# VETERANS OF FOREIGN WARS
# MASON DIXON POST 7234
# NOVEMBER 2026

## COMMANDER'S CORNER

**Comrades, Auxiliary and Friends,**



**I am pleased to share that VFW Post 7234 has achieved the highest level in the Commander's Challenge! We are in Division 1, which is for the largest Posts, and we placed First in the Division. Congratulations Comrades, our hard work and welcoming Membership have brought us very prestigious recognition at from VFW National.**

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VFW VETERANS OF FOREIGN WARS

COMMANDER'S CHALLENGE

STARTING THE YEAR STRONG!

As we pass the first mile post on this year's membership journey, we are making great strides towards the Commander's goal of 100%+1 membership growth nationwide! The Posts below have led the charge with new members and Life Member upgrades!

The following Posts led their Divisions in the Q1 Commander's Challenge:

Division 1: Post 7234 (DE)
Division 2: Post 658 (GA)
Division 3: Post 12209 (TX)
Division 4: Post 1260 (MN)
Division 5: Post 6445 (GA)
Division 6: Post 2553 (MN)
Division 7: Post 6056 (MI)
Division 8: Post 9554 (CT)
Division 9: Post 7565 (PA)
Division 10: Post 6747 (CA)
Division 11: Post 1976 (WV)

Every quarter, we will award points to our Posts as follows:

Recruit a New Annual Member into the Post: 1 point
An Annual or Lapsed Member converts to Life: 5 points
Recruit a New Life Member into the Post: 10 points

These Posts will all receive a $250 credit to the VFW Store for their achievements!




For the second quarter, running through the end of December, the top Post in each Division will receive an 8' table drape for use by the Post in recruiting events, membership drives, and other occasions!

Let's keep momentum going strong!

**In other news, our new flagpole has been installed well in time for our Veterans Day ceremony. It was wonderful to hear our guests remark on their joy at seeing our Flag flying high as they made their way over the Inlet bridge. I hope you can all join us on Veterans Day, November 11 at 1100 hours for a meaningful ceremony and a time of fellowship with Comrades, family and our community.**



**As you know, we are in a quest to replace our ancient Post van with something safe and serviceable for our needs. The current vehicle is 24 years old and lacks safety and accessibility features. Our needs far exceed the capabilities of the old van, to say the least. We need transportation for our amazing Honor Guard, as they perform their duties all around the area. In addition, we provide transportation to our comrades to medical appointments, visit veteran shut-ins and residents of a local assisted living, bring meals, food and clothing donations to fellow veterans and members of our community, among many other services. This transportation is essential to all we do to support our veterans and our community at large. I am asking for your support to move this project forward with us; the approaching winter weather makes the need even more urgent.**
**It is an honor and privilege to serve with you all. Let us continue to Help, Serve and Honor our Veterans.**

**Yours in service,**
**Phyllis Ryan Scully, Commander**

# AUXILIARY PRESIDENT

November has arrived! This month is all about THANKS.



First and foremost, we give honor and thanks to our veterans on November 11th. We follow that with Thanksgiving Day. Both occasions allow us to reflect on all the blessings we have in the USA. It is our time to give thanks for everything we have, including family, friendship and freedom.

According to the Farmer's Almanac, Ocean View's fall and winter we will be generally warmer than average temperature in the Fall, and mostly mild and drier winter. I think we can all be happy with that forecast!

At our October 5th general membership meeting, we hosted Department President Dale Weese, Jr. and members of his staff. They made some presentations and after the meeting reviewed the condition of Auxiliary 7234. The Auxiliary is in good standing. Thank you, Roberta Walter, treasurer, and Eileen Healy, Secretary, for providing all the data.

Auxiliary 7234 presented President Weese with a check for his special Project, Irreverent Warriors Foundation.

Sandra Magera, Barbara Peterson and Carol Weber conducted our first New Member Orientation Luncheon on October 21. The meeting was a success. Thanks to Sheila Bozik, Mary Conlon and Eileen Healy for serving the meals and busing the tables. Based on this success, we plan to hold this orientation on quarterly basis.



