promises of major breakthrough within 24-hours by new French CINC, Robert Nivelle. Nivelle once again utilizes creeping barrage tactic in which armies advance in stages closely behind successive waves of

artillery fire. However, this time it is poorly coordinated and troops fall far behind. Germans also benefit from good intel and aerial recon and are aware of French plan. Nivelle's offensive collapses within days with 100,000 casualties. French President Poincaré personally intervenes and Nivelle is relieved of command and replaced by General Henri Petain, who must deal with French Army now showing signs of mutiny. In Russia, political agitator Vladimir Lenin arrives, following 12 years of exile in Switzerland. Special train for return provided by Germans in hope that anti-war Lenin and his radical Bolshevik Party will disrupt Russia's new Provisional Government. Lenin joins other Bolsheviks in Petrograd who have already returned from exile including Joseph Stalin.

- **April 24, 1917** – British forces take Samarra, Mesopotamia (now Iraq).

- **May 7, 1917** – First night air raid on London by single plane using moonlight.

- **May 10, 1917** – Major General J. Pershing appointed commander of US Expeditionary Force.

- **May 18, 1917** – Selective Service Act passed by US Congress, authorizing draft. US Army, consisting of 145,000 men, will be enlarged to 4,000,000.

- **May 19, 1917** – US announces decision to send Army Division to France ASAP. Provisional Government of Russia announces it will stay in war. Large offensive for Eastern Front is then planned by Alexander Kerensky, new Minister of War. However, Russian soldiers and peasants are flocking to Lenin's Bolshevik Party which opposes war and Provisional Government.

- **May 27-June 1, 1917** – Mutinous atmosphere in French Army erupts into open insubordination as soldiers refuse orders to advance. More than half of French divisions on Western Front experience some degree of disruption by disgruntled soldiers, angry over unending battles of attrition and appalling living conditions in muddy, rat and lice-infested trenches. New CINC Petain cracks down on mutiny by ordering mass arrests, followed by several firing squad executions. Petain suspends all French offensives and visits troops to personally promise improvement of whole situation. With French Army in disarray main burden on Western Front falls squarely upon British.

<http://www.historyplace.com/worldhistory/firstworldwar/index-1917.html>

<http://www.greatwar.co.uk/timeline/ww1-events-1917.htm>

APRIL MILITARY HISTORY

- 1 1863 US adopts conscription for Civil War
- 1893 USN establishes rate of Chief Petty Officer
- 1945 Okinawa: 60,000 U.S. soldiers and Marines land on Easter Sunday
- 1945 US First & Ninth Armies meet to form Ruhr pocket
- 1954 US Air Force Academy established
- 1954 US Army forms first helicopter battalion, Fort Bragg, NC
- 1991 Warsaw Pact officially dissolves
- 2 1827 Construction of first U.S. Naval Hospital begins, Portsmouth, Va
- 1865 Battles of Petersburg/Ft Gregg/Sutherland's Station, Va: Robert E. Lee forced to evacuate Richmond
- 1917 Wilson asks Congress to declare war against Germany
- 1982 Argentina invades Falkland Is, initiating 72-day losing war with Britain
- 3 1865 Union forces occupy Richmond & Petersburg, to tune of "Dixie"
- 1948 Harry Truman signs Marshall Plan
- 4 1776 First USN victory at sea: USS 'Columbus' captures HM Tender

'Hawke'

