



**NO ONE DOES MORE FOR VETERANS.**

**JANUARY 2026**

## Rancho Cordova

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

*~  
10124 Coloma Road  
(Moose Lodge)*

### VFW POST 10125

## Happy 2026!!!

Information from America250.org



On July 4, 2026, our nation will commemorate and celebrate the 250th anniversary of the signing of the Declaration of Independence. The journey toward this historic milestone is an opportunity to pause and reflect on our nation's past, honor the contributions of all Americans, and look ahead toward the future we want to create for the next generation and beyond.

Information from VFW.org

The **VFW** is a key partner in America250, celebrating the nation's 250th anniversary by **encouraging its members and the public to honor military service, history, and patriotism through local events, community engagement, and national campaigns like pledging to fly the flag, while also honoring the 250th birthdays of the Army, Navy, and Marines as part of this larger commemoration.**

## Announcements



### Last Friday Social Hour

January 30<sup>th</sup> 4-6 pm  
Brookside Restaurant & Bar  
9819 Horn Rd, Sacramento,  
Commander Darbyshire Hosting

### VetsBoats Mixer

January 30<sup>th</sup> 6-8:30 pm  
USS Hornet  
707 W. Hornet Ave Pier 3,  
Alameda

### Sacto Spring Mini Stand Down

Volunteers Urgently Needed!  
Wed, April 22<sup>nd</sup> 10am - 1pm  
5931 Recreation Way  
McClellan Park, 916-389-8917

### Community Rummage Sale

May 16th 8am-12pm  
POC Rita Houchin for donations  
916-704-1171

### Memorial Day Poppy Event

Fri, May 22nd - Sat, May 23rd  
+Memorial Day events  
Select sponsor locations in R.C.  
Phone: 916-212-4471 or email:  
Kevin.d.houchin@gmail.com

### VetsBoats Sail for Post 10125

Aiming for May 24<sup>th</sup> or 31st  
POCs - Kevin, 916-212-4471  
Rita, 916-704-1171

## In this newsletter you can expect:

Happy New  
Year!

Post  
Announcements

VFW News

Ways & Means

Women Vets

Still Serving

Events



**VFW's "Happy Birthday, America" Pledge**  
[Heroes.vfw.org](http://Heroes.vfw.org)

**Go online and take the pledge:**

In partnership with the Veterans of Foreign Wars and its members and supporters, I pledge to celebrate America's 250th birthday and show my appreciation for those who have protected our freedom throughout our country's history.

I promise to fly the U.S. flag, now through July, to say, "Happy Birthday, America!" As a proud United States citizen, it is my honor to participate. I will encourage my community to do the same. That is why today, I proudly and willingly sign this pledge.

**New Research Links Burn Pit Fumes and Brain Injuries - VFW.org - 20 Jan 2026**

**LONGER EXPOSURE EQUALS MORE RISK**

Here are notable findings by the NIH on the examination of health records of more than 440,000 troops who deployed to Iraq and Afghanistan from 2001 to 2011:

- Troops who were exposed to burn pit fumes for at least 129 days during their deployments were 27 percent more likely to report symptoms of severe stress than individuals at bases without the toxic smoke, and 37 percent more likely to suffer from any intracranial injury.
- Troops with more than 474 days near the burn pits were 68 percent more likely to report severe stress than deployed troops without the smoke exposure, and 124 percent more likely to develop intracranial wounds.
- Sleep disorder issues were 18 percent higher for troops with four months near the burn pits and 35 percent higher for those who spent about 16 months nearby.



We are now signed up with **eWaste4good!**

eWaste4good is an electronic waste recycling program. Our Post will earn money by helping people safely recycle old electronics that they want to get rid of. It's a great program in which no handling of e-waste is required, because they will pick it up directly from a home or business! <https://ewaste4good.com/pick-up-request/>

Items they pick up, (need 3 qualifying items televisions, monitors, towers, or laptops):

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Computer Monitors           | <input checked="" type="checkbox"/> CRT Screens    |
| <input checked="" type="checkbox"/> Test Equip.                 | <input checked="" type="checkbox"/> Computers      |
| <input checked="" type="checkbox"/> Calculators                 | <input checked="" type="checkbox"/> Stereo Systems |
| <input checked="" type="checkbox"/> Cell Phones                 | <input checked="" type="checkbox"/> Speakers       |
| <input checked="" type="checkbox"/> Printers                    | <input checked="" type="checkbox"/> Power Tools    |
| <input checked="" type="checkbox"/> Televisions                 | <input checked="" type="checkbox"/> LCD Screens    |
| <input checked="" type="checkbox"/> Laptops                     | <input checked="" type="checkbox"/> Faxes          |
| <input checked="" type="checkbox"/> Keyboards                   | <input checked="" type="checkbox"/> Mouse          |
| <input checked="" type="checkbox"/> Big Screens                 | <input checked="" type="checkbox"/> Telephones     |
| <input checked="" type="checkbox"/> Medical Devices & Equipment |  |

