



**NO ONE DOES MORE FOR VETERANS.**

**VFW POST 10125**

**AUGUST 2025  
NEWSLETTER**

**Rancho Cordova**

*Meetings occur  
at 1800 the  
3rd Tuesday  
of every month*

*10124 Coloma Road  
(Moose Lodge)*

### Observing Patriot Day: Honoring 9/11

Patriot Day is observed each year on 9/11, it is a time for us to pause and remember the lives lost. It is also a time for recognizing the courage and sacrifice of those who rose to the call in the aftermath. Countless men and women volunteered or continued their service, protecting our freedoms and supporting communities at home and abroad.

#### Key aspects of Patriot Day:

- Remembrance - The day is dedicated to remembering the nearly 3,000 lives lost on 9/11.
- National Day of Service - Acts of service reflecting the spirit of those who helped in the aftermath of the attacks.
- Presidential Proclamation - Each year the President issues a proclamation calling for the display of flags at half-staff, moments of silence and remembrance ceremonies.
- Moment of Silence: A moment of silence is observed at 8:46 Eastern Standard time, the time the first plane struck the World Trade Center.

### Announcements



#### **Rancho Cordova 9/11 Buddy Poppy Booths**

September 12 & 13

#### **RemembranceCamp Plymouth FALL Military Vehicle Show & Swap Meet**

September 10 · 8am -  
September 13 · 5pm  
Amador County Fairgrounds  
& 49er RV Village

#### **Rancho Cordova 9/11 Remembrance**

Time: TBD / City Hall

#### **Sacramento Stand Down**

September 30- October 2  
[sacramentostanddown.org](http://sacramentostanddown.org)

#### **District 17 Golf Tournament**

12 September 2025  
Cherry Island Golf Course

#### **Rancho Cordova Post 10125 Family Picnic**

October 18<sup>th</sup>, Hagan Park  
10:00 games/hang out

#### **Rancho Cordova Post 10125 Christmas Dinner**

Saturday, Dec 13<sup>th</sup>  
4 pm - 8 pm  
CITY HALL/American River  
Room

### In this newsletter you can expect:

Observing  
Patriot Day

Post  
Announcements

HQ  
VFW News

#StillServing

Quartermaster /  
Ways & Means

Women Vets

Veteran  
Resources

Chaplain's  
Corner

Calendar

From VFW.org

## 126<sup>th</sup> VFW National Convention

held Aug. 9-13, 2025

Columbus, OH



### The main goals and priorities discussed:

- **Advocacy and Legislative Action:** Approving new national priorities to guide the VFW's lobbying efforts in Congress for issues important to veterans, service members, and their families.
- **Expanding Access to VA Care:** Continued efforts to broaden veterans' access to VA healthcare and benefits.
- **Support for Veterans' Families:** Maintaining and expanding services for the dependents and survivors of veterans, recognizing the importance of holistic family support in post-military life.
- **Inclusive Recognition:** Promoting recognition of outstanding individuals and organizations supporting veterans through national awards in fields like citizenship, education, history, and community service.
- **Strengthening Community Connection:** Reinforcing the VFW's mission of post-military service and community impact.
- **Focus on Diversity and Leadership:** Electing the first woman National Commander and supporting leadership diversity to reflect the evolving veteran community.

The convention underscored its commitment to veterans' healthcare, advocacy, family support, and national recognition as guiding priorities for the coming year.

## Be a Part of The **5th Annual Day of Service** VFW Day of Service kicks off **Saturday of May 2, 2026**, and you can participate **ALL month!**

Taking place across the nation and around the world, VFW Day of Service showcases veterans banding together to make a difference in their communities. By combining resources, gaining media support and dedicating the entire month to service, we spotlight the ongoing commitment of veterans who continue to lead lives of service.

We are asking veterans of every stripe — patriots like YOU — to host a community service event during the month of May. It doesn't matter how big the event is — we want to know about it.

We need you and your Post on board! Sign up today and let's show the nation how veterans are #StillServing in their communities.

