Hello Comrades, Ladies and Friends of the Post!

As always, May has been a big month for the Post. Our Buddy Poppy distribution was mildly successful. Our Junior Vice Commander Derick Demers did a great job of lining up locations for our tables, but unfortunately we did not have sufficient volunteers to fill all locations. This is unfortunate as the donations from this event are key to our other VFW Programs. I hope that when Veteran’s Day rolls around you will consider donating a few hours to honor our Comrades and help your Post.

Our Memorial Day Ceremony in coordination with the Springfield American Legion Post 176 was a great success. We had a formal ceremony and then a wonderful meal with friends, Ladies and Comrades after. If you missed the event, you missed a great opportunity to honor our fallen and enjoy the company of others who value that honor as you do. Although Memorial Day has passed, we as Veterans should set the example by keeping that honor in our hearts each and every day.

Our VFW Virginia District 10 Convention and election of officers was held Sunday, May 18th at the Dale City Chesty Puller Post 1503. Having behaved myself throughout the year, the membership did see fit to elect me District 10 Commander. So, as I transition the Post leadership to Bud Bishop, I assume the District 10 leadership role.

Similarly, the VFW Virginia State Convention and election of officers will be held June 6-8 at the Crowne Plaza Williamsburg at Fort Magruder, Williamsburg, Virginia. We make every effort to squeeze in the business sessions and elections in between the fun and camaraderie. All members are encouraged to attend. More information on the State Convention, as well as the National Convention in July, can be found in the June Department General Orders found at: http://myvfw.org/virginia/files/downloads/2014/05/GO_June_2014.pdf

In closing I must say that I am humbled to have served my Post and Comrades these past four years. The transition of leadership is healthy for our Post. As Bud turns over his Quartermaster duties to incoming Quartermaster Terri Andreoni, I hope that you will work to support him in continuing the great work we have done and bringing fresh ideas for improving our operations.

Yours in Comradeship, Gary Kelch

Kicking off the second day of the Springfield Days festival, the race started at 0800 on a beautiful Saturday morning with four live bands playing around the course, Spirit Teams cheering the runners on from start to finish, and a moon bounce and activity stations to entertain young children.

As runners and walkers came across the finish line to cheers and music, they found food and drinks awaiting them from Chick-fil-A, Houlihan’s, Great Harvest Bread plus the offerings of the Sponsor Expo.

At 0915 as the bands continued playing and a cool breeze kept everyone comfortable, the excitement of awards presentation began with awards going to the top runners overall and by age group and trophies to winning teams. A random drawing was also held so all participants would have a chance at winning donated prizes such as certificates for pairs of Brooks running shoes, hotel getaways, restaurant meals, yoga and fitness club trial memberships, rounds of golf, and more.

For the first time, the race start and finish and Sponsor Expo were all located at the redeveloping Springfield Town Center (STC). Though currently a construction zone, runners’ post-race
Hello Comrades, Sisters and Friends of the Post

For the benefit of those that did not receive my earlier e-mail, Post 7327 is an “All State Post”. Commander Kelch will leave office as an “All State” and an “All American” Commander. Thanks to everyone that helped achieve this significant accomplishment. We would like to extend special thanks to my wife, Diana Regan, and Comrade Marilyn Bianco for creating an activity book from nothing in less than three weeks. They didn’t just throw something together either. The activity book looks great and it accurately captures Post 7327’s accomplishments throughout the entire year. They did a super job and we appreciate it. We would not have made “All State” without their efforts.

As of this writing, May 23, 2014, we are at 103.06% with 603 members. We started the year with 587 members. We retained 96.18% of last year’s members and added thirty-four new members to our roles.

Congratulations to Commander Kelch on being elected and installed as incoming District Commander of the 10th District at our District meeting on May 18, 2014. Gary is an excellent Post Commander and I know he will also be an excellent District Commander.

This will be my last report to you as Senior Vice Commander of Post 7327. I will become the Post Chaplain again on June 9, 2014. I have been an officer in Post 7327 consistently for seventeen years and have served in all positions (except Quartermaster) at least once. Chaplain and Commander are the two that I most enjoyed. Getting a divorce is not on my list of things to do, so I won’t serve as Commander again (at least not until I’m no longer working full time). I plan to back off some and spend more time with family and various hobbies.

