## **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



### Meetings

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

> Post Address: VFW Post 2894 PO Box 15842 Chesapeake, VA 23328

Email: cdrpost2894@vfwva.org Web Site: http://myvfw.org/va/post2894 Visit us on FaceBook

POST OFFICERS

Commander Chris Mulholland Sr. Vice Commander José Vazquez Jr. Vice Commander Mark Rios
Adjutant Matt Hostetlar Quartermaster Mike Kust
Chaplain Andrew McMenamin
Surgeon David Weber
Staff Judge Advocate Matt Hamel
Service Officer Gary Dunbar

### **AUXILIARY OFFICERS**

President Sr. Vice President Jr. Vice President	Christina Zinn
Secretary	
Treasurer	Donna Kust
Chaplain	Diane Hostetlar
Conductress	Anne Thompson
Guard	Jean Dozier
Patriotic Instructor	Kevin Mulholland

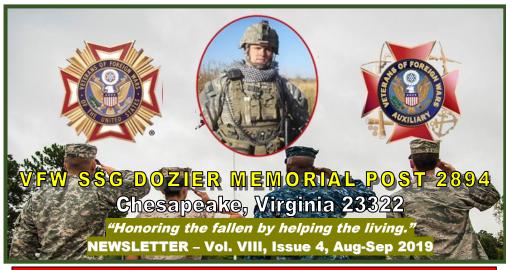
#### NATIONAL

www.vfw.org

**STATE** www.vfwva.org

VFW VA DISTRICT 2

www.vfwwebcom.org/va/dist2



### POST NAMED ALL-AMERICAN POST FOUR YEARS IN A ROW!!!

POST NAMED NATIONAL OUTSTANDING COMMUNITY SERVICE POST FOUR YEARS IN A ROW!!!

POST NAMED ALL-STATE POST FOUR

POST NEWSLETTER WINS NATIONAL BRONZE AWARD!!!

## 75 YEARS AGO, TWO LOCAL BRONZE STAR MEDALS

by Chris Mulholland, Cdrr, VFW Post 2894

75 years ago, in the summer of 1944, the tide of World War II was changing: US forces had invaded Sicily and then mainland Italy; General Dwight D. Eisenhower had

assumed command of the European theater; the D-Day landing had through crashed defenses German in France; Russian forces pushing the were Germans back into Poland: US forces in the Pacific landed in the Mariana Islands (Saipan) and the **Imperial** 

Japanese Navy suffered severe losses in the "Great Marianas Turkey Shoot". Two local Gold Star heroes were in the middle of all this action, both receiving Bronze Star Medals for their bravery.

The Bronze Star Medal (BSM) was officially instituted by President Franklin D. Roosevelt on February 4th, 1944 based on an idea of Colonel Russell P. Reeder who thought that it would be good for morale. The initial concept was that the decoration would be awarded by commanders of smaller units, such as companies or batteries, to personnel under their command. Colonel Reeder saw this medal as the

> ground version of the Air Medal and first named it "Ground Medal". The idea was picked up by General George C. Marshall who wrote a memorandum to the president noting that ground forces "lead miserable lives of extreme discomfort and are the ones who must close in personal combat with the enemy."

The very next day president instituted the medal.

The BSM was made retroactive to December 6<sup>th</sup>, 1941 and would eventually be awarded 395.380 times

(continued on page 7)



#### COMMANDER'S CORNER

Comrades, thanks to all of you, the Post was recognized as an **ALL-AMERICAN POST**... for the **FOURTH year in a row!** We were in the top 80 out of 6,500 posts worldwide! It was each of you – doing as much as you can whether it was 5 minutes, 5 hours, or 5 days – to help the Post with what we do best: taking care of veterans, their widows, and their families.

We also won our <u>FOURTH</u> NATIONAL OUTSTANDING COMMUNITY SERVICE POST (only 63 posts worldwide received this award!!) Our newsletter received a National Bronze Award for Publications! We are also now up to 136 members in the Post! And, for the first time in 27 years, National VFW gained membership!

At the Department Convention in June, the Post was recognized as an All-State Post, won the Bill Allen Hospital Award, the Claire B. Poff Public Relations Award for Most Outstanding Post Newsletter, Honor Post for 100% Membership, First Place Community Activities Award, the Department's Largest Post Membership Increase Award, AND the Department's

Largest Life Membership Increase Award! You ROCK!

I think our success also derives from our first priority being about 'Service to Others'. There's a great story in this newsletter about a project that was very touching and all due to the efforts of our Service Officer, Jim Ireland.



We're not your father's VFW. With

34,000 veterans in Chesapeake (5<sup>th</sup> largest in Virginia) as well as nearly 9,000 active duty members – we have LOTS of room to grow!!!

In June we installed our new officers and I look forward to ANOTHER tremendously successful year!

I want to thank those who came out to the Independence Day Parade in South Norfolk. We were joined by the Military Vehicle Preservation Society of Tidewater. The parade was a lot of fun and really reminds me of older times in 'small town USA.'

We started the new fraternal year on July  $1^{\text{st}}$ , and have already started planning fund-raising activities and different events like the POW-MIA day remembrance ceremony on September  $20^{\text{th}}$  and the POW-MIA memorial dedication at Horton Cemetery (see the invite at the back of this newsletter.) Lots more information will be coming via emails and our Post Facebook page.

Don't forget that our <u>August meeting will be on Saturday</u>, the 10<sup>th</sup>, at <u>Harbor Park</u> – get your tickets ASAP! They are valued at \$33 apiece but we are selling them to Post and Auxiliary members and families at \$25 each. They include a barbeque dinner and seats at the party deck. If you know of someone who is thinking about joining the Post, this is a great way to introduce us to him/her! We will meet outside the 1<sup>st</sup> Base gate, the gates open at 6 pm, our meeting will be about 6:30, and "Play Ball!" is at 7pm. See you there!

In early August, Shane Johnson will arrive in Hampton Roads as part of his "*Hike Across America*" campaign – a fundraiser for the Gary Sinise Foundation. We will be his host for events in Chesapeake, more news to come.