*New Member Orientation*

The Post will be honoring all Veterans on Veterans Day, November 11th at the Post. The ceremony starts at 11:00 a.m. Please arrive early so the program can start on time. A Post luncheon will follow the ceremony, which includes presenting several Quilts of Valor.

The Post is looking for donations of turkeys for the Thanksgiving Day meal. This meal is a tradition and is free to Post and Auxiliary members. If you can donate a frozen turkey, approximately 10-12 lbs, please drop off at the Post before November 19.

Deadline for Illustrating America is December 15th. The Auxiliary will be spreading the contest information throughout the schools in the month of November.

Only in Delaware, **RETURNS DAY**. Held the Thursday after the Tuesday elections in Georgetown. This is where all party candidates come together to bury the hatchet. If you have never been to a Returns

Day event, get out and attend this year. The rival candidates ride with each other in a showing of just how our Democracy operates. Sussex County schools are closed so everyone can participate and or watch the parade and burying the hatchet event.
Planning has started for Breakfast with Santa, to be held on Sunday morning, December 13, 2026, in the Atrium from 9 till noon. Santa and Mrs. Clause will be visiting and bringing wrapped presents to the children attending. All interested families must pre-register by November 18. This is free and available to children 11 and younger. Only two adults may attend with them. I am looking for Auxiliary members to assist with the breakfast and wrapping the presents. Let me know if you are willing to help. This is the time to be good elves!
Christmas preparations are well under way. Already, so many Christmas displays at all the stores! But that gets us into next month's newsletter.
Happy Veterans Day and Happy Thanksgiving!

**Kevin Conlon**
**Auxiliary 7234 President**

## BOARD OF DIRECTORS NOTES

Greetings, comrades and friends,

Please find below several notes and updates regarding our Post:

Maintenance News:
John, Marty Reilly, Jeff Smith, and our new volunteer Tom Ferrell cleaned all ceiling fans in the kitchen, bar, and Atrium. They also power washed the outside handicap ramp, front walkway, and inside ramp off the kitchen area. (Gardening)They are keeping your Post looking great. Please, when you see these guys, give them a big thank you—they are your volunteers!

Canteen:
They had a good month, and November and December are shaping up to be busy.

Honor Guard:
John Gossart, Captain of the Honor Guard, is making progress on the research for a new van for the Post.

Community Outreach:

- Grants: Right now, we have 6 different types of grants we are working on. We are very excited about two new grants in progress.
- DENREC / DCIB: We have been talking with both to help us preserve our shoreline. More to follow.

Donations Needed:
We are still in need of food for our "Helping Hands" pantry. Specifically, we are looking for:

- Coffee and canned meats
- Hamburger Helper and potatoes
- Condiments, including mayonnaise
- Rice, pasta, and pasta sauce

Thanksgiving is next month!

Please keep bringing in the spaghetti casseroles. To date, we have given out 3,807 thanks to all our volunteers who make them. Additionally, we are once again collecting "Coats and Sweats for Vets" (men's and women's). Winter is coming!

**Respectfully submitted,**

**Andrew Artemchuk**
**Board Chairman**

## DECEASED MEMBERS




***John R. Cherba Sr.***
***Edward L. Kervick***
***Salvadore F. Mancari***
***Denard L. Nickerson***

**Our deepest sympathy goes out to the families who have lost loved ones. Eternal rest grant unto them O' Lord, may the perpetual light shine upon them, and may they rest in peace. Amen.**
**Please call Jeannette Twigg at 30-381-539-9981 for the VFW or Annie Berger at 302-539-9981 for the Auxiliary, if a member is sick or has passed away**

# CHAPLAIN'S CORNER

***Greetings Jeannette***

For our members suffering loss or illness, please know that our prayers surround each of you. May God grant you strength, courage, and a deep sense of His comforting presence.

