

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.



VETERANS OF FOREIGN WARS.

Post 2894

Meetings

2nd 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..... Bob Gregory
Adjutant..... Matt Hostetlar
Quartermaster..... Mike Kust
Chaplain..... Andrew McMenamin
Surgeon..... Dave Weber
Staff Judge Advocate..... Matt Hamel
Service Officer..... Jim Ireland

AUXILIARY OFFICERS

President..... Sandy Dunbar
Sr. Vice President..... Christina Zinn
Jr. Vice President..... Bea Oakley
Secretary..... Barbara Mulholland
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 FIVE YEARS IN A ROW!!!

POST WINS PRESTIGIOUS FRED C. HALL MEMORIAL
OUTSTANDING POST SPECIAL PROJECT AWARD!!!

**POST NAMED ALL-STATE
POST FIVE YEARS IN A ROW!!!**



75 YEARS AGO, V-J DAY AND THE END OF WWII

"It was too much death to contemplate, too much savagery and suffering; and in August 1945 no one was counting. For those who had seen the face of battle and been in the camps and under the bombs—and had lived—there was a sense of immense relief."

Donald L. Miller, PhD, "The Story of World War II"

<https://www.nationalww2museum.org/wa/articles/v-j-day>

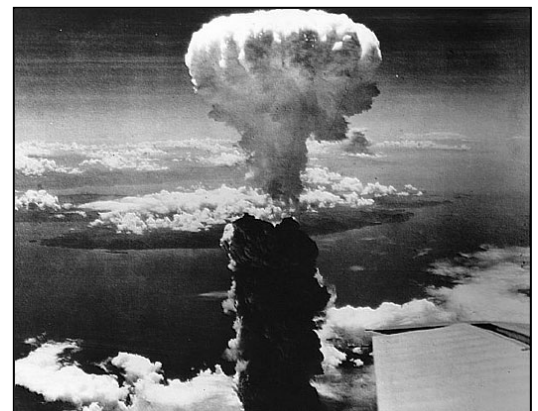
75 years ago, the war in Europe was over but the war in the Pacific was still raging.

The Allied celebrations on Victory in Europe Day (V-E Day), on May 8, 1945, were subdued by the knowledge that war raged on in the Pacific. As the fighting ended in Europe, US troops were drawing a noose around the Japanese home islands. But there were ominous signs that Japan's fierce resistance would continue. The battles for Iwo Jima and

Okinawa during the first half of 1945 were marked by spectacular carnage, and Americans were chastened by the knowledge that Japan had never surrendered to a foreign power and that no Japanese military unit had surrendered during World War II.

After Okinawa fell to US forces on June 22, 1945, an invasion of the Japanese home islands was set to begin. But before the invasion was to take place, the most destructive war in history came to a shattering and rapid end. On August 6, the United States dropped the first atomic bomb over Hiroshima, ultimately killing as many as 140,000 people.

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COMMANDER'S CORNER

What a fun time we all had celebrating our oldest comrade's 102nd birthday! Mickey Casady's birthday is actually on May 3rd but because both he and his wife Shirley weren't feeling well then, we had to hold off until the 24th to recognize his extraordinary accomplishment with a proper parade. Thanks to all who came out!

This has been a very strange spring for all of us with the lockdown due to the Wuhan flu. Despite that, we have continued to do more than anyone could have expected. We were one of the first posts in Virginia to conduct monthly meetings via social media and the only ones to conduct an election using an on-line application.

Although we had to cancel our annual Bataan Death March, we did not lose anything in our bank accounts due to several large benefactors allowing us to keep their donations – most notably, First Command, ITC Defense, Klett Consulting Group, GEICO, GSTECK and Andy Saunders Insurance.

We also had our Night Out with the Tides cancelled in August. Instead of a night at the park, we will hold a regular Post meeting on August 12th

We all owe a YUGE SHOUT-OUT to Jim Ireland and Gary Dunbar – it was due to their diligence and doggedness that our Post was awarded the prestigious **Fred C. Allen Memorial Outstanding Post Special Project Award!** You can read about it further in our newsletter.

During this past year our Post grew from 135 members to 154. As a Post we provided 22,935 hours of volunteer work; donated, coordinated, or acquired \$330,957 for our work for veterans; traveled 106,928 miles doing so; and submitted 1652 community service reports. Thanks to each and every one of you! Our – YOUR – success is due to our first priority, “*Service to Others.*” We are not your father's smoke-filled VFW bar – instead, we are a dedicated, supportive, and giving group of veterans focused on helping veterans in need and their families. You all should be proud of what you've accomplished during this past fraternal year!