## Ways & Means

**The "Ways & Means" function within the VFW is all about ensuring the Post has the necessary funds to operate effectively and fulfill its mission of service to veterans and the community.**

Becoming the committee chair for Ways & Means for VFW Post 10125 is a vital leadership opportunity that directly supports the Post's ability to serve veterans and the community. Encouraging participation requires a combination of motivation, support, and clear communication.

Great addition to a resume!

### First female national commander—Commander-in-Chief—of the Veterans of Foreign Wars (VFW)



Carol Whitmore made history on August 13, 2025, when she became the first female national commander—Commander-in-Chief—of the Veterans of Foreign Wars (VFW), elected at the organization's 126th National Convention in Columbus, Ohio. Not only is she the first woman to lead the storied, more than 125-year-old veterans' organization, but she is also the first Iowan to hold the position.

Whitmore's military journey began when she enlisted in 1977 and went on to have a distinguished 36-year career. Serving as a first sergeant, she earned her VFW eligibility during Operation Iraqi Freedom in Iraq. Her accolades include the Legion of Merit Medal, Bronze Star Medal, six Army Commendation Medals, the Iraq Campaign Medal, and the Combat Action Badge, among others.

After joining VFW Post 9127 in Des Moines, Iowa, in 2012, Whitmore achieved All-American status as Iowa Department Commander in 2018–2019 and went on to serve in multiple national leadership roles. In her acceptance speech, Whitmore reflected on her role as a trailblazer, declaring: "I may be the first veteran to have been elected VFW commander-in-chief while wearing a dress ... but I will not be the last! ... I am your comrade by mud, by blood, by dust, by dirt, by sand, by land, by sea, by air ... I am a veteran first".

Her leadership signals a new era of inclusion and representation for women veterans while reinforcing the VFW's mission to serve all who have worn the uniform. Whitmore's election is not only a testament to her commitment and vision but also marks a significant milestone for the entire veteran community.

### VA Recreation Therapy / Creative Arts Services

The purpose of the recreation therapy process is to improve or maintain physical, cognitive, social, emotional and spiritual functioning in order to facilitate full participation in life.

Recreation Therapy: is individualized to each person, their past, present and future interests and lifestyle. The recreation therapist has a unique perspective regarding the social, cognitive, physical, and leisure needs of the Veteran. Recreation therapists weave the concept of healthy living into treatment to improve functioning, and enhance independence and successful involvement in all aspects of life.

## Chaplain's Corner

### Quotes about being of Service:

"What you do has far greater impact than what you say."

- Steven Covey.

"Great acts are made up of small deeds."

- Lao Tzu

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."

- Mother Teresa of Calcutta

"Our lives no longer belong to us alone; they belong to all who need us desperately."

- Elie Wiesel

---

Call or text Rita for more information about social activities: 916-704-1171

## August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
17	18	19 <b>VFW Meeting</b> 6 PM Moose Lodge	20	21 <b>River Walk</b> 8:30 am (cooler) Cordova Park & Rec parking lot (before kiosk)	22 <b>Movie</b> - 2:20pm "Caught Stealing" (R) Folsom Cinemark - 261 Iron Point Rd	23
24	25	26 <b>River Walk</b> 8:30 am (cooler) Ambassador Park - By Sunriver neighborhood	27	28 <b>River Walk</b> 8:30 am (cooler) Cordova Park & Rec parking lot (before kiosk)	29 <b>Last Friday Post Get-together</b> 4 PM - Brookside 9819 Horn Rd Sacramento	30 <b>River Walk</b> 8:30 am (cooler) Cordova Park & Rec parking lot (before kiosk)
31						

## September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <b>River Walk</b> 8:30 am (cooler) Ambassador Park - By Sunriver neighborhood	3	4	5	6 <b>River Walk</b> 8:30 am (cooler) Cordova Park & Rec parking lot (before kiosk)
7	8	9 <b>River Walk</b> 8:30 am (cooler) Ambassador Park - By Sunriver neighborhood	10	11 <b>VFW Officer Meeting</b> 6 PM City Hall	12 <b>VFW Buddy Poppy Booths</b>	13 <b>VFW Buddy Poppy Booths</b>
14	15	16 <b>VFW Meeting</b> 6 PM Moose Lodge	17	18	19	20