## Something to Ponder

As we enter November, my mind turns toward reflection and gratitude. Looking outside, it is hard not to notice how nature is changing around us—the crispness in the air and those beautiful, vibrant colors of deep reds, oranges, and golds in the trees. There is quiet wisdom in nature this time of year; as the leaves gracefully fall, it feels like a gentle invitation for us to pause, breathe, and truly count our blessings.

One of the greatest blessings is the genuine fellowship we share right here at our Post. The bond we have is special, and we have a beautiful tradition of looking out for one another. If you can, take a few minutes this month to call a fellow member, drop by for a visit, or just offer a warm word of encouragement. It is those small, personal connections that hold us together.

This month brings a unique convergence of Veterans Day and Thanksgiving. It is a powerful and humble reminder that the simple freedoms we enjoy—gathering, celebrating with family, and enjoying the peaceful beauty of our surroundings—was bought at a price by those who served. Let's hold those veterans close in our hearts and honor their memories. Enjoy these special days and the quiet reminders of God's presence in the world around us.



## Autumn

By Emily Dickenson

The morns are meeker than they were
-
The nuts are getting brown -
The berry's cheek is plumper -
The rose is out of town.
The maple wears a gayer scarf -
The field a scarlet gown -
Lest I sh'd be old-fashioned
I'll put a trinket on.

# BENEFITS ADVISOR OUTREACH

## The 2026 Veteran Benefits Guide is now available online.

The Department of Veterans Affairs is pleased to present the "2026 VA Federal Benefits Guide for Veterans, Dependents, Survivors, and Caregivers."



Don't know what VA benefits and care are available? Not sure which you're eligible for? The annual Federal Benefits Guide provides information on benefits and services currently available by law and regulation.

The updated handbook contains a comprehensive listing of VA programs, including phone numbers and websites for easy reference. The Federal Benefits Guide hosts a wealth of information on most VA benefits and services, including:

- Compensation
- Life insurance
- Pension and fiduciary services
- Education benefits
- Economic development and employment
- Home loan guaranty programs and housing assistance
- Mental health resources

The handbook will help Veterans, service members and their families understand the full scope of available VA resources so that they can make the most of life after service. It provides details on eligibility requirements for each benefit, and because VA serves different generations of Veterans, outlines the qualification guidelines for distinct periods of service to clarify eligibility for Veterans with service spanning both peace and wartime periods.

The VA Federal Benefits Guide is available in both print and digital formats. Veterans and family members can access the booklet on VA's website, providing instant and convenient access to the wealth of information it contains. A limited number of printed copies may be available at your local medical center, Vet Center or regional office. To find the nearest VA facility, go to www.va.gov/find-locations.

The information in this guide is validated by VA as of Oct. 10, 2026. For the most up-to-date information, Veterans and family members should visit www.va.gov, or go to the specific links provided in this publication to access information on the program that they are interested in, as regulations, payments and eligibility requirements are subject to change. You can also call VA at 800-827-1000 from 8 a.m. to 9 p.m. ET Monday through Friday to speak with a representative.

# VA Research Wrap Up: New findings on liver cancer, suicide screenings and heart failure.

**October 16, 2026**

VA's Office of Research and Development recently published three News Briefs highlighting how statins may protect against liver cancer, new information on suicide screening and a potential new treatment to prevent heart failure.

## Statins may protect against liver cancer through metabolic process

VA Greater Los Angeles researchers and their colleagues discovered a chemical process through which statins protect against liver cancer.

By using genomic sequencing and imaging on human tissue samples, they showed statins lower the production of a molecule called GGPP, which in turn stops the protein YAP from traveling into the nucleus of liver cells where it causes damage. By blocking this chemical chain reaction, statins may stop tumor growth in patients with cancer via fatty liver disease by protecting nearby healthy cells.

The findings imply that statins offer liver protection beyond simply lowering cholesterol by inhibiting metabolic processes that drive cancer growth.

View the full study from "Hepatology Communications."

## Many Veterans hesitate to answer suicide screens accurately

VA Portland researchers learned that more than one-third of Veterans may not respond accurately during universal suicide screenings.