- 1862 Yorktown: First serious fighting of Peninsular Campaign
- 1865 Lincoln sits in Jeff Davis' chair, in Confederate White House
- 1942 Bataan: Fil-American forces fall back after Japanese break through
- 1943 4th Marine Div activated at San Diego
- 1949 North Atlantic Treaty Organization (NATO) formed
- 5 1951 Julius & Ethel Rosenberg, atomic spies, sentenced to death
- 1986 Berlin: 2 US servicemen & Turkish woman die in terrorist bombing
- 1991 Iraq: US begins relief air drops to Kurds in north
- 6 Army Day and National Tartan Day
- 1862 Battle of Shiloh, Day 1: Confederate success
- 1866 Union vets form Grand Army of Republic
- 1917 US declares war on Germany, entering WWI
- 1945 Okinawa: Massive kamikaze attack on US fleet sinks 6 ships
- 7 1862 Battle of Shiloh, Day 2: Grant defeats Confederates
- 1942 USN agrees to accept black Americans for general service
- 1943 Japanese inflict heavy losses on Allied shipping around Guadalcanal
- 1945 First Navy Nurses land on Iwo Jima: Lt, jg, Ann Purvis & Ens Jane Kendeigh
- 1980 President Jimmy Carter breaks relations with Iran over hostage crisis
- 8 Feast of St Walther Gautier of Pontoise, Patron Saint of POWs
- 1865 Lee's retreat cut off near Appomattox Court House
- 1956 Parris Is, SC: 6 Marine recruits drown during unauthorized night exercise
- 9 1865 Appomattox: Robert E Lee & Army of Northern Virginia surrender
- 1898 Lt Andrew Rowan leaves for Cuba with "a message for Garcia"
- 1942 Bataan: 75,000 U.S. & Filipino troops surrender to Japanese
- 10 1918 Near Toul, in eastern France, 104th Infantry begins 4 day determined defense against German assault, to become 1st American regt awarded Croix de Guerre
- 1945 Allies liberate Buchenwald concentration camp
- 1963 USS 'Thresher' (SSN-593) sinks east of Cape Cod, 124 die
- 11 1863 Battle of Suffolk, VA
- 1898 Pres McKinley asks for Declaration of War against Spain
- 1899 Treaty of Paris: Spain cedes Puerto Rico, Philippines, Guam to US
- 1900 USN accepts first submarine, USS 'Holland', originally designed for Fenians
- 1942 American merchant mariners are authorized to receive DSM
- 1951 Harry Truman fires Gen Douglas McArthur
- 12 1861 Confederates shell Fort Sumter, initiating Civil War
- 1911 First US naval aviator: Lt Theodore Ellyson
- 1916 Battle of Hacienda Santa Cruz de la Villegas: Maj. Charles Young, senior black officer in US Army, leads squadron of 10th Cav ("Buffalo Soldiers") to rescue white 13th Cav, besieged by Mexicans
- 1924 Off Balboa, Panama, 19-year old hooker Madeline Blair found aboard USS 'Arizona' (BB-39), plying her trade since ship left New York 1 month earlier
- 1942 Bataan: Japanese massacre 400 Filipino officers
- 1966 First B-52 raids on North Vietnam
- 1981 First US space shuttle launch (Columbia)
- 1993 Bosnia: USS 'Theodore Roosevelt' (CVN-71) & NATO initiate no-fly zone
- 14 1818 US Army Medical Corps formed
- 1865 Abraham Lincoln mortally wounded by John Wilkes Booth in Ford's Theatre, on Good Friday

