



NO ONE DOES MORE FOR VETERANS.

VFW POST 10125

OCTOBER 2025

Rancho Cordova

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

*10124 Coloma Road
(Moose Lodge)*

Veterans Day - Tuesday, November 11th

What a fun day for us Veterans, COMRADERY and freebies all day long! If you haven't been enjoying this yearly tradition - **Put on your VFW duds and get out there!** Some Veterans avoid these gestures of appreciation and do so for various reasons. Maybe it seems that it will be too busy and not worth the effort- Most restaurants are well organized and prepared for the onslaught of Veterans. Some Vets don't want the attention - This is an opportunity for you to appreciate your fellow Veterans and you might even help someone feel especially good to be acknowledged by a VFW member. Some might feel that they don't have anyone to go with - Reach out to fellow VFW members and see if they want to go with you! Some might worry about the servers - This is a great opportunity to give them a super generous tip.

Below are some 2025 favorites:

- Applebee's - free meal, select menu
- Denny's - Grand-slam Breakfast
- Black Angus 11/10, 11am-3pm - sirloin steak
- Chick-fil-A - offers vary by location
- Chili's - free meal from select menu
- Claim Jumper-free meal, select menu
- In-N-Out Burger - free meal w/drink
- Little Ceasars - 11am-2pm a lunch combo
- Olive Garden free meal, select menu
- Red Robin - double burger & fries
- Starbucks - free coffee for Vet & spouse
- Texas Road House - free meal

Note: This list of places has been dependable with past offers, not 100% verified - Please check with business before going if concerned.

Announcements



Last Friday Social Hour

October 31st 4-6 pm
Brookside Restaurant & Bar
9819 Horn Rd, Sacramento,
Commander Darbyshire Hosting

Veterans Day Poppy Event

Friday, November 7th and
Saturday, November 8th
Select sponsor locations in R.C.
email: rdjohnson40@att.net

Rancho Cordova Veterans Day Observance

Flags on Folsom Boulevard
November 8-11

Rancho Cordova Veterans Day Blood Drive

Wed, Nov. 12, 2025
11 -3 by appointment
916-826-1470
City Hall, 2729 Prospect Park Dr.

Cordova Community Christmas Tree Lighting

Sunday, Nov. 30 - 4:00 - 7:30 pm
Village Green Park

Rancho Cordova Post 10125 Christmas Dinner

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

In this newsletter you can expect:

Veterans Day
Engagement

Post
Announcements

Women Vets

#StillServing

Chaplain's
Corner

Community
Information

Event Info

Dogs could slow down biological ageing in women, study finds

By Holly Evans / The Independent

Dogs may be able to slow down biological aging in middle-aged women, a new study has suggested. New analysis of female military veterans in the US found that one hour a week session with dogs improved overall cellular health and showed "promising" biological benefits to those suffering with PTSD.

The research, led by a team of scientists from Florida Atlantic University, analyzed 28 female veterans who had volunteered to train service dogs, which would later be used to help wounded soldiers.

To assess if the contact with dogs had benefits, researchers looked at the length of telomeres of participants to determine their biological speed of aging.

They also recorded data from saliva samples and heart rate variability (HRV) and asked participants to wear monitors on participants. Those that took part were separated into a service dog training group, or a group that watched dog training videos. The findings, which were published in the journal Behavioral Sciences, found that veterans who participated in the dog-training programs showed an increase in telomere length. Those watching the videos showed a decrease in telomere length, indicating accelerated aging.

Mental health improvements were similar across both groups, while the findings showed that service dog training could be particularly beneficial for those suffering psychological stress or with combat experience.

VFW 10125 List of Activities

- Volunteer at the VA/stand up booths
- Patriots Pen / Voice of Democracy
- Support Scout Troops 363 & 1601
- Scout of the Year Award
- Teacher /Public Servant Awards
- Public Servant of the Year Awards
- Heart of the Home Furniture Program
- Support local Stand Downs
- Still Serving May food drive
- Booths at VA community events
- Support of Reserve/Guard units
- Support Mather RT sails w/VetsBoats
- Buddy Poppy Booths 3x a year
- Capital Air Show Booth
- Support Cordova City Counsel events
- Participate in community Yard sale
- Participate in R.C. 4th of July Parade
- Annual Post Picnic
- Thanksgiving Turkeys for food bank
- Annual Christmas Party

Chaplain's Corner



Info about Rancho Cordova City Council & the Cordova Community Council

Cordova Community Council:

The Cordova Community Council (CCC) is a nonprofit 501(c)(3) organization based within City Hall that serves as a community affairs and event management arm of the city. Founded in 1959, it works alongside the City of Rancho Cordova and the Rancho Cordova Chamber of Commerce to enhance civic pride, host community events, and encourage volunteerism. The CCC receives much of its funding from the city, but it is independently managed, with its own board of directors, staff, and volunteers.