Notably, thanks to all of you, the Post was recognized again as an **ALL-AMERICAN POST**...for the **FIFTH year in a row!** *We were in the top 100 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.

In June we installed our new officers and I look forward to ANOTHER tremendously successful year! It's going to take some work to make All-American again, but we can do it. Notably, a new change for this year is that we will be required to make 116% in membership for the coming year. That means we – all of us – will have to recruit 25 new members. That should be easy here in Chesapeake since we have 34,000 vets living in the city – the 5th largest in Virginia, as well as 9,000 active duty members.

I want to thank those who came out to the “independent” Independence Day Parade in South Norfolk. We could not just stand by and let this important day in American history go by without recognition. We even made the local news on WAVY 10!

We started the new fraternal year on July 1st. and have already started planning fund-raising activities and different events like the POW-MIA day remembrance ceremony on September 18th (see the flier at the end of this newsletter.) Lots more information will be coming via emails and our Post Facebook page.

I expect we will hear a lot of new information at the District meeting and School of Instruction (SOI) on August 8th. So standby for more to come.

We will be presenting our Firefighter and EMT of the Year awards on August 26th at Station 12 (Western Branch). If you are interested in coming please RSVP with me so I can let them know how many will be coming for breakfast!

Semper Fidelis, *Chris Mulholland, Commander*

PRESIDENT'S CORNER

Greetings from the Auxiliary! We hope everyone is doing well and being SAFE!

The Auxiliary had a very good year helping veterans and working on all the Auxiliaries Programs. The year 2019-2020 ended April 30th.

The Department had their convention June 27th in Mechanicsville with limited attendance; however, we could watch via the computer or phones. Auxiliary 2894 has grown to 30 members in 5 Years.



We sent in approximately 143 Program reports for the year. The Auxiliary's programs are: Americanism, Buddy Poppy and VFW National

Home for Children, Chaplain, Historian & Media Relations, Hospital, Legislative, Membership, Mentoring for Leadership, Scholarships, Presidents Special Program, Veterans & Family Support, and Youth Activities.

The Auxiliary donated \$100.00 to the Horton Cemetery Memorial; \$13.05 VA Medical Ctr.; \$50.00 President’s Special Project; \$7.25 Health & Happiness; \$25.00 National Home for Children; \$150.00 Hampton VA Medical Ctr. Vets Standown Program; \$45.00 T-Shane Dinner Wreath Donation; \$200.00 Gift Card for the Victims of a house fire; and \$50.00 National President’s Special Project Service Dog Program. The Auxiliary sent 202 masks for the Eagle Scout Project. Thanks to everyone who made the masks.



Thanks for all that we accomplished last year and look forward to another good year for the Post and Auxiliary 2020-2021.

Sandy Dunbar, President

102nd BIRTHDAY PARADE FOR MICKEY!

Post comrade Mickey Casady turned 102 years young on May 3rd, 2020, but we were unable to celebrate due to the Wuhan virus “lockdown” and



because Mickey’s wife, Shirley, had fallen down and injured herself. On Memorial Day weekend, we seized the opportunity and organized a parade for Mickey. The Chesapeake Fire, Police and Sheriff’s

departments participated as well. We had a caravan of cars, vans, and trucks parade by Mickey and Shirley’s condo making sure to let all their neighbors know what was going on! Chesapeake TV Channel 48 filmed the parade and showed it both on their Facebook page and YouTube (<https://www.youtube.com/watch?v=sC7QP-51eP8>).

Happy 102nd Birthday, Mickey!!!



POST WINS PRESTIGIOUS NATIONAL AWARD

Virginia VFW Post Receives National Community Service Award
Chesapeake Post 2894 rallied community together for a veteran’s home renovation

Jun 29, 2020: **KANSAS CITY, Mo.** – The Veterans of Foreign Wars is proud to announce SSG Jonathan Dozier Memorial Post 2894 in Chesapeake, Virginia, was selected to receive the prestigious VFW Fred C. Hall Memorial Outstanding Post Special Project Award, which recognizes VFW Posts for unique and outstanding community service projects.