- 1898 USS 'Solace' commissioned, first hospital ship in USN since 1865, and only purpose-built hospital ship in history of fleet
- 1912 RMS 'Titanic' strikes iceberg, 11:40 pm
- 1945 Tokyo fire bomb raids: B-29s damage Imperial Palace
- 15** 1861 Ft Sumter surrenders
- 1861 Lincoln calls for 75,000 volunteers
- 1865 Stars and Stripes are again hoisted over Ft Sumter
- 1947 Former Army 2nd Lt Jackie Robinson begins playing for Brooklyn Dodgers, integrating modern Major League baseball
- 1952 First test flight of prototype B-52
- 1986 US bombs terrorist bases in Libya, following Berlin disco bombing
- 16** 1916 French Army forms Escadrille Americaine
- 1945 US troops enter Nuremberg
- 1945 USS 'Laffey' (DD-724) survives 6 kamikaze hits, off Okinawa
- 1946 US launches captured V-2 rocket, White Sands, NM
- 1947 Congress grants Navy Nurses full commissioned status
- 17** 1846 Battle of Cerro Gordo: Winfield Scott defeats Mexican Army
- 1861 Virginia is 8th state to secede from Union
- 1864 Grant suspends POW exchanges over Confederate refusal to treat black troops as soldiers
- 1961 Bay of Pigs: 1,400 Cuban exiles land to overthrow Castro
- 18** 1644 Thousands of Pamunky and allied Indians raid Virginia Colony, killing 500 settlers, initiating 32-months' long Second Tidewater War, in which colonists triumph
- 1775 Paul Revere, Samuel Prescott, & William Dawes make "midnight ride"
- 1934 US Army stops issuing sabers to cavalry
- 1942 Doolittle Raid: 16 B-25Bs off CV Hornet strike Tokyo and other targets
- 1942 WWII edition of "Stars & Stripes" begins publication in England
- 19** 1775 Battles of Lexington & Concord -- "The Shot Heard 'Round the World"
- 1783 Congress orders hostilities with Britain at end, 8 years after "The Shot Heard 'Round the World."
- 1909 Canonization of Joan of Arc, Patron of Soldiers, & Women in Military Service
- 1919 Leslie Irvin of US makes 1st free fall parachute jump
- 1941 US Marines begin construction of airfield on Wake Island
- 1989 USS 'Iowa' (BB-61) gun turret explosion, 47 die
- 20** 1789 George Washington sworn in as 1st President, Federal Hall, NY
- 1861 Union forces burn and abandon Gosport (Norfolk, Va) Navy Yard.
- 21** 1836 Battle of San Jacinto: Texas secures independence from Mexico
- 1898 US declares war on Spain
- 1914 US Marines and sailors occupy Vera Cruz, Mexico
- 22** 1944 New Guinea: U.S. Army troops land near Hollandia
- 23** Feast of St. George, Patron of Soldiers
- 1861 Robert E Lee named major general and commander of Virginia state forces
- 1945 Allies in Italy reach Po River
- 24** 1863 War Department issues GO No 100, The Law of Land Warfare, first US ROE.
- 1943 US 7th Inf Div. trained for desert warfare, sails from San Francisco to Alaska
- 1944 1st Boeing B-29 arrives in China over Himalayas -- "the Hump"
- 1980 "Desert One": US operation to save 52 hostages in Iran fails, 8 die
- 25** 1862 Farragut occupies New Orleans, La
- 1875 Combat on Pecos: Lt. John Bullis and Black Seminole Indian Scouts SGT John Ward, Trumpeter Isaac Payne, & PVT Pompey Factor rout 25-30 Lipan Indian raiders, for which Scouts are awarded Medal of Honor
- 1914 First USN air combat mission: Lt. Patrick Bellinger conducts a reconnaissance over Veracruz, receiving some damage from machine gun fire.
- 1945 Last Boeing B-17 attack against Nazi Germany
- 1945 US & Soviet forces meet at Torgau on Elbe River
- 1960 USS Triton completes first submerged circumnavigation of globe
- 26** 1607 English colonists land at Cape Henry, VA
- 1805 William Eaton and Lt Presley O'Bannon attack Derna, Libya and phrase, "to the shores of Tripoli" enters national lexicon.
- 27** 1773 British Parliament passes Tea Act, leading to Boston Tea Party
- 1778 John Paul Jones begins 2-day raid on Whitehaven, U.K.
- 1813 Toronto captured by Americans under Gen Zebulon Pike
- 1861 Thomas "Stonewall" Jackson assumes command at Harper's Ferry
- 1945 US 5th Army liberates Genoa
- 28** 1945 US 5th Army reaches Italian-Swiss border
- 1956 French leave Vietnam
- 1965 US Marines land in Dominican Republic, stay until Oct '66
- 1967 Mohammad Ali refuses induction into army
- 1971 Samuel Lee Gravely, Jr., promoted to Rear Admiral; first black admiral in US Navy
- 29** 1863 Battle of Chancellorsville begins
- 1945 US liberates Nazi concentration camp in Dachau
- 1970 US & South Vietnamese troops invade Cambodia
- 1975 Last US personnel pull out of Vietnam
- 30** 1492 Ferdinand & Isabella agree to bankroll Columbus
- 1798 US establishes Department of the Navy
- 1900 US annexes Hawaii
- 1908 1st Co., Signal Corps, 71st Reg, NYNG, formed to conduct aeronautical operations; now 106th Rescue Wing, oldest Air Guard unit.
- 1945 American & Soviet forces link up at Torgau in Germany
- 1980 Terrorists seize Iranian Embassy in London

