



NO ONE DOES MORE FOR VETERANS.

VFW POST 10125

**FEBRUARY 2025
NEWSLETTER**

Rancho Cordova

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

*10124 Coloma Road
(Moose Lodge)*

Black History Month

VFW Honors National Black History Month

<https://vfw.org/media-and-events/latest-releases/archives/2025/1/vfw-honors-national-black-history-month>

The VFW takes the opportunity to celebrate Black Americans' contributions to the nation as Black history is American history.

National Veterans Memorial Museum

<https://nationalvmm.org/education/monthly-awareness/black-history-month/>

We are sharing the experiences, challenges and triumphs of Black American Veterans by telling their stories.

Black History Month at the Smithsonian

<https://www.si.edu/events/black-history-month>

The Smithsonian offers events, resources, podcasts, and exhibitions to celebrate Black History Month. The 2025 focus is on African Americans and Labor.

Black History Month with the NPS

<https://www.nps.gov/subjects/npscelebrates/black-history-month.htm>

The National Park Service and our partners share stories, rich culture, and an invitation for all Americans to reflect on Black history in parks and communities across the country.

Black History Month.gov

<https://blackhistorymonth.gov/index.html>

This site is a collaborative project of the Library of Congress and the National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution, United States Holocaust Memorial Museum and U.S. National Archives and Records administration.

Announcements



VFW District 17 Crab Feed

March 8, 2025

North Highlands Post
(3300 U Street) \$75.00

Crab, shrimp, rib-eye steak
alternative, pasta, salad, and
desert - More info to come!

Capital Air Show

March 22-23

Mather Airfield
Blue Angels this year

District 17 Golf Tournament

April 25, 2025

Cherry Island Golf Course
More info to come!

Women Veteran Trailblazers Celebration/ Health & Wellness Summit

March 29, 2025

10535 Hospital Way -
Bldg 650
Mather

Register by March 21st
Call 916-843-2919

Rancho Cordova Community Yard sale

May 17th
Lincoln Village park

**In this newsletter
you can expect:**

Black History
Month

Post
Announcements

Other
VFW News

#StillServing

Quartermaster /
Ways & Means

Women Vets

Veteran
Resources

Chaplain's
Corner

Community
News

Tech Talk

VFW Sages



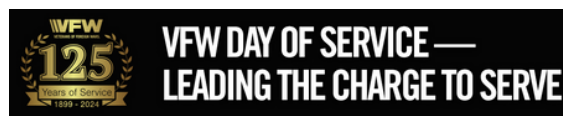
MILITARY ORDER OF THE COOTIE

<https://www.facebook.com/groups/260575605787939/>

The Military Order of the Cootie of the United States is a non-profit Veterans Service Organization. We are known as "The Honor Degree of the VFW" and our members are comprised of the officers and leadership of the Veterans of Foreign Wars of the United States. Membership in the MOC is recognition of outstanding service to the VFW and its programs.

Founded in New York City on September 17, 1920, the MOC is based on the principals of good humor and fun. Over the past ninety years, the Cooties have provided social and entertainment programs to members of the Veterans of Foreign Wars of the U.S. as an Ancillary unit within the organization. Since 1923, the first year as a part of the VFW, the Cooties have worked hard to further the aims of the VFW while adding to it the frivolity known as Military Humor to the serious work of our parent organization.

Each year the Cooties volunteer thousands of hours of time worth over ten million dollars to DVA Hospitals and domiciliaries throughout the United States. This work, in addition to the hours of service donated as active members of the VFW, set the members of the MOC apart as Foreign Service and Combat Veterans who are fully engaged in their communities, and their fellow comrades in arms and their families. Our distinctive red hat and unusual uniform sets us apart and draws attention to the plight of those less fortunate than ourselves. We sacrifice a little of ourselves to bring a smile or a laugh during what is normally a difficult time for our heroes.



2025 will mark the fourth year for the VFW Day of Service, a day set aside for veteran-led local community service events.

It is an outgrowth of the VFW's #StillServing initiative that since 2020 has brought recognition to how much U.S. military veterans continue to serve in their communities after they take off their uniform.

Some ideas for our post found on the #Still Serving page:

- Stamp Out Hunger Food Drive - Support the USPS food drive that is held 10 May
- Veteran's Story Project (Veteran's Village with JROTC or Scouts?) - Obtain basic video & audio tools to archive stories as told by Veterans in our community.

Check out todaysvfw.org for more ideas

Ways & Means



**May 17th!
Lincoln Village Community Park
Rancho Cordova Annual
Community Yard Sale**

We will participate in this community event presented by the Cordova Parks & Recreation District. We will benefit from the advertising provided, community exposure, and have two 12X12 spaces as well as a separate tent for recruiting.

Please consider volunteering and donating gently used items.





<https://rosietheriveter.net/honoring-our-countrys-black-rosies/>

Rosie the Riveter—the steely-eyed World War II heroine with her red bandanna, blue coveralls and flexed bicep—stands as one of America’s most indelible military images. Positioned under the maxim “We Can Do It,” the “Rosie” image has come to broadly represent the steadfast American working woman, and more specifically, the millions of female laborers who kept the factories and offices of the U.S. defense industries humming.