VFW Post 2894 was selected for its home renovation project for Brandi Jones, a U.S. Navy veteran and single mother of two. After a traumatic home invasion forced her to move in 2011, Jones relocated only to discover her home would need more work than initially expected, but she didn’t have the funds to address the growing list of concerns.

After a chance encounter during a VFW “Buddy”® Poppy drive, members of Post 2894 immediately set to work planning the renovation project. With support from several local businesses

and associations, more than 150 volunteers rallied together to help ensure Jones and her sons had a safe place to call home. Valued at nearly \$25,000, the renovation project included new exterior floodlights and an alarm system, a completely remodeled kitchen, new flooring, fresh ceiling paint, a new roof, new siding and gutters, and a backyard clean up with new fencing and landscaping.

“When I challenged VFW members to ‘Dare to Care’ this year, the incredible level of support and dedication VFW Post 2894 showed their sister-in-arms goes above and beyond anything I could have imagined,” said VFW National Commander William “Doc” Schmitz. “Post 2894’s efforts are a perfect example of the values and mission of our organization.”



VFW Senior Vice Commander-in-Chief Hal Roesch presented the 2020 VFW Fred C. Hall Memorial Outstanding Post Special Project Award to VFW Post 2894 Commander Chris Mulholland, alongside VFW Department of Virginia Commander Rick Raskin during the Department’s convention.

FIRST VFW NATIONAL COMMANDER FROM VIRGINIA!



Hal J. Roesch II of Phoebus Post 3219 has taken over as the new National Commander-in-Chief of the VFW. Incredibly, he is the FIRST Virginian to hold this position in the 121-year history of the VFW!

Hal served in the Air Force 1982-2002 and earned his VFW eligibility by serving in Operations Desert Shield/Storm and Southern Watch. Hal is the recipient of the

Meritorious Service medal with two oak leaf clusters, Air Force Commendation medal with one oak leaf cluster, Air Force Achievement medal with one oak leaf cluster, Air Force Outstanding Unit Award with Valor, Armed Forces Expeditionary Medal, and the Southwest Asia Service Medal with three campaign stars, as well as numerous other medals and awards.

He joined the VFW in 1991 at Post 3034 in Sumter, SC, later transferring to Post 4542 in Spring Lake, NC, then to Post 3219 in Phoebus, where he maintains his Gold Legacy Life membership. He has served in elected and appointed positions at the Post, District and Department levels, culminating with his election as VFW Department of Virginia Commander 2008-‘09, in which he achieved All-American status and the designation of a Triple Crown Commander. On the national level, he served on the Council of Administration 2010-‘12, and as the Inspector General 2016-‘17.

Hal is a financial advisor with First Command Financial Planning. He received his Associate of Arts in avionics system technology from the Community College of the Air Force. He is a life member of DAV, AMVETS, American Legion, Military Order of the Cootie, and the VFW National Home for Children.

He has one daughter and son-in-law; Sara and Jason Tricker, and two grandsons, Max and Owen. Hal and his beautiful bride, Beth, reside in Hampton.

Hal is a good friend of the Post and has been keeping up with all of our activities – and successes. Good Luck for the coming year!!

OTHER POST NEWS

• **Post Placed Flags at Local Cemetery for Memorial Day.** The Post provided 416 US flags to place on the graves of US Servicemen and women buried at Chesapeake Memorial Gardens in honor of Memorial Day. The event was organized by American Legion Post 280 with which many members of the Post are dual-hatted!!!



Some of the Post members who placed flags for Memorial Day (left to right): Kimball Thompson, Carl Dozier, Rich Johnson, Bob Gregory, Jose Vazquez, and Jim Ireland.



Auxiliary members (lt to right): Cheryl Campbell, Anne Thompson, Jean Dozier and President Sandy Dunbar

• Post Handed Out Water at Pastor’s March. A Coalition of Black Pastors hosted a march to raise awareness of black concerns within the City of Chesapeake on 9 June.

The march concluded with a series of speeches and presentations in front of Chesapeake City Hall. The Veterans’ Memorial is prominently located directly in the center of the gathering and so six Post members were attended in order to ensure the sanctity and safety of the monument. But rather than just stand there, the members handed out water to the marchers, recruited potential members, and presented two Vietnam Commemorative pins to veterans of the war. Thanks to José “The Dancer” Vazquez, Joe Hammers, Bob Gregory, Becky & Brad Waters, and Chris Mulholland for coming out. It was a fun evening and everyone was in good spirits!