Semper Fidelis, Chris Mulholland, Commander

#### PRESIDENT'S CORNER

Greetings from the Auxiliary. Hope everyone is enjoying the summer even though the temperature is so high.

We had a very good year and at the June Convention we received recognition for our work. We received our Banner/plaque for 100% Plus; Citation of Recognition for Outstanding Citizenship Education (Americanism Program); First Place Best Promotion Americanism



Program; 2nd Place for Number of Americanism Reports submitted; 1st place Buddy Poppy Display Category 2. We received \$25 1st place Best Promo School Flag Etiquette; \$25 2nd place Outstanding Aux. Americanism; \$25 Best Swap Idea – Scholarship; and \$25 for Buddy Poppy Display. Thanks everyone for what you do in the Auxiliary.

At our meeting in July we presented a check to Mike Chism, District 2 POW/MIA Committee Chairman, to help with the monument that is being made for the Horton Cemetery. The Ceremony to unveil the

Auxiliary members at the 2019 Department Convention

Monument will be September 20th.

August 10th at 9:30 there will be a school of instruction at Post 392.

August 10th we will be going to the Tides Baseball Game and holding a

brief meeting before the game.

August 17th the Auxiliary will be at the 28th Khedive Annual Car Show and 21st Annual Craft Show. We will be selling the Die Cast Trucks, Cars and Hot Wheels.

Hope everyone continues to have a great summer. Remember to report any activities that you are doing this summer. Thanks for your support to our Veterans, Sandy Dunbar, President

## 39<sup>th</sup> SOUTH NORFOLK INDEPENDENCE DAY PARADE

What a great day we had in South Norfolk on the 4<sup>th</sup> of July! This was our third year to participate in the only Independence Day parade in Chesapeake. For the second consecutive year we linked up with the Military Vehicle Preservation Society for the march. Additionally, we had our two city council comrades, Matt Hamel and Susan Vitale, ride in the VIP section of the parade and other



comrades with other units like the Marine Corps League. The parade took place in historic South Norfolk and featured entertainment, food, games, paddleboat rides, children's crafts and family fun! The event is hosted by the South Norfolk Civic League and Chesapeake Parks, Recreation and Tourism. See you all there next year!!!





Bob Gregory riding shotgun with a .50 cal (lt) and Jean Dozier in full RW&B regalia (rt)!

## POST REBUILDS A VETERAN'S HOME

Through the herculean coordination of our Post Service Officer, Jim Ireland, a number of volunteer organizations got together and rebuilt the home of a local, single-mom veteran. The Virginian-Pilot wrote an article about the event but first, here's the email she sent Jim:

"Hello my name is Brandi Jones. I'm a 37yr old single mother of two young sons and a veteran of the U.S. Navy. I started out on my journey to purchase a home back in 2010. Just like any young person I had to do a ton of repairs to my credit before I could even discuss with anyone about purchasing a home, but I made the sacrifice to get it done. During this time, my son Deon was five yrs. old and just started kindergarten. We were living in a 2bedroom apartment in Norfolk. It was in a nice neighborhood but not the area that I wanted to raise at the time my only son. One night after dinner, my feeling about the neighborhood was correct my son and I laid down to watch television and someone kicked in our front door. This hurt me to my heart that my 5yr old son was a victim of this kind of violence. From that day on I worked hard to collect as much money for my company as I could so that I could have the down payment, first month's mortgage, and anything extra that we needed to move in. God put me on a mission. While during this time we moved in to my mother's 2bedroom apartment which I was very grateful for, but it wasn't what I wanted, for my son or myself. I wanted my mother to be proud of me. Seeing that her oldest daughter did something that she didn't do, but wanted to do just couldn't afford to do it. Yes, she too is and was a single mother. My son and I went out to the library every weekend to start our search. Let's just say we found our dream home. I knew it was for us because when we pulled up before I could even stop my son was out of the car playing in the backyard, from that day on we claimed our home, and I claimed my 30th birthday gift. Over the years, I have had my share of ups and downs just like any other person, but that didn't stop me from continue to push forward because I always look for the good in things. In April 2016, life gave me another twist I gave birth to a premature baby boy Bryce weighing 4lbs 11oz. I tried my hardest to have my home prepared to welcome my new joy by doing little fixer uppers to my home with the help of family. I was only able to get the doors fixed and up to date and painted my home. Even through things were tight for me I still did what God put on my heart to do, which was give. One day I was walking out of Walmart, thinking that I was giving to a foundation that is dear to me. I learned about a program that would truly change my life. With this I can be a person that spreads the good news on when someone helped me in my time of need and didn't even know the financial struggle that I was going through. I'm a point in life that I have put everything into my home to make sure that my family has a strong foundation. I'm asking that you will consider me as a candidate for this program so that my legacy for my two young boys and family will continue and break every generational curse that said a single mother can't, and won't ever own anything in their future. I believe anything is possible. If I am chosen for this program I will truly grateful and continue to be that blessing that is always needed

# The Virginian-Pilot

https://pilotonline.com/news/local/article\_16284902-83da-11e9-8283-9736ab6961ab.html

## Massive crew of volunteers renovates home for single mom Navy veteran

By Gordon Rago, Staff writer, Email: <a href="mailto:gordon.rago@pilotonline.com">gordon.rago@pilotonline.com</a>
<a href="mailto:gordon.rago@pilotonline.com">CHESAPEAKE:</a> A little after 9 a.m. Tuesday [June 4th], Alexandra Serrano found yet another reason to jump for joy.

The home she was helping renovate on Keats Street would be getting a new washer and dryer.

Well, new-ish. The appliances had been recently donated to the Habitat for Humanity of South Hampton Roads. They were the latest on a very long list of materials — 510 items from ceiling fans to new hardwood floors to paint — used to completely redo the three bedroom ranch-style home.

Roughly 150 volunteers had descended to help out.

For the last eight years, Brandi Jones has called the place home. A single mom and Navy veteran, Jones, 38, said she moved there with her son in 2011 after their apartment in Norfolk was robbed. Jones and her thenfour year old were held at gunpoint and locked inside a bathroom.

"It was my ultimate goal to get my son out of a bad situation," Jones said.