It has been an honor to serve as Senior Vice Commander and it has been a privilege and a pleasure to work closely with Commander Kelch for the past four years. Good luck to my replacement, incoming Senior Vice Commander Clarence McNeil. If I can be of assistance just give me a call.

As always if there is anything I can do for anyone please don’t hesitate to contact me at one of the numbers provided below.


Rules & Rituals in the Spotlight

By Post Commander Gary Kelch

Comrades, it is important for each of us to be familiar with the Congressional Charter, By-Laws, Manual of Procedure and Ritual of our Order. Our organization was founded in 1899 and was incorporated May 28, 1936 with the issuance of our Congressional Charter and has been amended by the Congress at various times, the most recent by the 109th Congress, Title 36 of the United States Code, Chapter 2301, Sections 230101 through 230107 on January 2, 2006. This Charter grants our organization perpetual existence. Section 230102 of the Congressional Charter documents that “The purposes of the corporation are fraternal, patriotic, historical, charitable, and educational, and are:

1. to preserve and strengthen comradeship among its members;
2. to assist worthy comrades;
3. to perpetuate the memory and history of our dead, and to assist their widows and orphans;
4. to maintain true allegiance to the Government of the United States, and fidelity to its constitution and laws;
5. to foster true patriotism;
6. to maintain and extend the institutions of American freedom; and
7. to preserve and defend the United States from all enemies.”

So it is that with these purposes in our Congressional Charter that the VFW operates independent Posts where members can gather; we operate the MAP program and provide relief to Comrades in need; we conduct and participate in memorial services, events, and holidays to honor our fallen; we support the US Government through loyalty and advisory; we operate programs to educate and foster patriotism such as Voice of Democracy, Patriots Pen, and flag education; we adopt military units and support our active duty military and; we act individually, locally and organization wide to defend our Nation and way of life.

Message from Your Auxiliary President

Comrades and Sisters,

What a journey it has been! Seven years as your Auxiliary President. It is now time for me to hand over the reins. I am sure that the new officers you recently elected will do an outstanding job as they have always done in their many past endeavors.

When I joined the Auxiliary I did it to help with the Bingo Program as they were lean on help back then. Some things just don’t change. I never dreamed I would be the Auxiliary Ladies President for seven years and that I would run the Bingo Program one day. I also never dreamed that I would be on my way to be Department of Virginia President in four years. I am so proud to be a member of Auxiliary 7327. The comrades, officers, and members of this organization have made it easier to do my job by being supportive, enthusiastic, and hard working on our many team projects. With your help, we have accomplished so very much and have been a real presence in our community. Additionally, the Ladies Auxiliary has continued to grow in numbers. We are presently at 159 members strong.

Looking back, I too have grown so much with your help, guidance, and support. Have I made some mistakes? Of course I have. But, we all have done that at one time or another. There are so many people to thank for their dedication, knowledge, and diverse talents that I cannot begin to name them all. I will miss the flurry of activities that I was involved in as President, but I will definitely be around to help wherever I can.

In the past seven years, I served with only two Commanders. I served with Commander Wayne Yancey for four years. Commander Yancey was an All American and All State Post Commander and my last year with Wayne, our Post won Outstanding Community Service Post of the State. We also served as 10th District Commander and President during that time period. Then for three years, I worked alongside Commander Gary Kelch who is also an All American and All State Commander. Gary is the incoming 10th District Commander for the ensuing year. I have a lot of great memories during those seven years and want to thank Wayne and Gary for treating us as equal partners and consistently acknowledging the Ladies Auxiliary and all that we do.

In closing, I want to say from the bottom of my heart, Thank You all so much for everything you have done for this great organization and for me over the past seven years! I wish all of new officers, Comrades and Ladies, the best and I know they will do an outstanding job.

As always, if we can be assistance to any of you, please contact Linda via email at lbond@verizon.net or on 703-451-1510 (home) or 703-407-3106 (cell).

Remember to keep our veterans and their families in your thoughts and prayers.