• Post Assisted with City’s Memorial Day Ceremony. The Chesapeake Mayor’s Commission on Veterans Affairs is responsible for planning, organizing and conducting the city’s annual Memorial Day Ceremony at the Veterans’ Memorial in front of City Hall. Five comrades from Post 2894 are members of the commission. This year’s ceremony was held during the Wuhan virus so only 10 individuals were allowed on the site and the ceremony was broadcast live via Facebook and Chesapeake Television Channel 48.



Comrades Dave Weber and Jim Keiper presented the MCVA wreath.

• Post Honored Flag Day at Local Assistive Living Center. In honor of Flag Day, Post 2894 conducted a ceremony for the residents of the Georgian Manor Assisted Living Center. Afterwards, the members personally thanked some of the veterans who live in the manor, although social distance had to be maintained.



Post comrades José Vazquez, Chris Mulholland and Kimball Thompson display the colors.

• Auxiliary Member Distributed Flags for 4th of July. Auxiliary Secretary Barbara Mulholland acquired a large number of small American flags and walked around the Cheshire Forest neighborhood in Chesapeake, handing out dozens of flags to homeowners so that they could display them for the 4th of July weekend. And everyone did!



• **Post Comrade Honored by Senator Warner.** Eddie



Vincek is our Marine Corps veteran of World War II who landed on Iwo Jima on D-Day in the third wave. A longtime resident of Chesapeake, his actions on the 75th anniversary of the battle for Iwo Jima were honored by Senator Mark Warner in a letter to Eddie. Post Commander Chris Mulholland and District 2 Commander Doug Hoffman presented the letter to Eddie at the Post meeting of 8 July.

• **Post’s Voice of Democracy**

Winner. At our Post meeting in July, we recognized and awarded our 2019-20 Voice of Democracy



winner, Haydn Miller, a graduate of Grassfield High School who will be attending Virginia Tech in the fall on an NROTC scholarship: From his essay, “So, what makes America great? Freedom. There are various freedoms that every American has, such as the freedom of religion, freedom of speech, freedom to keep and bear arms, and so many more. Many Americans have freedoms that they didn’t even know they had. This principle is the basis of all actions in our society. We must feel safe and protected along our borders. We must feel safe that our opinions will be valued, and we won’t be jailed for our words. We must feel safe that we can stroll along to church without being put in handcuffs, which has raised problems in other areas of the world. America is different. Freedom is what makes individuals great, with that greatness we, the people, make America great.”

• **Post’s Elementary School Teacher of the Year.** At the same Post meeting in July, we recognized and awarded our 2019-20 Elementary School Teacher of the Year, Ms. Kaileigh Matthews, of Kids Heart

Christian School. Kaileigh is Chesapeake born and raised, a graduate of Great Bridge HS, and graduated this spring from Regent University. She is a dedicated young woman who cares deeply about her children. She is devoted to her country, to her God and to her family. She has just been accepted for a graduate degree at Regent and will be continuing her education in Counseling and clinical Psychology.



POST HOLDS “INDEPENDENT” INDEPENDENCE DAY PARADE

Local veterans show their independence with unofficial 4th of July parade

<https://www.wavy.com/living-local/holidays/july-4th/local-veterans-show-their-independence-with-unofficial-4th-of-july-parade/>

by: **Stephanie Harris, WAVY 10**
Updated: Jul 4, 2020 / 09:47 AM EDT

CHESAPEAKE, Va. (WAVY) — It’s a tradition. Every year hundreds celebrate the 4th of July by standing shoulder to shoulder along streets of South Norfolk in Chesapeake.



Like many events, COVID-19 concerns have caused many cancellations and that is not sitting well with a group of veterans.

“Well, it’s Independence Day and it’s sort of ironic. It’s Independence Day, and we’re showing

our own independence,” Cmdr. Chris Mulholland told 10 On Your Side.

VFW Post 2894 decided that the pandemic will not halt the iconic parade.

“It feels like small-town U.S.A. and it goes through a historic section of South Norfolk. The homes are beautiful, the people decorate their houses and everybody is out on the sidewalks cheering and its really – its a fun parade,” Mulholland continued.

He and about 30 other veterans conjured up a plan at their last meeting.

“It’s just unofficial. It’s just a bunch of people that just happen to be arriving at the same place, driving on the same route you know it — it happens,” he said.