She spent several months working to build up her credit while looking at houses in the area. She now works as a manager at Portfolio Recovery Associates, a bill collection agency in Norfolk. None appealed to her — until she and her son Deon came across the Keats Street listing and went to take a first look.

"Before I could even stop, my son was out of the car and in the backyard," Jones said.

But the home built in 1996 needed work.

Last year, by happenstance, Jones was leaving a nearby Walmart and noticed the local Veterans of Foreign Wars Post 2498 had a table outside. One man, Gary Dunbar, was wearing a hat from the Navy seabees, the same construction battalion she was in for three years.

The two got to talking. Jones made a donation and their conversation turned to her being a homeowner. She told Dunbar how her home needed new cabinets, windows and toilets.

Dunbar took the information to his post. The chapter had recently partnered up with the Hampton Roads Realtors Association's Have a Heart program and the Habitat for Humanity chapter here to help veterans who need work on their homes. They chose Jones and applied for a \$25,000 Home Depot community grant.

On Tuesday, Jones' front yard was filled with construction materials. Keats Street was lined with cars.

Volunteers from Home Depot, the VFW, the realtors association and others had turned out to lend a helping hand.

They raked and mowed the backyard, painted the back shed red, tore out old appliances and ripped up carpeting.

"Hey guys, I have a steamer for that if you need it!" Serrano shouted to a group of people using a sponge to remove rooster-themed wallpaper from the kitchen wall.

Soon the home would sport all new windows, hardwood, luxury vinyl plank floors and new kitchen appliances.

Volunteer Beth Tanner prepared a bedroom ceiling for a new coating of paint. She likened the day to TV shows where people get their homes renovated and finally get to see the completed work in a big reveal when a truck or bus moves out of the way.



Photo by Kristen Zeis/Staff: Volunteers work on the front yard of the home of Brandi Jones during a \$25,000 makeover in Chesapeake, Va., on Tuesday, June 4, 2019.

For Jones, who now lives there with her two sons, there'd be no big surprise. She hung out all day with volunteer crews as they worked, lending a helping hand where she could.

When she got there first thing in the morning, she broke down in tears watching the many people she didn't know working on her home. Some put together a new backyard grill for her — she loves to cook out.

What will her first night in the new home will be like?

"I'm just going to shout and praise God," Jones said.



VFW and Auxiliary members pose with Brandi Jones (center).

## OTHER POST NEWS

• Emma Dozier Helps Homeless Children. Emma, daughter of our Post's namesake, SSG Jon, began a program called "The Rosie Project" after she visited New York City in March and was moved to tears by the homeless population she saw out on the cold streets.

Project Rosie kids empowers to make a difference in their communities. With her own money generous and donations from Dollar Tree and Sunrise Dental. Emma puts together bags of snacks, drinks, toiletries and



small gifts to hand out to people on the streets and at her local rescue mission in Raleigh, NC. Over the weekend of 15-16 June, she organized donations for homeless children in Wake County, NC. Emma wrote: "Thank you ALL so much for supporting me. The Rosie Project is really special to me because it helps me help others that need basic necessities in life. I believe everyone deserves a roof over their heads and food to eat. This is a small way I can give back! I know I have privileges in my life that others don't and I won't take those for granted. So thank you for being a part of my project! Look at what we've accomplished so far! These bags will be given out this week to over 50 kids in Wake County!" Great job, Emma!!!

• Ron Mayfield Wins Gold! Ron has been participating in the National Veterans Wheelchair Games for over 10 years now. The largest wheelchair

athletic event in the world, NVWG serves veterans with Spinal Cord Injury, Multiple Sclerosis, amputations and other central neurological impairments with the goal to increase their independence, healthy activity and quality

life of through wheelchair sports recreation. This year's event was in Louisville. Kentucky. The NVWG has 19 different events that veterans can



choose to participate in such as wheelchair basketball, softball, swimming, cycling, power lifting, trap shooting, power soccer and more. Ron won Gold Medals in swimming and bowling and a Bronze Medal in slalom. Congrats Ron!!!

• Becky Waters Moves From on Mercy Chefs. Since graduating from the Culinary Institute of Virginia last vear, Becky has been volunteering with Mercy Chefs, which provides professionally prepared meals emergencies national





and natural disasters as well as other service initiatives such as feeding the local community. Just recently, she decided to step back and spend more time with the family. Have fun!!!

• Jay Redman Has a New Book! Jay has written a book about leadership called, "Over Come". He wrote: "This is a question at the heart of leadership. How you handle a life ambush, how you handle any crisis, is dictated by how well you lead yourself and how well you lead others. If there is anything I have learned about leadership through adversity it is

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this: loss and failure expose our weaknesses as leaders. If you're a leader in business, in your family, or just of yourself (and if you're alive, congratulations, you're the leader of yourself), then you already have faced or you soon will face a life ambush. How you deal with that ambush will either unlock your future success or limit it. My goal for this book is to show you what it takes to do the former – to not just survive a life ambush, but to become a person who will endure adversity, overcome it, and even thrive from it." The book is available for presale on Amazon with a release in December. Congrats Jay!

• Auxiliary Member Kevin Mulholland at National Championships! Kevin, along with his parents, Barbara and Chris traveled to Fort Wayne, Indiana in mid June for the US Power Soccer Association (USPSA) National Championships. Kevin is the team captain of the Tidewater Piranhas and led his team to a 4th place finish in their division. Chris is a retired professional soccer referee and assisted with assignments and coordination of the officials at the tournament.



Kevin Mulholland (far right) and his teammates watch the "competition"

• Post Judge Advocate was Guest Speaker. Post Judge Advocate – and City Councilman – Matt Hamel

was the guest speaker for Grassfield High School's Junior Class Awards Night. 26% of the class won the Principal's Academic Award which requires a GPA of 3.8 or higher. One of those recipients was Kayleigh



Hamel, Matt's daughter! She also earned the Academic Excellence Award for AP Seminar, one of 7 Academic Awards. Kayleigh was our Post's 2017 Voice of Democracy award winner. As Matt's wife Karen wrote, "It was so rewarding and meaningful for Matt to be the

proud City Councilperson of all these insanely talented and dedicated Grassfield students and the proud parent of an award recipient. Go Grizzlies!"