Auxiliary Chaplain’s Corner

Muriel Massey, Chaplain

At birth we boarded the train and met our parents, and we believe they will always travel on our side. However, at some station our parents will step down from the train, leaving us on this journey alone.

As time goes by, other people will board the train; and they will be significant i.e. our siblings, friends, children, and even the love of our life.

Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize that they vacated their seats!

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells.

Success consists of having a good relationship with all passengers...requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down.

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells.

So, we must live in the best way - love, forgive, and offer the best of who we are.

It is important to do this because when the time comes for us to step down and leave our seat empty --

We should leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you a joyful journey for the coming year on the train of life.

Reap success and give lots of love. More importantly, thank God for the journey!

Lastly, I thank you for being one of the passengers on my train!
Time to Say Goodbye
By Diana Regan

A small group of Sisters formed the “Boutique Gals” close to 20 years ago. VFW Post 7327 was located at Kincannon Place in Lorton and some Ladies Auxiliary members used the President’s Office as a place to sort through clothes, books and household items. The items were redirected to individuals and organizations in need. I was not part of the group at its inception, but I did join the Ladies soon after, either in 1996 or 1997. Years ago we ‘recycled’ close to 20,000 items a year. Over the last few years our count has been around 10,000 items per year that we have redirected to the many needy people in our community.

The current group of Ladies known as the Boutique Gals include: Janne Best, Linda Bond and myself. However, many other members have been part of the group and have participated in the sorting, counting, bagging and delivery of the many donations we received. Some of the earliest members included Sisters: Kit Davis, Jan Ward, Beanie Jones, Norma Jean Grefost, Gail Rinaldi and Shirley Norris. Later on we were joined by Phebe Payne, Heather and Clare Rich and Alice Merrill. Some of these Ladies have passed on, some have moved away and some of us are still here and active in the Auxiliary. Forgive me if I have forgotten anyone. Regardless of the many women that were part of the Boutique Gals, we always had Comrade Willie Jones to count on for delivery and pick-up of all donations. Sometimes Comrade Joe Sayles also assisted with the trips. We could not have accomplished all that we did without these Comrades and their ongoing support.

I have called two contributing organizations; The Pink Elephant Thrift Shop (run by the Woman’s Club of Springfield) and Encore Consignment Boutique and let them know that we will no longer accept contributions after early June. I have also let the organizations that we deliver to know that we are ‘closing up shop’. Many of our members have also been generous and donated items for distribution. We are very appreciative of your ongoing support.

Effective immediately; please DO NOT DROP OFF ANY DONATIONS. We will have no outlet for your contributions.

EARLY BIRD$ caught the Saving$
Life Membership Drawing - Welcome new Members
Change in Auxiliary Treasurer for 2014/2015

I am happy to report that we have now received 2015 Early Bird Dues for 29 Auxiliary Sisters! Last report had us at 11; so 18 additional Sisters have taken advantage of the reduced dues fee for 2015. Many thanks to: Marilyn and Patricia Bianco, Valerie Murrell, Muriel Massey, Lori Koenigsberg, Shari Barber, Geraldine White, Chong Benedict, Katy and Jean Sylvestre, Debbie and Samantha Casselbury, Jennie Carter, Ginger Payne, Carolyn Jones, Mary Jones, Rochelle Jones and Karen Olmstead. Each Sister saved $5 by renewing early!

By the time you read this article, the reduced fee special will be over. However, we will once again hold a Life Membership Drawing in October for those members that have paid their 2015 dues by September 30th. If you remember, Sister Joyce Engel won last year’s drawing. I am now in process of converting her from an Annual to a Life Membership at no cost to her!

Ladies, please welcome two new members to Auxiliary 7327; Mary Jane Dunn joined as a Life Member and her daughter Diane Sundt joined as an Annual member. Both Ladies are already members of our large Bingo Family! Diane’s husband Scott also joined the Post as a Comrade. Welcome all.

Ladies, it has been a pleasure and an honor to serve the last three years as your Auxiliary Treasurer. I am slowing down a bit this coming year and will serve as 2nd Year Trustee only. Maybe Wayne and I will get to spend more time together as he is saying he is going to slow down also. Time will tell! Sister Alice Merrill has again been elected as your Auxiliary Treasurer. Please welcome Alice into this position. Not all that much has changed in the last few years, so Alice will hit the ground running as they say!