MAY MILITARY HISTORY

- 1** 1862 David Farragut captures New Orleans
- 1898 Battle of Manila Bay: Adm Dewey orders, "You may fire when ready."
- 1931 Empire State Building opens
- 1960 Francis Gary Powers' U-2 spy plane shot down over Sverdlovsk
- 2** 1863 Stonewall Jackson wounded by own men at Chancellorsville, dies May 10th
- 1945 Berlin formally surrenders to Red Army
- 1945 German forces in Italy surrender
- 3** 1846 Mexican army invades Texas
- 1861 Lincoln orders expansion of Army by 23,000 and Navy by 18,000
- 1943 US 1st Armored Div captures Mateur, Tunisia
- 1946 Military Tribunal in Tokyo begins war crimes trials
- 4** 1946 US Marines recapture Alcatraz from rioting prisoners
- 1970 Ohio National Guard kills 4 students at Kent State
- 5** 1814 British attack Ft Ontario, Oswego, NY
- 1862 Cinco de Mayo: Mexican forces defeat French at Puebla
- 1862 Peninsular Campaign: Battle of Williamsburg, VA
- 1864 Battle of Wilderness: Germanna Ford/Wilderness Tavern
- 1908 Great White Fleet reaches San Francisco

- 1942 Philippines: Japanese troops land on Corregidor
1945 Oregon: Japanese balloon bomb kills pregnant woman and 5 children
1965 First large US ground units arrive in South Vietnam
- 6** 1937 Hindenburg disaster, Lakehurst, NJ, 36 die
1941 Bob Hope stages his first USO show, March Field, California
1945 Axis Sally makes her last broadcast
1962 USS 'Ethan Allen' (SSBN-608) fires first nuclear warhead from submerged sub
- 7** 1942 Battle of Coral Sea begins
1954 Dien Bien Phu: Vietminh overrun French after 55-day siege
1989 Panama: Manuel Noriega seizes power after losing election
- 8** 1886 Confederate veteran John S. Pemberton invents Coca Cola
1911 Birth of Naval Aviation: USN orders first airplane, a Curtiss A-1
1942 Battle of Coral Sea, Day 2: USS 'Lexington' (CV-2) sunk
1945 V-E Day; Germany signs unconditional surrender
1952 US conducts first H-Bomb test, Eniwetok Atoll
- 9** 1831 Alexis de Tocqueville arrives at Newport, RI, for 10 month tour
1926 Lt Cdr Richard Byrd & CMM Floyd Bennett fly over North Pole
- 10** 1676 Bacon's Rebellion begins in Virginia
1775 Benedict Arnold, Ethan Allan, & Green Mountain Boys capture Ticonderoga
1862 Confederates torch & evacuate Norfolk and Pensacola Navy Yards
1960 USS 'Triton' (SSN-586) completes first submerged circumnavigation
1968 Vietnam War: Paris peace talks begin, as does Battle of Hamburger Hill
- 11** 1862 CSS 'Virginia/Merrimac' scuttled in James River
1938 First USCG award of DFC, LT C. B. Olsen, for rescue at sea
- 12** 1607 Foundation of Jamestown, Virginia
1789 NYC Revolutionary War veterans form Society of St Tammany
1943 Trident Conference: Roosevelt and Churchill plan strategy
1975 US merchant ship 'Mayaguez' seized by Cambodian forces
- 13** 1908 Navy Nurse Corps is established
1943 USN Bureau of Navigation becomes Bureau of Naval Personnel
- 14** 1653 Massachusetts Council declares that 1/8th of each militia company be available to march on 1 day's warning.
1801 Tripoli declares war on US, initiating First Tripoli War (1801-1805)
1804 Lewis & Clark Expedition sets out from St Louis
1836 Mexican President Santa Anna, prisoner of Texans, signs Treaty of Velasco, conceding Texan independence.