In a survey of about 800 Veterans who received VA mental health specialty care, 38.1% who screened negative and 45.8% who screened positive for suicidal thoughts reported responding less than "very accurately" to screening questions.

Concerns about overreaction and beliefs about the acceptability of suicide were the most common reasons given for withholding information. A separate study by the researchers found fear of involuntary hospitalization was a consistent barrier to Veterans disclosing suicidal thoughts.

The findings highlight the need to build trust between Veterans and clinicians and inform Veterans of how screening results will be used. Clinicians also should not overly rely on screening results and consider risk factors and behavioral warning signs when making clinical decisions about suicide risk, according to the researchers.

View the full study from "Psychiatric Research."

## New treatment could prevent heart failure in rheumatoid arthritis

VA Nebraska-Western Iowa researchers developed a drug that could protect against heart failure caused by rheumatoid arthritis.

Chronic inflammation in rheumatoid arthritis creates toxic chemicals called reactive aldehyde species, which can build up in heart tissue and cause heart inflammation and scarring. Using a mouse model of rheumatoid arthritis, the researchers showed how administering a drug that inhibits reactive aldehyde species successfully blocked the build-up of this harmful chemical, which significantly lowered heart dysfunction.

The results suggest medications targeting this chemical process present a potential new approach to preventing heart failure related to rheumatoid arthritis.

View the full study from the "International Journal of Molecular Sciences."

For more Office of Research and Development updates, visit ORD online or go to https://www.research.va.gov/news_briefs/.

In Comradeship,

H "Rich" Fales-Post Benefits Advisor
Cell# 301-325-3813
Email: richfales@gmail.com

Veterans Crisis Line
1-800-273-8255 PRESS 1

# HONOR GUARD NEWS

**The Honor Guard participated in 6 ceremonies and services during October. This included 2 funerals, a Flag Burning Ceremony, an 80th Anniversary Program for our brother VFW Post, and the posting of colors at 2 community events.**



**On October 5th at the Delaware Veterans Memorial Cemetery in Millsboro, 8 members of the Honor Guard rendered Volley and Taps in honor of Army veteran William Bogart (72).**
**Rest in Peace Comrade William Bogart.**

**On October 8th at Grace Mariner Church, the Honor Guard instructed Scout members on the proper folding of the American flag and the meaning of each fold. A Flag Burning Ceremony was held with the explanation of the ceremony and Volley and Taps were rendered. Newly recipient Eagle Scout member Jonathan Kohr was recognized and congratulated.**



**On October 10th Post officers, members, and the Honor Guard participated in the 80th Anniversary Program for Post 7447 in Rehoboth. The Honor Guard Posted Colors and General Karen Berry was the guest speaker. (see photos)**

**On October 16th, the Honor Guard posted colors at the Moose International Convention in Ocean City at the beginning of their Convention.**



**On October 23rd at the Women Veterans Town Hall at our Post, the Honor Guard posted colors to begin the days program.**





**On October 23rd, at the Gates of Heaven Cemetery, 6 members of the Honor Guard rendered Volley and Taps in honor of VFW Post 7234 life member, Edward Kervick (91) (Navy – Korea). (see photos)**

**As has been reported, the Post needs a new van for the transportation of our Honor Guard, its officers and members. A committee has been formed to move forward in this endeavor. The committee is investigating and reviewing all possibilities to include funding. Donations are accepted!**
**I am working with Congresswoman Sarah McBride and her office looking at federal grants.**
**An email from me to the entire membership has been sent out seeking your donations and support.**
**On October 26th, the Committee met and discussed its updates to date.**
**An updated report will be presented to our members at our membership Meeting on November 2nd at 7PM. Come out and support us.**

**The following Post Officers have Post Flag Duty during the Month of November.**
**Senior Vice Commander Andrew Artemchuk**
**Post Quartermaster Chuck Guido**