• Kimball Thompson Teaches Kids About America. Kimball is a Revolutionary War reenactor and was



invited to talk with a Greenbrier Primary

kindergarten class about the American Flag and the REVWAR. Christine Zinn, Auxiliary Vice President, is the class teacher and made the invitation. The kids really

enjoyed speaking with "someone from the past!"

• Scout of the Year. Our Scout of the Year, Lea Bonner, was unable to make the Post's annual awards ceremony so her award was presented to



Lea Bonner receives Scout of the Year award from Post Commander Mulholland

her at the Girl Scout Council on May 20th. She was recognized with one of scouting's highest awards as one of ten National Young Women of Distinction in 2017 and by the Kappa Delta Foundation and Susan Bulkeley Institute for the Development of Women Leaders. She is a National Ambassador for the Girl Scouts and was on the cover of the Colonial Coast Magazine which also featured her Gold Award Project. Her project was called "Save the Shells" and involved starting an oyster shell recycling program in Chesapeake to help improve the health of the Chesapeake Bay. Over the past 2 years, she has spoken to thousands of girls at numerous venues. She says, "A good leader works side by side with her team; never asking of them that which she is not willing to do herself." Congratulations, Lea, and good luck in your future!

• Chesapeake AFJROTC Awards Night. Every year, the JROTC cadets of the six high schools in Chesapeake



gather for a night of recognition and awards. Amongst the various honors, our Post presents the VFW Award to two cadets from each school who have exhibited outstanding achievement and exceptional leadership abilities. This year's event was at Indian River High School. Post Commander Chris Mulholland and Post Surgeon Bob Gregory presented the medals and certificates and then posed with some of the night's awardees. What a great group of enthusiastic and patriotic youngsters!



• Nelson Lebron **Presents** Karate Yellow Belt. Nelson Lebron is champion blackbelt fighter in multiple of the disciplines martial arts. He also teaches children selfdefense confidence. On 16 May he presented a

yellow belt in karate to one of his students.

• Auxiliary Participates in **Department** Parade Flags. At the Department's annual convention Portsmouth, the Post 2894 Auxiliary proudly marched their new flag in the Parade of Flags on June 14th, National Flag Day. Pictured (left to right) are Conductress Anne Thompson, President Sandy Dunbar, and Grace Schweers with the new Auxiliary flag.



## COMRADES HELP AT VIRGINIA BEACH SHOOTING, 31 MAY 2019

On the afternoon of May 31<sup>st</sup>, 2019, a disgruntled city employee walked into Building 2 of the Virginia Beach municipal center and fatally shot twelve people and wounded four others in a mass shooting. He was later shot dead by police officers responding to the scene.

Two of our Post comrades then spent the next two weeks helping out the families of the slain and the first responders who were witnesses to the gruesome scenes.

Our Post Chaplain, Reverend Dr. Andy McMenamin, is uniquely qualified for his position. He is a Chaplain for the "Ordo Sancti Constantini Magni" (Order of St. Constantine the Great) and is a certified clinical trauma professional and a clinician/chaplain with the Tidewater Critical Incident Stress Management (CISM) Team. In this capacity, he regularly meets with first responders and helps them deal with the pressures of their jobs. After the Virginia Beach shooting, Andy spent nine days speaking with and counseling many of those who were on the scene.

Ann Jones is a former Marine Corps military police officer who now works for Sentara Healthcare. She is qualified in security operations and has many personal contacts throughout the first responder community in Tidewater. After the shooting, she too spent many hours and days providing security for the city's records and helping the city employees and responders cope with the stress and what they encountered on that fateful day.

Thanks to both of you for what you did and continue to do for our community!!!

## AUXILIARY BUDDY POPPY ART DISPLAY WINS 1st PLACE!

For the first time ever, the Post Auxiliary submitted a Buddy Poppy Art Display in the Department's contest...and it won First Place!! The Auxiliary members spent hours designing and building the piece which depicts the National Korean War Memorial in Washington DC. Congratulations!!!!

The Korean War Veterans Memorial is located in Washington, D.C.'s West Potomac Park, just south of the Reflecting Pool on the National Mall. It memorializes those who served in the Korean War and is in the form of a triangle intersecting a circle. A granite wall weighing more than 100 tons has photographic images sandblasted into it depicting soldiers, equipment and people involved in the war. The 19 statues represent a platoon on patrol, drawn from all branches of the armed forces. They are dressed in full combat gear, with

ponchos covering their weapons and equipment. The ponchos seem to blow in the cold winds of Korea. When reflected on the wall, there appear to be 38 soldiers, who represent the 38 months of the war and the 38th parallel that separates North and South Korea.



The Blue Ribbon!

The circle contains the Pool of Remembrance, a shallow pool surrounded by a grove of linden trees with benches. Inscriptions list the numbers KIA, MIAs and POWs and a nearby plaque is inscribed: "Our nation honors her sons and daughters who answered the call to defend a country they never knew and a people they never met." A further granite wall bears the simple message, inlaid in silver: "Freedom Is Not Free."



Lot of amazing detail.



The Korean War soldiers (note their reflections on the 'wall').



The Thompson's graciously hosted the "working party'

## CHAPLAIN'S FOXHOLE

## "Religion in Today's Military"

by Rev. Dr. Andrew McMenamin, Post Chaplain

I believe it would be fair to say that from the founding

of our nation's military up until the early 20th Century, the vast majority of military personnel and military chaplains were uniformly Protestant. But the world has changed radically in just the past 50 years. A survey was conducted in



2012 to gather and review data on religious preference and chaplain diversity in the military. At the time of the survey, the military recognized just over 100 religious preferences, with the majority being Christian.

The survey found less than 1% of military personnel self-identified as atheist or agnostic. The largest individual religious preference was "No Religious Preference" at nearly 23% of the military. "Unknown" was the fifth-largest at 6.2% after 12 Christian denominations/selections. That leaves Atheists in the #15 position. There are no "Atheist" chaplains in the military to support Atheist servicemen and women.