1845 USS 'Constitution' lands Marines at Danang, Indochina
1856 USS 'Supply' delivers 50 Turkish camels to US Army at Indianola, Texas
1942 US Army forms Women's Army Auxiliary Corps (WAAC)
1945 US offensive on Okinawa, Sugar Loaf Hill captured
1975 US raids free Cambodian-held ship 'Mayaguez' with heavy losses
- 15** 1862 Ben Butler issues famous "Woman Order," and proves every woman in New Orleans is a lady
1939 Dupont introduces nylon; within year Japanese sales of silk to US fall 30 percent
1940 First successful test flight of American helicopter, Vought-Sikorsky US-300
- 17** 1987 USS 'Stark' (FFG-31) hit by Iraqi missiles, 37 sailors die
18 1775 1st USS 'Enterprise' enters service, prize taken by Benedict Arnold on Lake Champlain
1861 Battle of Sewall's Point, VA
1917 Congress passes Selective Service Act
- 19** 1951 UN begins counter offensive in Korea
1958 NORAD formed
1967 US bombs Hanoi
- 20** 1912 Battlecruiser SMS 'Moltke' reaches Hampton Roads, on only visit to US by German capital ship
1930 Pres. Hoover reviews US Fleet off Virginia Capes
- 21** 1861 Richmond, Va, designated Capital of Confederacy
1881 Clara Barton founds American Red Cross
1917 Leo Pinckney first American drafted during WW I
1944 West Loch, Pearl Harbor: ammo-laden LST blows up, 6 LSTs lost, 200 killed, "2nd Pearl Harbor"
1968 USS 'Scorpion' (SSN-589) sinks off Azores, 99 die
- 22** National Maritime Day
1959 Benjamin O Davis Jr. (USMA '36) becomes first black Army general
1985 US sailor Michael L Walker arrested for spying for USSR
- 23** 1775 Virginian Patrick Henry says "Give me Liberty or give me death!"
1862 Valley Campaign: Stonewall Jackson takes Front Royal, Virginia
- 24** 1764 James Otis coins phrase "No taxation without representation!"
1861 Benjamin Butler declares fugitive slaves Frank Baker, Shepard Mallory, & James Townsend "contraband of war"
- 25** 1787 Constitutional Convention opens in Philadelphia
1961 JFK pledges US will put man on moon by 1970
- 26** 1945 US fire bomb raid on Tokyo
- 27** 1607 Battle of Jamestown: English settlers repulse attack by 200 Indians
- 28** 1830 Congress authorizes Indian removal from Eastern states
1980 First 55 women graduate from U.S. Naval Academy
- 29** 1945 Okinawa: 1st Marine Division Captures Shuri Castle
- 30** 1868 First "Decoration Day" [now "Memorial Day"], designated by GAR CINC Maj Gen John Logan
1958 Unknown soldiers of WWII & Korean War entombed in Arlington National Cemetery
1962 USS 'Arizona' Memorial dedicated in Pearl Harbor
- 31** 1900 Boxer Rebellion: Multi-national relief forces reach Peking

FROM THE EDITOR

If you are interested in submitting articles, photos, updates on events, for inclusion in the newsletter, please send them to me at: 505 Piping Rock Drive, Chesapeake, VA 23322, 757-482-4981 or majmule@verizon.net

If you know of a business or anyone who would like to help sponsor Post 2894, please let them know that their help will be recognized in the newsletter.

The primary means for disseminating the newsletter is via e-mail. If you prefer a 'hard-copy' via 'snail-mail' (a 'paper copy' via 'US Postal Service' for you old(er) farts!) please let know.