Please address all your Treasurer issues now to Alice at: 6103 Backlick Rd., Springfield, VA 22150. Her home phone number is: (703)569-1771 and her email address is: a-b6103@cox.net

Errett “Sonny” Thomas, Life Member and Past All State Post Commander of VFW Post 7327, is a Sales and Leasing Consultant with Safford Dodge and Jeep of Springfield. Sonny invites you to come see him and to have a look at the great selection of Dodge & Jeep Vehicles.

A donation of $100 will be made in the name of any VFW Post or Auxiliary Member for every new or used vehicle purchased from Sonny. Please bring in your current membership card with you.

Call Sonny at 703-866-1700 Office or 703-629-4513 Cell.
1st Annual Charity Golf Tournament
VFW Post 7327 – Springfield, VA
8 August 2014 – Fort Belvoir Golf Club
Captain’s Choice Scramble
8am Shotgun Start – Check-in at 7am
Proceeds will benefit Springfield Youth Club and Springfield Ecumenical Community Helping Others (ECHO)

Mulligans: $10 each
Prizes for Closest to the Pin, Longest Drive, and Par 3
Hole in One (NEW CAR) $100 per player
$380 per 4-some
Includes 18 holes, cart, Practice balls and lunch

Contact Doug Norman for additional information at 703.232.4089 or dfnorman@yahoo.com

Please make check payable to VFW Post 7327 and mail to: Springfield VFW Post 7327
Attn: Golf Tourney, 8350-F Terminal Rd, Lorton, VA 22079

Name

Address

email

Team Member Names

Gold Sponsorship: $800
Includes sponsor signage at registration table, along with any brochures handed out the day of the event and Full foursome

Hole Sponsorship: $300
Includes sponsor signage at one of the tee boxes

Beer Cart Sponsor: $200
Includes sponsor signage on the roving beverage cart
Whalen On-Target Instruction

Kathleen (Kat) Whalen of Whalen On-Target Instruction is a National Rifle Association (NRA) certified instructor and Range Safety Officer. Kat offers handgun familiarization and safety training classes targeted at teaching ladies to protect themselves safely. Classes are open to the general public twelve years and older.

Classes are held on weekends between 9:00 a.m. and 3:00 pm. Cost for the class is $110 which includes: six hours of instruction; one hour of range time at Sharpsshooter's indoor range (only minutes from the Post); and all instruction materials.

Students may bring their own handgun or Kat will provide a training handgun for use during class. There is an exam following the training which earns an NRA certificate suitable for handgun Concealed Carry permit applications in Virginia, Maryland, and for DC handgun registration requirements.

For more information or arrange for instruction, contact Kat at 703-618-3137 or TopShotLady@me.com.

Whalen On-Target Instruction

Kathleen (Kat) Whalen of Whalen On-Target Instruction is a National Rifle Association (NRA) certified instructor and Range Safety Officer. Kat offers handgun familiarization and safety training classes targeted at teaching ladies to protect themselves safely. Classes are open to the general public twelve years and older.

Classes are held on weekends between 9:00 a.m. and 3:00 pm. Cost for the class is $110 which includes: six hours of instruction; one hour of range time at Sharpsshooter's indoor range (only minutes from the Post); and all instruction materials.

Students may bring their own handgun or Kat will provide a training handgun for use during class. There is an exam following the training which earns an NRA certificate suitable for handgun Concealed Carry permit applications in Virginia, Maryland, and for DC handgun registration requirements.

For more information or arrange for instruction, contact Kat at 703-618-3137 or TopShotLady@me.com.

Springfield 5K & Half Mile Run

(Continued from page 1)
Hello Comrades and Sisters,

Department of Veterans Affairs researchers are locked in battle with an enemy that is quietly maiming and killing thousands of Americans who have served their country. It’s not posttraumatic stress, depression or traumatic brain injury.