Military chaplains showed a Christian majority as expected – BUT one must ask – why are 97% of all chaplain billets designated for less than 70% of the general population. In addition, most "minority" religious groups like Jewish, Muslim, and LDS are overrepresented, per-capita, in the number of chaplain billets. A major Christian denomination, Roman Catholics, are significantly underrepresented, while atheists and humanists have no dedicated chaplain support whatsoever.

In 2017, the Office of the Assistant Secretary of Defense for Military Personnel Policy saw the need to expand the number of recognized religious preferences to over 220. It now recognizes many additional faith

and belief groups including Humanists, Atheists, Agnostics, Pagans, Shamans, etc. The move was made to ensure servicemen and women who are adherents of small faith groups are now guaranteed the same rights, privileges and protections granted to their peers who are members of larger faith groups.

If this subject interests you, I would strongly encourage you to read one of the United States Supreme Court's decisions on Military Religious Freedom at:

www.supremecourt.gov/DocketPDF/17/17-1717/82284/20190130140058040\_17-1717%2018-18%20bsac%20American%20Legion\_MRFF.pdf and I would also encourage you to visit the Military Religious Freedom Foundation at:

www.militaryreligiousfreedom.org/about/religiousfreedom-and-the-military-a-short-history/

God bless America!

## 75 YEARS AGO, TWO BRONZE STAR MEDALS

(Continued from front page)

by the end of the war. Anyone who received the Combat Infantryman Badge (CIB) or Combat Medical Badge was eligible, thus making it a service award. But it could also be awarded for acts of heroism – Audie Murphy had two: one for service and another for valor. A year after the medal was approved, the "V" device was introduced to designate a single act of heroism or valor from those who purely served in the infantry in combat during the war.

Today the BSM has expanded to include all branches of the Army, not just ground combat units. It is counted among the highest honors one can obtain for service. Since only a very small quantity of BSMs are awarded solely for heroic acts one should not automatically assume that it is unjustifiably being awarded to soldiers not involved in direct action.

The two "Chesapeans" who received Bronze Star Medals in the summer of 1944 were **Technical Sergeant Willie Joseph Cox, Jr.**, and **Private First Class Henry E. Matthews**, both soldiers in the US Army but serving on opposite sides of the globe.

Willie Joseph Cox, Jr. was born on September 19<sup>th</sup>, 1920 in Norfolk to William J. (b. 1890) and Rosa Thomas (Vaughn) (b. 1893) Cox. His parents were born and married in Northampton County, North Carolina. Every contemporary record (including his birth) reflects his name as "Willie" although his father was a William and Willie was a "Junior". Willie had an older sister, Mary (b. 1917) and a younger brother, Louis (b. 1927).

The family lived in "West Norfolk" – in that portion of Chesapeake now called Western Branch. In the 1930 US Census, Willie's father is listed as working as a foreman in a "barrel factory"; by the 1940 census, he was working as a carpenter for a "steam ship co."

In February of 1942, Willie filled out a draft card. He was listed as 5' 8" tall, weighing 169 pounds, with a "ruddy" complexion, gray eyes, and brown hair. He was employed at the "Norfolk Navy Yard".

On September 14<sup>th</sup>, 1942 Willie enlisted as a Private in the US Army "for the duration of the War or other emergency, plus six months, subject to the discretion of the President or otherwise according to law." He was given serial number 33225213 and assigned to the 115<sup>th</sup> Infantry Regiment.

The 115<sup>th</sup> Infantry is a storied Maryland Army National Guard unit that traces its roots back to the American Revolutionary War. It was inducted into Federal Service on February 3<sup>rd</sup>, 1941 and Willie joined the regiment at Camp Kilmer in New Jersey around September 20<sup>th</sup>, 1942. The camp was part of the New York Port of Embarkation where troops were quartered in preparation for transport to the European theater of operations. It eventually became the largest processing center for troops moving to or returning from overseas, processing over 2.5 million soldiers.

Willie traveled in relative luxury across the Atlantic when he boarded either the RMS Queen Mary or the RMS Queen Elizabeth on October 5<sup>th</sup>, 1942. Six days later, he arrived in England and the 115<sup>th</sup> was attached to the 1<sup>st</sup> Infantry Division for the next year and a half in preparation for the D-Day invasion.

He must have done well and impressed his command because he was promoted to Technical Sergeant (T/Sgt), a rank that was worn by the platoon sergeant, the leading enlisted man in a platoon.

On D-Day, the 115<sup>th</sup> Infantry landed on the eastern end of Omaha Beach as part of 29<sup>th</sup> Infantry Division of the V Army Corps. The beach was bounded at either end by large rocky cliffs. From the division after-action report:

"The 115th Infantry landed at 1025 hours, with the 1st and 2nd Battalions abreast on Fox Green beach, about 1000 yards east of that part of the beach on which it was intended to land. The 2nd Battalion on the right crossed the beach and started up the cliff, making slow progress due to mines. The progress of the 1st Battalion on the left was faster. It pushed inland to the south of St. Laurent, reaching there about dark. This battalion was subjected to heavy fire from snipers and mortar fire throughout the night. Lt. Col. Richard C. Blatt became fatally wounded by mortar fire. The 2nd Battalion attempted to capture St. Laurent, but was

unsuccessful. It then moved to the south of the town, into the woods, about one-half mile to the west...During the night 6-7 June the 3rd Battalion moved to the outskirts of St. Laurent. At daybreak the attacked the town and by midmorning had secured it. They then pushed toward Louvieres. The 2nd Battalion was held in the woods all through the day. The 1st Battalion moved to the woods about 1200 yards to the west of St. Laurent."

Early on June 7 Germans abandoned St. Laurent and the 115th Infantry Regiment was able to push inland to the south-west, reaching the Formigny area that evening and the original D-Day phase line the following day. During the 100 days following D-Day more than 1,000,000 tons of supplies, 100,000 vehicles and 600,000 men were landed, and 93,000 casualties evacuated, over Omaha Beach.