They will be draping their cars in red, white, and blue — honking, waving, and reminding folks that freedom should be celebrated.



Mike and Donna Kust

“Actually 29 years ago, I was just thinking about this, I celebrated 4th of July in Northern Iraq,” Mulholland recalled.

The group intends to stay socially distant and does not expect any problems.

“I’ve always operated under the — it’s better to offer forgiveness than ask permission,” Mulholland said, but he is offering no apologies now for what is about to happen tomorrow.

“It would be just a shame if nothing happened on the 40th anniversary of their parade on the 4th of July.”

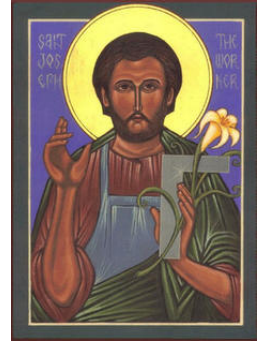
The veterans will meet at 9:30 a.m. and drive the normal parade route through South Norfolk. Then the group plans to extend their ride through Deep

Creek and onto Cedar Manor Assisted Living Facility to join up with that parade.

CHAPLAIN’S FOXHOLE

A Prayer for Labor Day

Loving Father, on this weekend, when we rest from our usual labors, we pray for all who shoulder the tasks of human labor— in the marketplace, in factories and offices, in the professions, and in family living.



We thank you, Lord, for the gift and opportunity of work; may our efforts always be pure of heart, for the good of others and the glory of your name.

We lift up to you all who long for just employment and those who work to defend the rights and needs of workers everywhere.

May those of us who are now retired always remember the valuable contribution we make

to our Church and our world by our prayers and deeds of charity.



May our working and our resting give you praise until the day we share together in eternal rest with all our departed in your kingdom

as you live and reign Father, Son, and Holy Spirit, one God, forever and ever.

Amen.

Courtesy of the Archdiocese of Detroit

V-J DAY, 75 YEARS AGO

(continued from front page)

Two days later, the Soviet Union declared war on Japan. Then, on August 9, the United States dropped a second atomic bomb over Nagasaki, ultimately killing approximately 70,000.

Finally recognizing that victory was impossible, the Japanese government accepted Allied surrender terms

without qualifications on August 14, 1945.

That same day, President Harry S. Truman announced from the White House that the Japanese acceptance met the terms laid down at the Potsdam Conference for unconditional surrender. As soon as the news of Japan's surrender was announced on August 14, celebrations erupted across the United States. The United Kingdom announced that its official V-J Day would be the next day, August 15, 1945, and Americans exuberantly joined in that day's merriment, too.

In New York City's Times Square, sailors climbed lampposts to unfurl American flags as ticker tape rained down upon the throngs gathered to celebrate the war's end. In thousands of small towns like North Platte, Nebraska, similar scenes included fireworks, confetti, and impromptu parades down Main Street. In San Francisco, parades celebrated that troops would soon return home through that city.

In Honolulu, marching bands, parades, ticker tape, and blowing papers filled the streets. In backyard celebrations, shirtless veterans drank celebratory toasts in the warm sunlight. Veterans and their girlfriends also crowded into and on top of trucks and cars (some even riding on fenders), waved flags, and excitedly drove through the city, relishing the moment Americans had hoped for since the attack on Pearl Harbor.

Victory over Japan Day (V-J Day) would officially be celebrated in the United States on the day formal



surrender documents were signed aboard the USS Missouri in Tokyo Bay: September 2, 1945.

But as welcome as victory over Japan was, the day was bittersweet in light of the war's destructiveness. More than 400,000 Americans—and an estimated 65 million people worldwide—had died in the conflict. Included in those casualties were 286 from South Norfolk and Norfolk County: 190 soldiers, 65 Air Corps, 1 Coast Guard, 4 Marines, 25 sailors, and one unknown service. 38 of them are still missing in action, 10 of those as POWs. But the war was over.

SAFETY CORNER AUGUST IS MEDICALERT AWARENESS MONTH

Although MedicAlert medical IDs have been around for five decades, chances are if someone wears a Medic Alert bracelet or necklace, you just may not know it or may not know the importance of it. To break this information barrier, August has been declared as Medic Alert Awareness month.

This special awareness event recognizes the role of the Medic Alert foundation in society and its many contributions to the health sector. For over 50 years, Medic Alert Foundation has continuously protected the health and well-being of millions of its members worldwide. It ensures that its members receive proper and timely medical treatment and care during an emergency.