What the iconic Rosie image doesn’t convey is the diversity of that work force—specifically the more than half-million “Black Rosies” who worked alongside their white counterparts in the war effort. Coming from throughout the United States, these “Black Rosies” worked tirelessly—in shipyards and factories, along railroads, inside administrative offices and elsewhere—to fight both the foreign enemy of authoritarianism abroad and the familiar enemy of racism at home. For decades, they received little historical recognition or acknowledgement.

<https://www.history.com/news/black-rosie-the-riveters-wwii-homefront-great-migration>



<https://rediscovering-black-history.blogs.archives.gov/2014/03/11/i-too-am-rosie/>

Federal Benefits
for Veterans, Dependents,
Survivors, and Caregivers
2023 Edition

Spread the word: The 2025
Veterans Benefits Guide is
now available

January 14, 2025

National Veterans Outreach Office, VA Office of Public and Intergovernmental Affairs

“2025 VA Federal Benefits Guide for Veterans, Dependents, Survivors, and Caregivers.” - VA.gov

The handbook contains a comprehensive listing of VA programs, including phone numbers and websites for easy reference. The annual 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.

Chaplain’s Corner

Desiderata

Go placidly amid the noise and haste
and remember what peace there may be in silence.
As far as possible without surrender be on good terms with all persons.
Speak your truth quietly and clearly and listen to others
even the dull and ignorant they too have their story.
Avoid loud and aggressive persons they are vexations to the spirit.
If you compare yourself with others you may become vain and bitter
for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.

Keep interested in your career however humble it is a real possession in the changing fortunes of time
Exercise caution in your business affairs for the world is full of trickery.
But let this not blind you to what virtues there are many persons strive for high ideals and
everywhere life is full of heroism.

Be yourself.

Especially do not feign affection.
Neither be critical about love for in the face of all aridity and disappointment it is as perennial as the grass.
Take kindly the counsel of the years

graciously surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with imaginings.

Many fears are born of fatigue and loneliness. Beyond a wholesome discipline
be gentle with yourself.

You are a child of the universe no less than the trees and the stars
you have a right to be here.

And whether or not it is clear to you
**no doubt the universe is unfolding
as it should.**

Therefore be at peace with God whatever you conceive Him to be
and whatever your labors and aspirations in the noisy confusion of life
keep peace with your soul.

With all its sham drudgery and broken dreams it is still a beautiful world. Be cheerful.

Strive to be happy.

-Max Ehrmann 1927

<https://www.etsy.com/shop/GrowYourSoulPrints>

Tech Talk

All About QR Codes....

A QR code, which stands for "Quick Response" code, is a two-dimensional barcode that can be scanned by a smartphone camera to instantly access information like a website URL, contact details, or other data encoded within its pattern of black and white squares; essentially acting as a digital link between a physical object and online content, allowing users to quickly access information by simply scanning the code with their phone.

QR codes can be dangerous because they can be used to spread malware and phishing scams.

- Phishing - QR codes can be used to direct users to malicious websites that steal personal information, such as passwords, banking details, and credit card numbers.
- Malware - QR codes can be used to install malware on a device, which can monitor online activity and lock access to files.
- Personal information - QR codes can be used to steal personally identifiable information (PII), such as passport numbers, contact numbers, and payment passwords.
- Financial losses - QR codes can be used to steal financial resources, such as credit card data and corporate logins.
- Reputational damage - QR codes can be used to compromise a business's reputation.

How to stay safe

- Be wary of QR codes that appear in public places or in emails
- Check the code for suspicious elements, such as inappropriate text or an illegitimate logo
- Verify the URL or URI after scanning the code
- Avoid using third-party applications to scan the code
- Use email authentication protocols to prevent phishing attacks

Community News

Sunrise Farmers Market

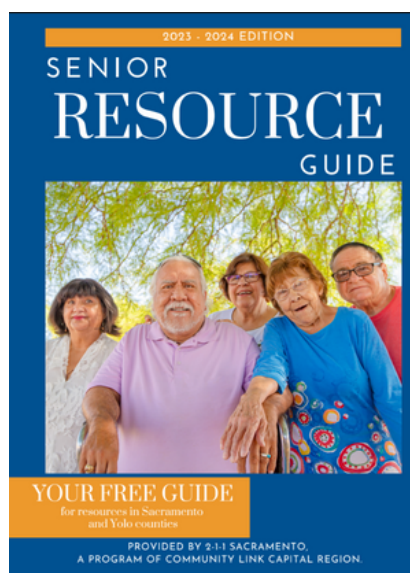
Sunrise Light Rail Station Parking Lot
11164 Folsom Boulevard, Rancho Cordova,
Year-Round - Saturdays 8-12



RANCHO CORDOVA
CERTIFIED
FARMERS MARKET

Every Saturday, Year-Round, 8AM - 12PM
At the Sunrise Light Rail Station
11164 Folsom Blvd., Rancho Cordova
Fresh Fruits & Veggies | CalFresh Accepted
\$15 weekly Market Match incentive

VFW Sages



128 Page Resource Guide found here:
<https://www.211sacramento.org/211/senior-resource-guide/>