In the seven weeks after the landing, the Allied advance inland was stalled during the "battle of the hedgerows". The hedgerows (bocage in French) are

denser, thicker, and higher in Normandy than anywhere else along the French coast. From a military perspective, they are ideal for defense, since they break up the local terrain into small fields edged by natural earthen obstacles. They provide real defense in depth, extending dozens of miles beyond coast. The hedgerows the undermined U.S. Army's the advantages in armor and firepower, and the hedgerows gave the German defenders natural shelter from

attack. The weather also had an effect with daily rains that negated Allied tactical air support and reduced observation. Though inferior in numbers and deficient in supplies and equipment, the Germans inflicted 40,000 casualties.

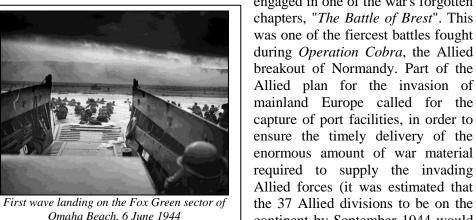
The successful breakout of the low country would depend on the ability to overcome the hedgerows. The urgency of the situation resulted in the development of improvised methods to allow tanks to breach the hedgerows. The first field-expedient solution to the mobility problem came from the 747th Tank Battalion assigned to the 29th Infantry Division. The 747th was not equipped with dozer tanks, so instead of trying to drive directly over the hedgerows, someone suggested demolitions to blow gaps in the hedgerows. After experimentation, the tankers discovered that demolitions could indeed create breaches. Two 24-pound explosive charges placed eight feet apart and eighteen inches above ground level blew a sizable hole in a hedgerow. On June 24th, engineer squads from the 29th Division's combat engineer battalion emplaced demolition charges on hedgerows during a limited attack by elements of the 115<sup>th</sup> Infantry.

The problem was truly solved when a Sergeant Curtis Culin designed and supervised the construction of a hedgerow-cutting device made from scrap iron pulled from a German roadblock. Testing showed that the device allowed a Sherman tank to cut easily through the hedgerows. Because the hedgerow cutter's blades made a tank resemble a large pachyderm with tusks, troops called the device a rhinoceros, and Sherman's equipped with Culin's invention became known as rhino tanks.

Willie was also involved with the 29th Division's development of a brand-new concept in tactics combined arms teams - where neither tanks nor the infantry lead the attack but work closely together to protect one another while closing with the enemy.

Once they broke out of the Normandy hedgerows on July 27th, 1944, Willie and the 115th Infantry were

engaged in one of the war's forgotten chapters, "The Battle of Brest". This was one of the fiercest battles fought during Operation Cobra, the Allied breakout of Normandy. Part of the Allied plan for the invasion of mainland Europe called for the capture of port facilities, in order to ensure the timely delivery of the required to supply the invading Allied forces (it was estimated that continent by September 1944 would



need 26,000 tons of supplies each day). The main port the Allied forces hoped to seize and put into their service was Brest, in northwestern France.

Willie and the rest of the Americans arrived outside Brest on August 7th. The Brest garrison, Festung Brest, meaning "Fortress Brest", was under the command of General der Fallschirmtruppe Hermann-Bernhard Ramcke, a paratroop veteran of the Afrika Korps. His force consisted of 40,000 fighting men including a German parachute division. The German paratroopers lived up to their reputation, as the Allies had experienced previously in battles such as Monte Cassino. Whilst some less capable units surrendered quite easily, the Fallschirmjäger defended their ground under considerable odds, heavy shelling, air strikes and American assaults. The attackers had many losses inflicted on them for every small advance they made into the city.

As per their military doctrine, the Americans tried to use their superior artillery firepower and air superiority to overcome the defenders, instead of fighting them hand-to-hand. The fighting was intense, with the troops moving from house to house. The fortifications (both French and German built) proved very difficult to overcome, and heavy artillery barrages were fired by both sides.

The old city of Brest was eventually razed to the ground, with only some medieval stone-built fortifications left standing.

It was during the opening days of the Battle of Brest that T/Sgt Willie Joseph Cox, Jr. was killed in action on August 10th, 1944. He was posthumously awarded the Bronze Star and Purple Heart medals.

**Brest** was finally surrendered on September 19th. By then, Paris had been liberated by the Allied Armies and Operation Market-Garden was under way in the Netherlands.

Willie is buried in the **Brittany** American Cemetery and Memorial in Saint-James. France. His gravesite is in Block C, Row 2, Grave 3.

Cemetery in Portsmouth.

Willie's father died in 1973 and his mother in 1977 and they are buried together in Olive Branch

Henry Elmo Matthews was born on October 28, 1924 in Vance County, North Carolina, which lies about 45 miles north of Raleigh along the Virginia state line. He was the third child of John Henry (1899-1976) and Pearl Laura (West) Matthews (1901-1950). His siblings were Florence Elizabeth (Mosley)(1920-1982), Otha Thomas (1921-1989), Doris Pearl (Mosley)(b.1928), and Ralph Frederick Louis (b.1936), and he had a later halfbrother, Paul Crodup (1938-1976).

By the time he filled out his draft card in 1942, Henry was working at the Norfolk Navy Shipyard and living in "Portsmouth", Virginia. He stood 5 feet, 9 inches tall and weighed 135 pounds. He had light complexion, hazel eyes, and brown hair. His mother, Pearl Matthews, was listed as his next of kin.

> On May 7, 1943, he enlisted in the US Army "for the duration of the War or other emergency, plus six months, subject to the discretion of the President or otherwise

according to law." His civil occupation was "unskilled machine shop and related occupations". He was assigned serial number 33636849 and sent to basic training. probably at Fort Pickett, Virginia, where he became a member of the 179th Infantry "Tomahawk" Regiment, part of the 45th Infantry Division. The 45th Division was a National Guard unit that was activated in 1941. Ironically, between 1924 and the 1930s, the division's symbol was a vellow swastika on a red diamond, a tribute to the large Native American population in the southwestern US. However, in 1939 after the rise of the Nazi party in Germany, the symbol was changed to a Thunderbird.

The Division had arrived at Fort Pickett in January 1943, in preparation for embarkation aboard transport ships in Hampton Roads. On June 8, 1943, the division combat loaded on 13 attack transports and five cargo attack vessels to sail across the Atlantic. Henry landed in North Africa on June 22<sup>nd</sup>. By that time, US forces had already secured the African theater. Henry and his fellow soldiers then trained at Arzew. French Morocco for the invasion of Sicily.