The Culprit

“Type 2 diabetes is at epidemic proportions among the Veteran population,” noted Dr. Tim O’Leary, acting director of VA’s Office of Research and Development. “It affects nearly 20 percent of Veterans who use the VA health care system, compared to 8.3 percent of the general population. This means that diabetes — and with it, the risk of heart disease, stroke, blindness, renal disease and amputation — affects more than one million Veterans at any given time.” To make matters worse, millions of people don’t even realize they have the disease, since it can start out so subtly.

“This is of tremendous concern for us at VA,” O’Leary said, “and why we’re doing research that not only helps Veterans avoid developing diabetes in the first place, but also helps them avoid developing those several other conditions I just mentioned.” The physician noted that VA already has an extensive research portfolio when it comes to diabetes, and is adding to it all the time.

What are some of the risk factors of diabetes?

- Family history of diabetes
- Being overweight
- Being over age 40
- Have had gestational diabetes
- Not enough physical activity

A Weighty Issue

“Let me tell you about a few of the hundreds of studies we have underway,” O’Leary said. “Many of our researchers are studying weight management, since being overweight or obese are significant risk factors for developing diabetes and are also epidemic among the Veteran population. Approximately three-quarters of Veterans are overweight,” he observed, “and nearly 40 percent are obese.” O’Leary said VA has participated in a number of large clinical trials, such as the Diabetes Prevention Program, where it was shown that losing weight and increasing exercise can reduce the progression from pre-diabetes to type 2 diabetes.

“This effort,” he said, “has contributed to VA’s national weight management program, called MOVE, and has also been used beyond VA to improve the health of all Americans.” Millions of Americans are unaware that they have diabetes, because there may be no warning signs.

You Are What You Eat

O’Leary said that while weight management is critical, diabetes isn’t entirely about how much we eat, but what we eat. VA researchers are taking a close look at the role diet plays with regard to insulin resistance (the body’s inability to efficiently process the hormone insulin). “In one study,” O’Leary said, “researchers found that having too much iron in the diet can lead to insulin resistance. In another study, they found that fish oils — those omega 3 fatty acids we hear about so much — may help improve your insulin resistance.” (Fatty fish include salmon, mackerel, herring, sardines and albacore tuna.) But what if you already have diabetes?

Work on Your Social Skills

“Our researchers have found that social networking — that is, in-person counseling and support groups — are highly effective at helping Veterans manage their diabetes,” said Dr. David Atkins, director of Health Services Research at VA’s Office of Research and Development.

“In one VA study in particular,” he said, “our researchers found that group educational meetings — led by a pharmacist — can help patients with diabetes and depression get better control over their blood sugar levels. In another study, we found that patients with diabetes were better able to control their blood sugar if they simply talked with other diabetics, as well as their nurses, about their condition.

“And in a very recent study, we found that African Americans with hard-to-control diabetes made significant gains in keeping their blood sugar under control after working with mentors who had similar health problems,” explained Atkins.

“In other words,” Atkins concluded, “support and encouragement from other people can make a big difference in your motivation to stay healthy. The more people you connect with, the better off you’ll be.”

Feeling Isolated?

But what if you happen to live in a rural or isolated area or you can’t drive, or it’s really difficult for you to leave your house? “We have robust telehealth and eHEALTH programs here at VA,” Atkins said. “No matter where you are, we can connect with you and give you the support you need. You’re never alone.”


by Tom Cramer, VA Staff Writer
**Post Hours of Operation**

Monday / Tuesday – Closed (except for meetings)
Wednesday / Thursday–10:00 a.m. – 2:00 p.m.
Friday – 12:00 p.m. – 4:00 p.m.
Saturday / Sunday – 9:00 a.m. – 1:00 p.m.

The Post may be open other than these hours as events require and personnel are available.

---

**Upcoming Events and Activities**

June 5-8—2014 Department Convention, Williamsburg, VA
June 11—Auxiliary Membership Meeting, 7:00 PM
June 14—Flag Day, Fly Your Flag!
June 16—Post General Membership Meeting, 8:00 PM
July 19-23—115th VFW National Convention, St. Louis, MO

**BINGO - EVERY THURSDAY AND FRIDAY** evening beginning at 7:00 pm at Greater Springfield Volunteer Fire Department