**COMMUNITY  
YARDSALE**

WE WILL PARTICIPATE AGAIN THIS YEAR

**SATURDAY, MAY 16TH  
SALE HOURS 8AM - 12PM**

If you are cleaning out closets, de-cluttering, etc. - Please give us your donations instead of the Goodwill. Bring to meeting or ask for pick-up:

Kevin & Rita 916-704-1171

### Former underwater bomb tech now helps fellow veterans find careers

<https://www.audacy.com/connectingvets>



Navy veteran Kathy Borkowski's life story reads like a Hollywood script. She reinvented herself from being an elite underwater bomb technician to stunt performer, children's book author, and tech manager at Meta.

Along the way, Borkowski discovered how hard it can be for highly skilled veterans to connect with civilian employers, leading her to form Career PCS, a veteran-owned business that teaches American companies how to use the DoD SkillBridge internship program to hire talented veterans. A personality test predicted Borkowski would excel in the fields of sales, marketing or as a stunt double.

"I picked stunt double. There was only one tiny problem. I knew no one who had ever touched a movie," she said. Borkowski was soon "talking her face off." "I talked to everyone I possibly could," she said. "If you were standing next to me in line at the grocery store, I would be like, 'hey, know anyone in Hollywood?'"

She called building a network while transitioning from the military to the civilian workforce vital. "Every job I've gotten has been the result of a veteran introduction," Borkowski said. "A West Point grad hired me at Facebook." She emphasized that veterans are present in every industry and are a part of every community. "We will bend over backwards to help the people who are coming behind us," said Borkowski. "That's what we're doing with our company, Career PCS." Career PCS's mission is to help every transitioning service member find meaningful work after the military. Each year, over 200,000 service members exit military service and face the tidal wave of options and challenges, Borkowski said...

"...Where you land might not be where you stay"

### VFW 10125 - List of Opportunities

- Volunteer at the VA /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 and more
- Capital Air Show Booth
- Support Cordova City Council events
- Participate in community Yard sale
- Participate in R.C. 4<sup>th</sup> of July Parade
- Annual Post Picnic
- 500lbs Thanksgiving Turkeys to local A.D.
- Annual Christmas Party

### Chaplain's Corner

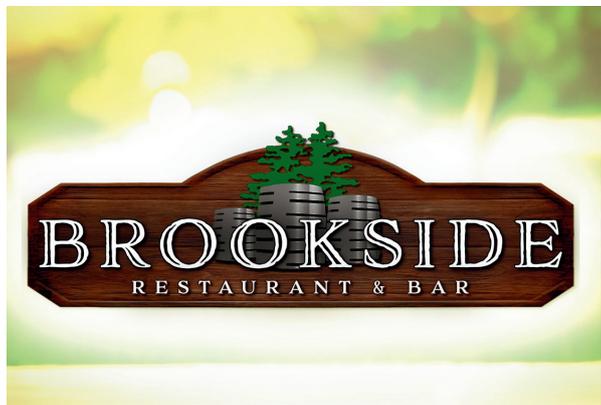


**AND NOW  
WE WELCOME THE  
NEW YEAR.  
FULL OF THINGS THAT  
HAVE NEVER BEEN.**

**~RAINER MARIE RILKE**

**LAST FRIDAY SOCIAL HOUR  
JANUARY 30TH, 4-6 PM**

**BROOKSIDE RESTAURANT & BAR 9819 HORN RD, SACRAMENTO**



**VETSBOATS MIXER**

**Friday, January 30 at 6:00 PM - 8:30 PM PT  
USS HORNET -  
SEA, AIR AND SPACE MUSEUM  
707 WEST HORNET AVENUE, ALAMEDA  
94501**

VetsBoats Mixer Aboard USS Hornet  
Connect with veterans, supporters,  
and community partners for an  
evening of camaraderie aboard the  
historic USS Hornet in Alameda. Learn  
how VetsBoats is expanding Bay Area  
sailing.



**VFW 10125 ~ Sponsored Sail**

**Sail Day Information**

**Date TBD: Aiming for May 24<sup>th</sup> or May 31<sup>st</sup>**  
Sail aboard the 65' Derck M. Baylis  
**No Cost - Just get to the dock!**

**Meet time: TBD** Return: 3 Hour Sail  
Marina Bay Yacht Harbor:

1340 Marina Way S. Richmond, CA 94804



To reserve space for you and a guest, please contact  
Rita Houchin 916-704-1171 or [rita.houchin@me.com](mailto:rita.houchin@me.com)

The founder of VetsBoats Terry Moran has extended an  
invitation to VFW Post 10125 for a fun & easy 3 hour sail.  
Note: signing a waiver is required, pictures will be taken.