Purpose of MedicAlert Awareness Month

MedicAlert Awareness Month is dedicated to educating the public and raising awareness towards the need and use of Medic Alert medical IDs.

Unfortunately, people whose family member or friends wear a Medic Alert bracelet or necklace are typically the only ones who educate themselves what it is, what it's for and what to do in case of an emergency. The public, in general, are likely to



remain clueless about Medic Alert ID.

MedicAlert ID is designed to save a person's life in an emergency situation. There are many reasons why some would wear it. Generally, in any health conditions that can put a person at risk, hence the person will need immediate medical attention, a Medic Alert ID is a necessity. People with the following conditions should wear a Medic Alert bracelet or necklace:

- Food or drug allergies
- Anaphylaxis
- Asthma
- Cardiac problems
- Hypertension
- Seizures
- Pacemaker
- Diabetes
- Stroke risk
- Lung Disease
- Dialysis
- Multiple Sclerosis
- DNR (do-not-resuscitate) order
- Blood thinners (Coumadin Warfarin)
- Anemia/Blood Disorders
- Dementia/Alzheimer's Disease
- Autism
- Children with special needs



MedicAlert medical ID helps reduce error in medication, diagnose the patient much faster and decrease medical errors by almost 50%. Medic Alert medical ID bracelet or necklace is not a typical medical ID jewelry. It has extra life-saving benefits. This event gears toward making the public aware of what these extra benefits are.

What You Can Do On MedicAlert Awareness Month?

Medic Alert Awareness Month is a good opportunity to know more about Medic Alert medical



ID. Be sure you understand the patient's condition, especially if the patient is a family member. Knowing how to deal with emergency situations, you can help first responders and emergency personnel to efficiently treat your loved one, which could be a thin line between life and death.

- Go to the nearest participating organization nearest you and take part in their awareness campaigns.
- Share information about Medic Alert medical ID and share your knowledge with your family member and friends.
- Disseminate information through social media, but make sure you are sharing factual information from credible sources.
- Give donation to Medic Alert foundation. Visit <https://www.medicalert.org/donate/now>

Message on MedicAlert Awareness Month

In recognition of Medic Alert Awareness Month, it is important to share real-life success stories so people can understand how valuable medical IDs are to patients suffering from life-threatening and potentially dangerous health conditions:

It was the middle of the night and I saw the front door was open and immediately panicked. I realized John had wandered off for a walk and was worried he'd become disoriented and not be able to find his way home. It was only a matter of minutes when I received a call from Medic Alert telling me his location.

Thank goodness a passerby realized John looked confused and saw his Medic Alert bracelet," adding, "I absolutely recommend your services. Thank you Medic Alert for your prompt response to the call!"- Caregiver to a man living with Alzheimer's.

"I cannot bring myself to think what could have happened to my parents had Medic Alert not been there for us. The operator was not only compassionate, responsive, and very knowledgeable; she also kept in touch with me until she knew the situation was resolved and my parents were safely reunited on the ship"- Daughter of mother living with dementia.

Special Tips on MedicAlert Awareness Month

Not all medical ID bracelets are created equal. Medic Alert Organization celebrates Medic Alert Awareness Month to educate the public what sets Medic Alert ID apart from other medical ID jewelry in the market – which is delivering 24/7 life-saving services. Medic Alert bracelets and necklaces also come in a range of sleek and sophisticated designs. You can

learn all about this and other add-on features and services through their website: <http://www.medicalert.org/>

Conclusion

Medic Alert medical IDs are a life-saver, and it is vital for people who have life-threatening or potentially dangerous medical conditions that need immediate medical care. It has helped patients and their loved ones cope with the situations they are in and save lives in an emergency situation.

The Medic Alert bracelet or necklace speaks for the patient in case they become unresponsive. It helps first responders and medical personnel recognize the medical conditions, medications, allergies and treatment wishes of the patient. Now is the right time to learn all of this and pass on this knowledge to others.

+ 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.

- **How many Americans have high cholesterol?** 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

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") cholesterol** 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.

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.

