



NO ONE DOES MORE FOR VETERANS.®

MARCH 2025 NEWSLETTER

Rancho Cordova

Meetings occur at 1800 the 3rd Tuesday of every month

VFW POST 10125

10124 Coloma Road (Moose Lodge)



VFW National Commander Al Lipphardt's Complete Testimony and Q&A is on YouTube

Heeding the call to "march forth," Veterans of Foreign Wars (VFW) and VFW Auxiliary members packed the house alongside Commander-in-Chief Al Lipphardt as he testified before a special joint hearing of the House and Senate Committees on Veterans' Affairs held on March 4, 2025.

Armed with a DD Form 4, which is the standard enlistment contract for those entering service into the Armed Forces of the United States, Lipphardt launched into his testimony with the document held high and his comrades amassed behind him in the Dirksen Senate Office Building chamber where the hearing was being held. Amidst the administration's push to cut government spending, Lipphardt reminded lawmakers that the enlistment contract is "more than an employment agreement" and that by law, service members are entitled to receive pay and benefits.

"This isn't charity. This is a contract," said Lipphardt. "Everyone who served honorably, like every member of the VFW, met our end of this agreement. We demand our leaders do the same. By contract, you must ensure the VA has the resources and staff to provide veterans their full earned benefits. This is not an ask. Honor the contract!"

2025 Congressional testimony of VFW National Commander Al LipphardtLipphardt then thanked both veterans' affairs committees for drafting and passing the PACT Act in 2022, the historic bill that provided health care and benefits to generations of veterans exposed to toxins during their time in service. He then pointed out gaps in coverage and that Congress still has more work to do...

Link to YouTube: https://www.youtube.com/watch?v=3IS48r_bz_M

Announcements



Capital Air Show

March 22-23 Mather Airfield Blue Angels this year

National Vietnam War Veterans Day March 29th

Vietnam Veterans Day Recognition Luncheon- TBD/? Stacy Delaney 916-851-8878 Location: Rancho Cordova Elks Lodge

Women Veteran Trailblazers Celebration/ Health & Wellness Summit

March 29, 2025 10535 Hospital Way - Bldg 650 Mather Register by March 21st Call 916-843-2919

District 17 Golf Tournament

April 25, 2025 Cherry Island Golf Course More info to come!

In this newsletter you can expect:

VFW National Commander's Testimony

Post Announcements

Other VFW News

#StillServing

Quartermaster / Ways & Means

Women Vets

Veteran Resources

Chaplain's Corner

Community News

Tech Talk

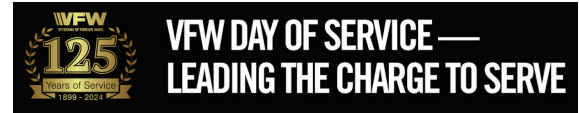
VFW Sages

WOMEN AND THE VFW

The cover of the March/April edition of VFW Magazine states “celebrating VFW’s women” and also mentions that “female membership is surging.” Trying to get to an article quickly, I used the “find” feature in the PDF version of the magazine. It was amazing to see that the March/April edition mentions the word “women” 89 times, and the word “woman” 9 times!

On page two, the Commander-In-Chief Al Lipphardt states that as of January more than 42,000 women were VFW members and that is an increase of more than 54% since 2019. He also recognizes Vice Commander-in-Chief Carol Whitmore, who is in line to become the first woman in 125 years to lead this great organization later this year.

Page 48 tells of the VFW magazine asking women leaders in the organization as well as those employed by VFW their thoughts on what the VFW can do to attract more female vets. Kimberly Napoleon, Department of Michigan Commander shared that the newly formed National Women’s Veterans Committee by Commander-in-Chief Al Lipphardt is a start, “With representation from each state, female members have the opportunity to develop initiatives that focus on the issues that are most relevant to the female veteran.” Most of the comments by other leaders boiled down to simply helping women feel recognized and welcome.



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.

This year our Commander is working towards combining a recruiting event along with a food drive. Please stay tuned and plan on attending.

More information to come!

Check out todaysvfw.org and learn about #StillServing. To date, 793 events are planned across the nation.



Ways & Means



May 17th!

**Lincoln Village Community Park
Rancho Cordova Annual
Community Yard Sale
8 a.m. – 2 p.m.**

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 for selling or for the recruiting tent. Donations for this event are greatly appreciated!



Our War Too: Women in Service

A traveling exhibition from
The National WWII Museum
 On view February 4 – May 4, 2025

Making its traveling debut at the California Museum, Our War Too: Women in Service is a groundbreaking special exhibit honoring the nearly 350,000 American women who answered the call to serve their country during World War II. Made up of unique and colorful artifacts from The National WWII Museum’s collection, the exhibit explores the efforts, struggles, and accomplishments of these servicewomen, the impacts of which extend into the present day.