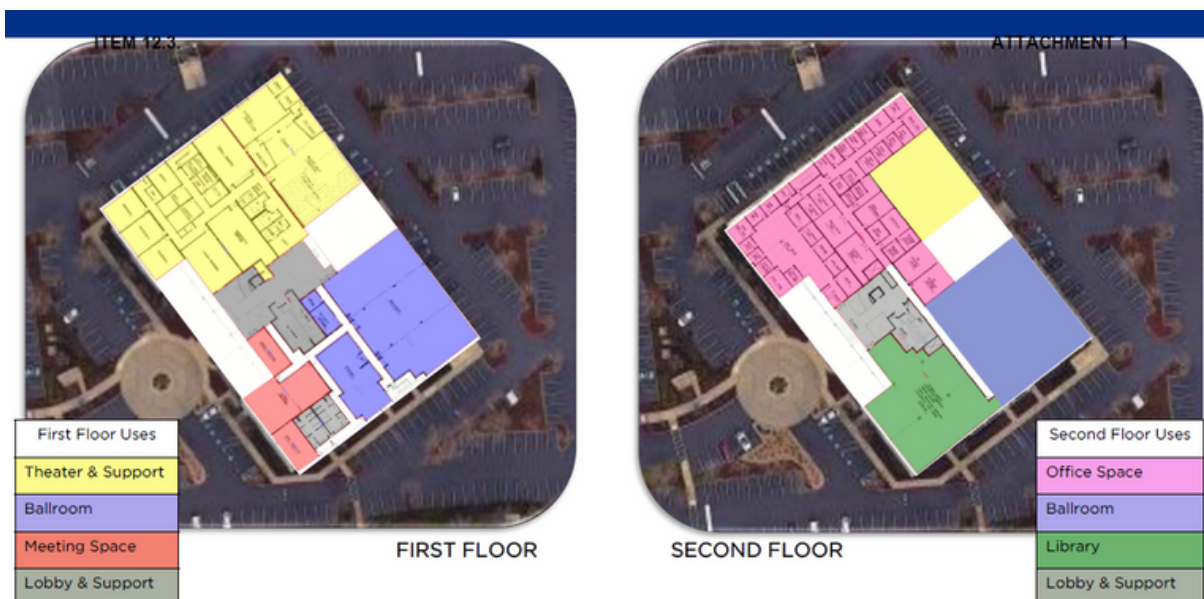
Rancho Cordova City Council:

The Rancho Cordova City Council is the elected governing body of the city. It consists of five council members, each representing one of five districts, who serve four-year terms. The council operates under a Council-Manager form of government, where the City Manager oversees daily operations and implements council policies. The council sets city laws, approves the budget, and determines public policy priorities. Members rotate annually in the roles of Mayor and Vice Mayor. Meetings are held twice monthly at City Hall.

City Council Agendas and Public Notices:

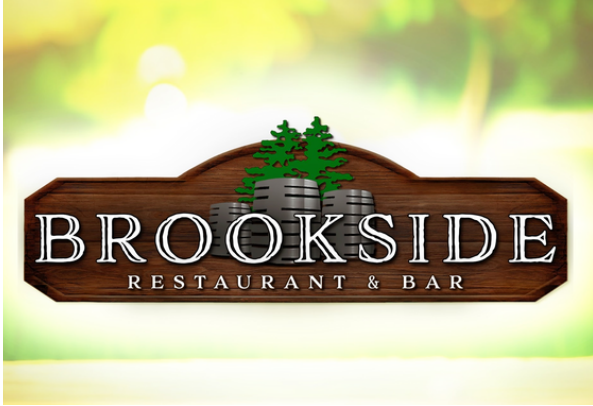
- The City Clerk's Office posts meeting agendas, staff reports, and videos at: cityofranhocordova.org → City Clerk → Council Meeting Agendas, Minutes and Videos.
- Planning Commission page: detailed project proposals and hearings
- City Council page: final votes and public notices
- Community Development site: full project documentation and application guidance
- CivicClerk portal: searchable agendas and records for both Council and Planning Commission meetings.

Proposed Community Center which will include a Veterans use space:



LAST FRIDAY SOCIAL HOUR OCTOBER 31, 4-6 PM

BROOKSIDE RESTAURANT & BAR 9819 HORN RD, SACRAMENTO



HEARTSTOPPERS HAUNTS 2025

2300 MINE SHAFT LANE,
RANCHO CORDOVA \$39

CORDOVA CITY COUNCIL FUNDRAISER



IT'S TIME TO CELEBRATE
VFW Post 10125 Christmas Dinner

Rancho Cordova City Hall
2729 Prospect drive, American River Room

13 December, 2025
4 pm - 8 pm

Social hour
Holiday Message
Dinner
Gift Exchange (\$25 value/thoughtful gift)
7:30 - 8:00: 50-50 Raffle

~Menu~
Appetizers
Spinach salad
Tri-Tip & Chicken Marsala
Garlic Mashed Potatoes
Vegetables
Dessert

Tickets: \$40
no host bar - 3 for \$10 or 1 for \$4
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