Allied intelligence estimated that the island was defended by approximately 230,000 troops, the majority of whom were drawn mostly from weak Italian formations and two reconstituted German divisions which had been destroyed earlier. Against this, the Allies planned to land 180,000 troops, including the 45th Infantry Division, assigned to LTG Omar Bradley's II Corps, part of the Seventh Army under LTG George S. Patton.

The 45<sup>th</sup> Division landed as the lead unit on July 10<sup>th</sup> near Scoglitti. For the next 3 weeks, they moved north until successfully capturing Messina. They were then pulled off the line to prepare for the invasion of mainland Italy.

On September 3<sup>rd</sup>, 1943, Italy surrendered to the Allies but many German forces were still on the ground. On September 10<sup>th</sup>, the 45<sup>th</sup> Division landed near Salerno where they encountered stiff resistance. It took 10 days of heavy fighting before they were able to break out and secure the beachhead.

For the next four months they participated in the slow march up the Italian Peninsula, eventually finding themselves on January 9, 1944 in the mountains near Monte Cassino before being relieved and sent to a rest area. Monte Cassino was part of the Germans' "Gustav Line", a heavily defended line across the peninsula which the allies had difficulty breaching.

Henry and the 179th Regiment were sent on an "endaround" amphibious landing to the rear of the Germans. They landed near Anzio, Italy on January 22<sup>nd</sup>. There, they were surrounded, bombarded, and counterattacked, and had to fight a battle of attrition that lasted over four months. Henry was engaged in a form of trench warfare which would have been familiar to his father's generation during WWI. It was during the fighting near a small village called Acquafondata that the 45<sup>th</sup> Division – and Henry – were awarded the French Croix de Guerre with Palm by the French government for their heroic actions.

After finally breaking out of the Anzio perimeter, the 45<sup>th</sup> Division marched to Rome and became the first Americans to reach the Vatican on June 4<sup>th</sup>. Two weeks later, they were withdrawn in preparation for the invasion of southern France, called *Operation Dragoon*.

The Division made its fourth amphibious assault on August 15, 1944 at St. Maxime. The Germans, already under assault at Normandy, pulled back so the Division was able to advance quickly to the north. On September 12<sup>th</sup>, they linked up with General Patton's 3<sup>rd</sup> Army which was advancing south from Normandy.

Henry was there for the link-up and the subsequent attack by the Division on the strongly defended city of Epinal, a medieval city that straddles the Moselle River in northeastern France. It was there that **Private First Class Henry E. Matthews** was killed in action on September 16, 1944 at the age of . He is buried in the Epinal American Cemetery, Dinozé, France, in Plot A, Row 18, Grave 39.

War Department, Bureau of Public Relations, Press Branch, Release B-195, lists Henry as being awarded the Bronze Star Medal (probably for his combat in Italy). He



was also eligible for the Purple Heart, the World War II Victory Medal, the European-African-

Middle Eastern
Campaign Medal,
and the French
Croix de Guerre
with Palm.

At the time of his death, Henry's parents were divorced and his mother, "Pearlie", was living in Virginia at 725-1/2

Douglas Avenue in Portsmouth (Norfolk County). On December 3, 1950, she was hit and killed by a car in Chesterfield and is buried in Olive Branch Cemetery, Portsmouth.

Henry's father, John, lived in North Carolina until his death in 1976 in Henderson. He is buried in Kittrell, Vance County, North Carolina.

Henry's brother, Otha, lived in Chesapeake until his death on January 7, 1989. He is buried in Chesapeake Memorial Gardens.

## + SAFETY CORNER + AUGUST IS BACK TO SCHOOL MONTH

## **Back to School Safety Checklist**

As summer draws to a close and children start heading back to school, family life can get pretty hectic. It's important to remember – and share with your children – some key tips that will help keep them safe and healthy throughout the school year.



## Transportation Safety

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions. Here are some tips to make sure your child safely travels to school:

Walkers - Review your family's walking safety rules and practice walking to school with your child.

- Walk on the sidewalk, if one is available; when on a street with no sidewalk, walk facing the traffic
- Before you cross the street, stop and look left, right and left again to see if cars are coming
- Make eye contact with drivers before crossing and always cross streets at crosswalks or intersections
- Stay alert and avoid distracted walking

Bike Riders - Teach your child the rules of the road and practice riding the bike route to school with your child.

- Ride on the right side of the road, with traffic, and in a single file
- Come to a complete stop before crossing the street; walk bikes across the street
- Stay alert and avoid distracted riding
- Make sure your child always wears a properly fitted helmet and bright clothing

Bus Riders - Teach your children school bus safety rules and practice with them.

- Go to the bus stop with your child to teach them the proper way to get on and off the bus
   Teach your children to stand 6 feet (or three giant steps) away from the curb
  - If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead

of the bus; your child and the bus driver should always be able to see each other

Driving Your Child to School - Stay alert and avoid distracted driving.

 Obey school zone speed limits and follow your school's drop-off procedure

- Make eye contact with children who are crossing the street
- Never pass a bus loading or unloading children
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus

**Teen Drivers** - Car crashes are the No. 1 cause of death for teens. Fortunately, there is something we can do.

- Teens crash because they are inexperienced; practice with new drivers every week, before and after they get their license
- Set a good example; drive the way you want your teen to drive
- Sign the New Driver Deal, an agreement that helps define expectations for parents and teens

## **School Safety**

Many School-related injuries are completely preventable. Follow these steps to ensure your child's safety at school.

Backpacks - Choose a backpack for your child carefully; it should have ergonomically designed features to enhance safety and comfort.

- Ask your children to use both straps when wearing their backpack to evenly distribute the weight on their shoulders
- Don't overstuff a backpack; it should weigh no more than 5% to 10% of your child's body weight
- Rolling backpacks should be used cautiously since they can create a trip hazard in crowded school hallways

### Playgrounds and Sports

 To reduce strangulation hazards on playgrounds, have your child leave necklaces and jackets with drawstrings at home

A few bumps and bruises can be expected when your child plays sports, but head injuries should never be ignored.