Featuring:

- **More than 200 artifacts**
- **Immersive environmental projections**
- **Narrative films and personal story features**
- **Interactives: a digital scrapbook of women’s service, a cryptography display, AI-based interactive conversational interviews with WWII women veterans, and more!**

The popular and historical narrative of American women during World War II has often focused on those who worked on the Home Front, while stories of women who volunteered for vital roles in the uniformed services have been largely under-recognized.

Our War Too salutes the hundreds of thousands of women who served in the women’s component branches of the US Army, Coast Guard, Navy and Marine Corps, and with the civilian Women Air Force Service Pilots (WASP), as well as the additional 73,000 women who served in the Army and the Navy Nurse Corps.

Our War Too also sheds light on the incredible members of the 6888th Central Postal Directory Battalion—the first and only all-Black, all-female battalion deployed overseas.

Tickets in March buy 1 -get 1 free / Mil & SRs \$8



National Vietnam War Veterans Day

March 29th



Quick Facts / pva.org:

- National Vietnam War Veterans Day recognizes veterans who served in the US military during the Vietnam War.
- President Donald J. Trump signed the Vietnam War Veterans Recognition Act of 2017 on March 28, 2017 to officially recognize March 29 as National Vietnam War Veterans Day.
- The act encourages the display of the U.S. flag each year on March 29th.
- The last combat troops were withdrawn on March 29th, 1973 from Vietnam.
- Many veterans who returned home did not receive any recognition for their service.
- These veterans came home to a divided country and many had trouble adjusting to civilian life.
- 45 states and Puerto Rico recognize Vietnam Veterans Day either annually or for a specific year.
- Over 8 million U.S. troops served in Vietnam according to the U.S. Department of Defense.

Chaplain’s Corner



An Old Irish Blessing:

*May love and laughter light your days,
 and warm your heart and home.*

*May good and faithful friends be yours,
 wherever you may roam.*

*May peace and plenty bless your world with
 joy that long endures.*

*May all life's passing seasons
 bring the best to you and yours!*

Tech Talk

All about the “Internet of Things”

The Internet of Things (**IoT**) is a network of devices that communicate with each other and with us, thus making our lives easier and more convenient. For those willing to implement IoT devices into daily living it can be very beneficial and add to one’s quality of life. Sometimes we just have to get over that hump of believing that such stuff is for “other people.” Examples are smart watches, smart light bulbs, Ring doorbells, smart door-locks, Nest thermostats... the list goes on and on.

For many, the initial hesitation to adopt IoT technology stems from unfamiliarity or the perception that it is overly complex. However, IoT devices are designed to be user-friendly and can be integrated gradually into daily routines. Here are some tips to help you get started:

- Start Small: Begin with simple devices like smart light bulbs or a voice assistant to get accustomed to how IoT works.
- Explore Different Devices: Look for devices that align with your interests or needs, whether it's smart watch, health monitoring, or home security.
- Seek Support: Ask friends, family, or professionals for help with setup and understanding how devices work.

Truth be told, it’s fun using a smart watch or pedometer to see how many steps you take each day and try to reach a goal, (CMRD Melvin Buzzard tries for 10,000 steps a day), use GPS to see where you walked, spy on your pets with a camera, check your garage door after leaving the house, turn your thermostat up from bed, change the color of a light bulb - All kinds of things are possible. If you have been avoiding all things IoT - Maybe it’s time to explore a little bit and give it a try.

Community News



...Offers a produce market, tours and also a diverse selection of classes for adult students:

- Gardening and grow your groceries,
- Herbal studies
- Culinary arts
- Nature and environment, including bird walks
- Arts & Crafts
- Animal husbandry & Backyard chickens

The marketplace features organic produce, prepared foods, seedlings, fruit trees and an assortment of organic pantry and baked goods that are curated from local farms, bakeries and small businesses. Our intention is to create a one-stop shopping experience.

Order from the market Online: Tuesdays starting at 5pm through Thursdays until 9am

Order Pickups: Saturdays between 8- 12:30

soilborn.org

VFW Sages



Senior Resource Fair
Wednesday, April 30 | 1 – 3 p.m.
Lincoln Village Community Park

The resource fair will provide information about services and resources for health and well-being

*To know what you know and what you do not know,
that is true knowledge.*

~ Confucius

vfw10125.org
Phone 916-284-9945

Thank you for reading!

FB: The Authentic VFWCA Rancho Cordova Post 10125