**FACTS YOU MAY NOT KNOW:**

**The VFW Post 7234 Honor Guard was established in the late 1950s shortly after the Mason-Dixon Post 7234 was established. It continues in service today with eighteen* members. It serves as a dedicated unit performing solemn precise military funeral honors and ceremonial duties. Our current Honor Guard members represent the Army, Navy, Marine Corps, and the Air Force. The Honor Guard is currently led by Honor Guard Captain John Gossart, a US Army Vietnam veteran.**

**Our Post is an Honor Guard!**

**There is a distinct difference between an Honor Guard and a Color Guard. Every Honor Guard is also a Color Guard. Color Guards are NOT Honor Guards as their duties and responsibilities are limited. A Color Guard will carry the colors, post the colors and march in parades.**
**Our Post is an Honor Guard!!!**

**Honor Guards are known for their precision and attention to detail. They perform a variety of ceremonial duties, including:**
***Presenting and guarding the colors (national, state, and organizational flags)**
***Rendering honors, such as presenting arms, saluting, volley and taps at funerals or memorial services**
***Providing escort services for dignitaries or fallen comrades**
***Participating in parades, change of command ceremonies, and other official events**
***Posting and retiring colors**

**We are grateful to our Post Honor Guard members for your dedication and service, and "salute" you for your sacrifice, service, and representation of Mason Dixon VFW Post 7234.**

**REMEMBER NOT EVERY COLOR GUARD IS AN HONOR GUARD**
**BUT EVERY HONOR GUARD IS A COLOR GUARD!**

**To learn more about Mason Dixon VFW Post 7234 Honor Guard and our duties and responsibilities, please contact me.**

**John F. Gossart, Jr.**
**Captain of the Honor Guard**
**240-304-8183**
**judge800@yahoo.com**
**Or:**
**Mike Schiffer**
**Assistant, Captain of the Honor Guard**
**302-448-1877**
**Rschiffer0@gmail.com**

***The purpose of the Honor Guard is to provide funeral honors for our fallen comrades and guard national monuments. An Honor Guard may also serve as the 'guardians of the colors' "'by displacing and escorting the national flag on ceremonial occasions at official functions."**

**POST FLAG DUTY for NOVEMBER**
**Senior Vice Commander Andrew Artemchuk**
**Post Quartermaster Chuck Guido**

## CANTEEN CORNER

**As we head into November, we should take time to remember our veterans. On Wednesday November 11/11/11am we will be honoring our veterans with our Veterans Day Ceremony l. This is a day we stop and honor all the people that gave so much for their country. Following the ceremony a luncheon will be provided.**

**As the holidays approach we at the Post have much to be thankful for. We would invite our members and guests to join us for Thanksgiving dinner.**

**Our goal is that no member spends the day alone. All guests must be accompanied by a member. There is no charge but donations will be accepted.**

**Post will open 2:30 pm**

**Dinner served 3 – 6 pm**

**NEW YEARS EVE**

**I know it's early to be thinking about New Years Eve but people are already excited. Entertainment will be provided by the legendary DJ Bump. Tickets are $70 and will go on sale Monday Nov.30**

**MENU**

**Hor d oeuvres**

**Maryland Crab Soup**
**Cocktail Meatballs**
**Peal and Eat Shrimp**
**Mini Crab Cakes**
**Cheese and Vegetable Tays**

**Dinner**

**Prime Rib & Gravy**
**Chicken Marsala**
**Stuffed Flounder Roll-ups**
**Lobster Tail**
**Shrimp Mac & Cheese**
**Mixed Vegetables**
**Caesar Salad**
**Rolls & Butter**
**Dessert**