Age	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 www.vfw.org, 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!!!**

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

Chesapeake
VIRGINIA

2020

Remembrance Ceremony - 18 September



Friday

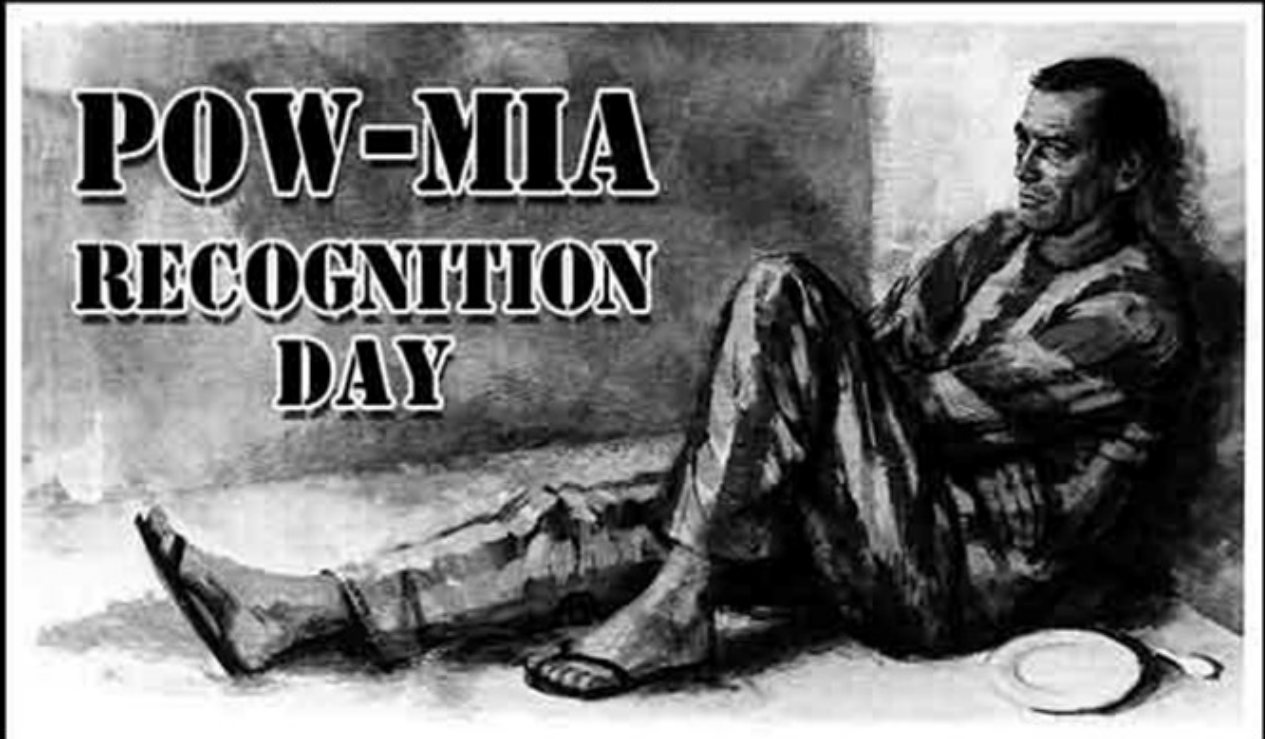
11:30 AM

In front of City Hall

Hosted by

VFW SSG Dozier Post 2894

POW-MIA display 14-18 September in Main Library



Homecoming Agenda

Thursday, August 27th

11am-6pm: Registration

3pm: Hospitality room opens (**open bar**)

Friday, August 28th

645am: Golf tournament departs from the hotel

10am-5pm: Registration

Tour groups depart

12pm: *USS Wisconsin* and Nauticus Museum

12pm: Tour of the General of the Army Douglas MacArthur Memorial Museum

12pm-3pm: Hospitality room open (**open bar**)

630pm: Reception with a "Tailgate Party" theme. Guests are encouraged to wear the jersey of their favorite sports team (casual dress otherwise). Hospitality continues until late (**open bar**).

Saturday, August 29th

11am-4pm: Registration

Tour groups depart

11am: Shopping at Norfolk Premium Outlets

915am: 2-hour narrated Naval Base cruise (on a pleasure boat, 100-person max)

12pm-3pm: Hospitality room open (**open bar**)

630pm: Dinner with all guests encouraged to wear Hal's homecoming shirt (casual dress otherwise). Hospitality and entertainment continue until late (**open bar**).