Semper fidelis,
Chris Mulholland

***YOUR AD
COULD BE
HERE!!!***



75TH ANNIVERSARY
1942-2017
MEMORIAL WALK

ANNUAL CHESAPEAKE
BATAAN DEATH MARCH WALK • 2894
SSG JON K. DOZIER MEMORIAL VFW POST 2894

CHESAPEAKE, VIRGINIA
APRIL 22, 2017

POW+MIA
REMEMORING THE
SERVICEMEN
RETURNING HOME

THE BATTLE OF BATAAN
ON THE BATTLEFIELD
OF BATAAN
1942

THE BATAAN DEATH MARCH
1942

THE BATAAN DEATH MARCH
1942

THE BATAAN DEATH MARCH
1942



WARRIOR


FILAM RACING
Run for Heroes
2017 Race Series

BATAAN DEATH MARCH RUN
16.6 | 5 | 1 Mile Runs

Saturday | 04.22.17 | Chesapeake, VA

Register here:
bit.ly/ChesapeakeBDMRun

A portion of the proceeds will benefit
Filipino-American Veterans via FilVetRep 

SSG Jonathan Killian Dozier Memorial VFW Post 2894
www.filamracing.com | info@filamracing.com | 973-713-8053
#ChesapeakeBDMRun #FilAmRacing #FilVetRep #WhyIRun

Become a Medal Sponsor of the Chesapeake Bataan Death March

Contact us at walk.chesapeake@gmail.com or via Facebook @ Bataan Death March. We also have a PayPal account or you can send checks payable to VFW Post 2894 – Bataan Death March, 1007 Cuervo Court, Chesapeake, VA 23322



Bronze Star Sponsor \$250

Name or Company logo on our tee shirt

Silver Star Sponsor \$500

Name or Company logo on our tee shirt and banners

Medal Of Honor Sponsor \$750

Large name or company logo on our tee shirt and banner and special recognition in media and in the closing ceremony

VFW SSG DOZIER MEMORIAL POST 2894

MISSION

To foster camaraderie among United States veterans of overseas conflicts. To serve our veterans, the military, and our communities. To advocate on behalf of all veterans.

VISION

Ensure that veterans are respected for their service, always receive their earned entitlements, and are recognized for the sacrifices they and their loved ones have made on behalf of this great country.

CORE VALUES

- | | |
|--|---|
| Always put the interests of our members first | Treat donors as partners in our cause |
| Promote patriotism | Honor military service |
| Ensure the care of veterans and their families | Serve our communities |
| Promote a positive image of the VFW | Respect the diversity of veteran opinions |







BATAAN DEATH MARCH RUN

16.6 | 5 | 1 Mile Runs

Saturday | 04.22.17 | Chesapeake, VA

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A portion of the proceeds will benefit
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Wednesday April 5th 10 a.m. - 2 p.m.
We're Crossing The Bridge!

As part of Virginia Public Health Week, we invite you to join us on **National Start Walking Day, April 5th!** Bring your friends, walking clubs, neighbors or just you and your best sneaks to the South Norfolk Jordan Bridge in [Elizabeth River Park](#) anytime between 10 am & 2 pm. Nothing official, nothing fancy, but a lot of fun and fitness. For more information, contact Kimi Stevens at (757) 382-8650

POST 2894 CALENDAR

<u>APRIL</u>	
1	April Fool's Day Montero Veterans Health Fair
6	Army Day
16	Easter
12	Post Meeting, 1900 – Officer Elections
18	Income Tax Day
22	6 th Bataan Death March Memorial Walk – Dismal Swamp Park
27-30	Virginia International Tattoo

<u>MAY</u>	
1	Loyalty Day
8	Mother's Day / VE Day
10	Post Annual Awards Ceremony 1900 (7 pm)
12	Military Spouses Day
14	Mother's Day
15	Peace Officers' Memorial Day
20	Armed Forces Day
20-21	Buddy Poppy Drive
29	Memorial Day Ceremony, City Hall, 1100

***YOUR AD
COULD BE
HERE!!!***



VFW SSG Dozier Post 2894
PO Box 15842
Chesapeake, VA 23328



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Stamp
Here

CHANGE SERVICE REQUESTED