## + SAFETY CORNER + SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH

Children, young adults and older Americans can have high cholesterol. September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol and a summary of CDC programs that address cholesterol across the country.

- <u>How many Americans have high cholesterol?</u> More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.
- What is cholesterol? Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

- How do you know if your cholesterol is high? High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications. It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.
- How often should you have your cholesterol checked? The National Cholesterol Education Program (NCEP) recommends that adults aged 20 years or older have their cholesterol checked every 5 years. Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk

factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history. Less than half of

cholesterol



young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol. A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides. The following chart shows optimal lipid levels for adults:

### **Desirable Cholesterol Levels**

Total cholesterol Less than 170 mg/dL Low LDL ("bad") cholesterol Less than 110 mg/dL High HDL ("good")

35 mg/dL or higher

**Triglycerides** Less than 150 mg/dL

- Can children and adolescents have high cholesterol? Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases. In the United States, more than one-fifth (20%) of youth aged 12–19 years have at least one abnormal lipid level. It is important for children over 2 years of age to have their cholesterol checked, if they are overweight/obese, have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic condition (chronic kidney disease, chronic inflammatory diseases, congenital heart disease, and childhood cancer survivorship. The National Cholesterol Education Program has developed specific recommendations about cholesterol treatment for people at increased risk, such as those with a family history of high cholesterol or heart disease.
- If you have high cholesterol, what can you do to lower it? Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:
- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).

- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you smoke.

### **QUARTERMASTER DESK**

#### Post 2894 Annual Dues are \$30!

Annual dues can be paid via mail (see our new address on front of newsletter) or to the Quartermaster at one of our meetings. If you pay on-line to National, the cost is \$40.50.

#### 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 \$45 payment and then paying the remaining installments over the next 11 months. 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 by 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 is issued upon completion of payments.

<u>Age</u>	One-Time Payment	Installment Payment
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 <a href="www.vfw.org">www.vfw.org</a>, via mail, or in-person at the meetings.

### 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

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 will be via e-mail.

Semper fidelis, - Chris Mulholland

## YOUR AD COULD BE HERE!!!

**Veterans Of Foreign Wars District 2 Department of Virginia** 

Invites you to the

## POW/MIA Chair of Honor Dedication Ceremony

To be held on

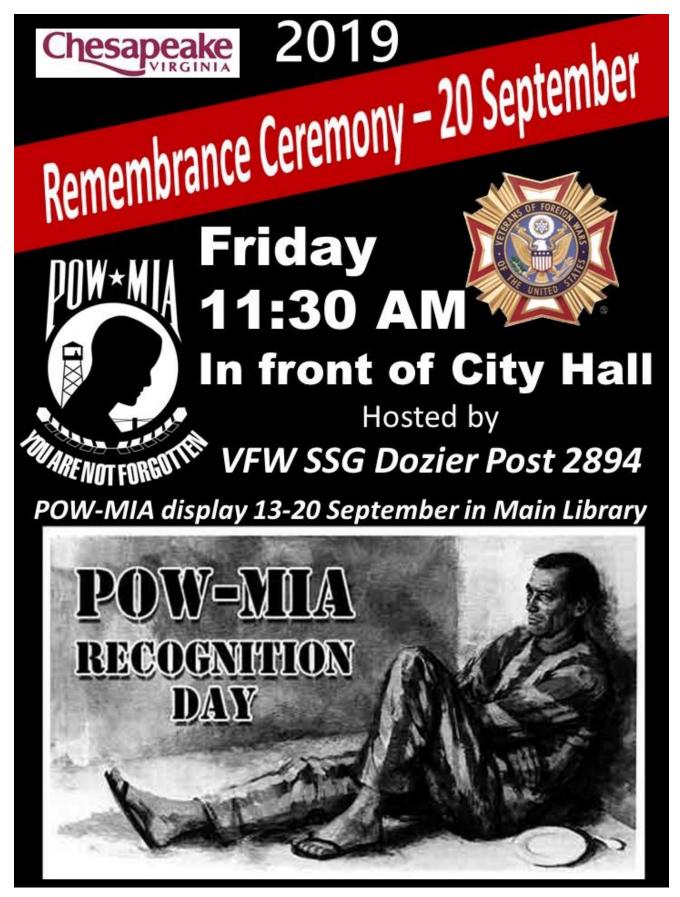
National POW/MIA Recognization Day

Friday 20 September, 2019 4:30 pm Commitment Center Albert G Horton Jr. Memorial Veterans Cemetery 5310 Miller's Road

Limited Parking
Parking opens at
4pm

Suffolk Va. 23434 RSVP by 9 August 2019 to POW-MIA@VFWVADIST2.ORG

OR YOUR AD COULD BE HERE!!!



## POST 2894 CALENDAR

<u>AUGUST</u>		
4	US Coast Guard birthday (1790)	
7	Purple Heart Day/Start of Vietnam War (1964)	
10	District 2 School of Instruction (0900) &	
	Meeting (1300) – Post 392 Virginia Beach	
10	Post Meeting, 1800 – Night With The Tidewater	
	Tides, Harbor Park	
14	VJ Day (1945)	
23	National Airborne Day	

YOUR A	VD (	COU	LD
BE H	ER	E!!!	

<u>SEPTEMBER</u>	
1	Symphony Under the Stars, City Park
2	Labor Day
8	Grandparents Day
11	Patriot Day Ceremony, City Park (0830)
11	Post Meeting/District Inspection
13-20	POW/MIA Display, Central Library
17	Citizenship and Constitution Day
18	US Air Force birthday (1947)
20	POW/MIA Ceremony, City Hall (1130)
20	POW/MIA Memorial Dedication, Horton
	Cemetery, Suffolk (1630)
21	Start of Oktoberfest
21	Mayor's Breakfast for Veterans, Convention
	Center (0800)
22	Gold Star Mother's Day
23	First day of fall
29	VFW Day (1899)
30	SSG Jon Dozier's birthday (1977)



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



CHANGE SERVICE REQUESTED

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