**Hope to see you at the Post.**

**Thank you**
**John Frye**
**Canteen Manager**

# VETERANS HONOR FLIGHT

**I recently went on an Honor Flight bus originating from American Legion Post 28 in Millsboro. The day began with a continental breakfast supplied by the Post Auxiliary. After that we met our guardian, an escort volunteer whose assignment is to look out for the veteran during the trip. We were welcomed by General (Ret.) Karen Berry the current Delaware Secretary of Veterans Affairs.**
**At 7 A.M. we boarded buses and left with a police escort, lights flashing. A Maryland escort met the buses at the border and escorted us all the way into D.C. Beverages and snacks were provided during the entire trip to D. C. and back. An EMT with full gear was present on each bus. When returning a dinner was served by Post 28 volunteers.**
**Guardians escorted the veterans at all times to ensure their safety and comfort as many older vets needed assistance getting on and off the bus and on stairs. Wheelchairs are provided for any vet in need.**

**It was an outstanding experience and opportunity to visit the memorials and the honor flight staff and guardians went over and above to insure our comfort.**
**The next honor flight from Delaware is 17 October of this year and I highly recommend this experience for all veterans.**

**The link for information and to sign up is: https://firststatehonorflight.org .**

**Mike Tuckman**

# *Veterans Day Ceremony*




## *Veterans of Foreign Wars Post 7234*

## *Ocean View, Delaware*

## *Wednesday, Nov 11, 2026*

## *11:00 AM*

## LEADERSHIP TEAM

| | |
|---|---|
| Commander | Phyllis Scully |
| Sr. Vice Cmdr | Andy Artemchuk |
| Jr. Vice Cmdr | Jeff Ringel |
| Quartermaster | Chuck Guido |
| Adjutant | Fulton Loppatto |
| Chaplain | Jeannette Twigg |
| Judge Advocate | John Gossart Jr. |
| Surgeon | Richard Wagner |
| Officer of the Day | Jay MacDonald |
| Guard | Tom StClair |
| Benefits Advisor | Rich Fales |
| Honor Guard Capt | John Gossart Jr. |
| Trustee | Greg Albertson |
| Trustee | Paul Kerstanski |
| Trustee | John Rywelski |

## BOARD OF DIRECTORS

| | |
|---|---|
| Chairman | Andy Artemchuk |
| President | Phyllis Scully |
| Vice President | Jeff Ringel |
| Treasurer | Chuck Guido |
| Secretary | Jay MacDonald |
| Board Member | Sharon Ruest |
| Board Member | Steve Kern |
| Board Member | Laura Johnson |
| Board Member | Frank Mathers |
| Board Member | Tom StClair |
| Board Member | John Reddington |

## AUXILIARY TEAM

| | |
|---|---|
| President | Kevin Conlon |
| Sr Vice Pres | Sandra Magera |
| Jr Vice Pres | Mike McGill |
| Secretary | Eileen Healy |
| Treasurer | Roberta Walter |
| Chaplain | Annie Berger |
| Guard | Katherine Cole |
| Conductress | Barbara Peterson |
| Patriotic Ins | Peg Atkins |
| 3yr Trustee | Carol Weber |
| 2yr Trustee | Connie Weber |
| 1yr Trustee | Chuck Bologna |

**Veteran Claims Assistance**

Our state Veterans Benefits Officer comes to our Post the 2nd Thursday of every month at 1:30PM; to make an appointment you can contact him at david.hilliard@va.gov or 302-994-2511 ext 37586

**FOOD BANK**

**Please continue to drop off food items at the entry way. We continue to support our local families in need. Thank you for your donations.**

**VFW POST 7234 HONOR GUARD**
**TO BECOME A MEMBER, PLEASE CONTACT JOHN GOSSART**
**240-304-8183**

**HELP A VET PROGRAM**
**Veterans - Need Assistance, a friendly call, a visit, etc.**
**Contact our Post:**
**VFWpost7234@gmail.com**

**Member Sick or Deceased**
**Please call:**
**For VFW – Jeannette Twigg 302-539-9981**
**For Aux – Annie Berger 302-539-9981**

**Assistance with VA Questions & Issues**
**Please call:**
**Rich Fales (301)325-3813 or email me**
**richfales@gmail.com**

**To signup for our email List**
**For the Latest Updates and News**
**Please send your email to**
**vfwpost7234@gmail.com**