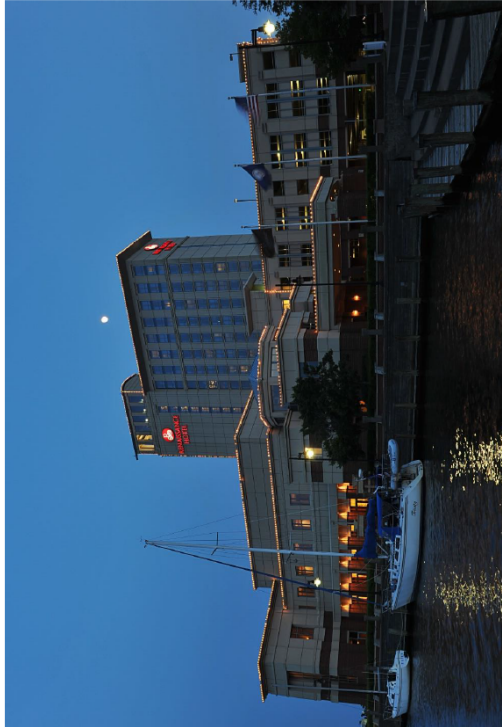
Sunday August 30th

All Day: Guests depart

Hal Roesch

Commander-in-Chief, 2020-2021

Homecoming

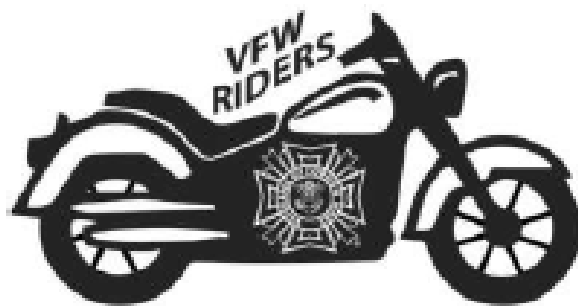


August 27-30, 2020

Renaissance Portsmouth-Norfolk Waterfront Hotel
425 Water Street Portsmouth, VA 23704

VFW Riders VA 7th Annual 4 Season's Poker Run

First 50 riders who register will
get a FREE VFW buff!



\$15 per Rider/\$5 per passenger

Come help support the VFW Riders VA! Cost includes lunch provided by Mission BBQ at the end of the run. Musical Guest Sons of the Beach! Cash prizes for best hand and as always there will be items for raffle/auction. All proceeds support the VFW Vander Clute fund, which supports Veterans and their Families

Sept 26th Registration 930 – 1030 First bike out at 10AM

Poker run starts at VFW Post 3160, 111 A View Ave,
Norfolk, VA & ends at VFW
Post 4809, 5728 Barteet St,
Norfolk, VA.

Poker Run is sponsored in part
by Powerhouse Gaming



Powerhouse Gaming

2020 4 SEASON'S POKER RUN

- breakfast from 8 to 10 at Post 3160 for \$5
- Bar at Post 3160 will be open during registration
- Raffle & Auction prizes at end Post 4809
- First 50 riders registered will get a FREE VFW BUFF

- VFW Guardian Bells will be available for only \$5



- Lunch proudly donated by



- Live music from Sons of the Beach!



POST 2894 CALENDAR

AUGUST	
4	US Coast Guard birthday (1790)
7	Purple Heart Day/Start of Vietnam War (1964)
8	District 2 School of Instruction (0900) & Meeting (1300) – Post 392 Virginia Beach
12	Post Meeting, 1900
14	VJ Day (1945)/Nat'l Navajo Code Talkers Day
23	National Airborne Day
26	Firefighter Awards, Station 12, Western Branch followed with breakfast (0830)
28-29	VFW Nat'l Commander Hal Roesch's Homecoming – Portsmouth

SEPTEMBER	
7	Labor Day
9	Post Meeting, 1900
11	Patriot Day Ceremony, City Park (0830) / First Day of Oktoberfest
13	Grandparents Day
14-18	POW/MIA Display, Central Library
17	Citizenship and Constitution Day
18	US Air Force birthday (1947) POW/MIA Ceremony, City Hall (1130)
19	Mayor's Breakfast to Honor Veterans, Convention Center (0800)
22	First day of fall
26	VFW Rider's Poker Run, Post 3160 Oceanview (0930)
27	Gold Star Mother's Day
29	VFW Birthday (1899)
30	SSG Jon Dozier's birthday (1977)

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



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



Place
Stamp
Here

CHANGE SERVICE REQUESTED