

ONE FORCE ONE MISSION

Dear Comrades,

I hope everyone is doing well and staying safe in these difficult times. As of right now the VFW Department of Maryland is holding our own and we're still number one in the nation thanks to our great membership.

I've been getting a lot of questions about elections for next year. If an officer is running unopposed, just do the paperwork and send it into Department. If you have to vote- you must send out numbered ballots to each member of your post (through US mail or email) and they must send them back. At the National level we had an online meeting with 32 of the Department Commanders attending...it's called Zoom. All the Departments in the Nation and our National Organization are having the same issues. Everyone is working it out and dealing with issues one at a time - sometimes just "flying by the seat of their pants".

In order to be ready for future emergencies to come we need to set up a State of Emergency Task Force at Department.

Each post should consider this and also try to create some kind of emergency fund as well. **As you know both the Department and the National conventions have been cancelled.** Maybe next year we can celebrate both the 100th VFW convention and the 100th year of the VFW in Maryland.

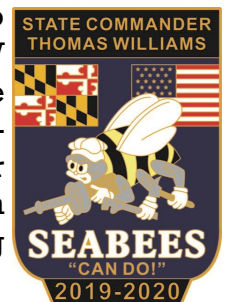
The Testimonial Dinner for President Cynthia and myself went very well and everyone had a good time. Tom and Jackie Kimball did a great job putting it all together and thank you to them and all the support people who helped. Also a Thank you to Marci Brengle and those people who assisted her as well.

I know everyone is affected by Covid 19. We are going to make it through this. It may take some time to bounce back but the VFW and it's members are strong! I hope all post officers are calling their members and checking on them. We are still one big family.

See Commander, Page 3



Thomas Williams, Commander
Dept. of MD Veterans of Foreign Wars





James F. Wade, Sr.
Jr. Vice Commander
Dept. of MD VFW

Hello Comrades,

In lieu of this COVID-19 Pandemic, I have been thinking about change, within our organization, technology, and with the way change affects people differently. We all need to embrace change within our own organization moving forward. I am not advocating change in what our great organization stands for, but change in how we conduct and do business moving forward to get things done. There will be change in the future when it comes to Committees, meetings, etc., how to operate as well as how to communicate, and staying in contact with one another, checking on your comrades within your Districts and Posts. The most important thing is adapting to the change and how well we are all able to overcome the fear of change. Developing innovative ways for our VFW to stay relevant and active within our communities.

I am asking our younger members to assist those who may need assistance with understanding, technology, and to please use patience. We are all Veterans. We all have served our country with distinction and think of this as a challenge we need to take on no matter the difficulties we have faced during our time in the military, no matter the gender or religion. We all came together and adapted to our environments in order to outsmart and overcome our enemies. Change is needed to make our Department, Districts, and Posts stronger. We have the options to control our destinies by developing the best ways forward incorporating the best results by making the best decisions as a Team; Group; Committees and most importantly as Veterans of Foreign Wars for the State of Maryland. We are in the position to control the change and let us all do it together. If needing words of encouragement, please reach-out to either your Posts, Districts, Department Chaplains, or myself for assistance or even if you just need to speak with someone. **You may be Staying -At-Home, but you are never alone.** Again, we are all Veterans and we are all here for one another.

P.S. Please take the time to thank those people who are still working during COVID-19. All the Medical, Police, Firefighters, grocery store employees, drive-thru eateries, delivery personnel, Postal Workers, and even your local Sanitation Workers (Garbage men), etc. They are sacrificing themselves and their families every day.

In Comradeship,
Family First; Veteran Always

James F. Wade, Sr.
Jr. Vice Commander

STATE COMMANDER
Thomas C. Williams

ADJUTANT
Arthur Westbrook

EDITOR
Jacquelyn Kimball

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MDVFWCombatVet@comcast.net

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WEBSITE
www.vfwmd.org



Commander, from page 1

National is doing a survey about what we are all doing to help out in our communities. Take a picture of your community activities and send it to me with your post number and names of participants and what they're doing. At the time of this writing, I am giving blood at my post today.

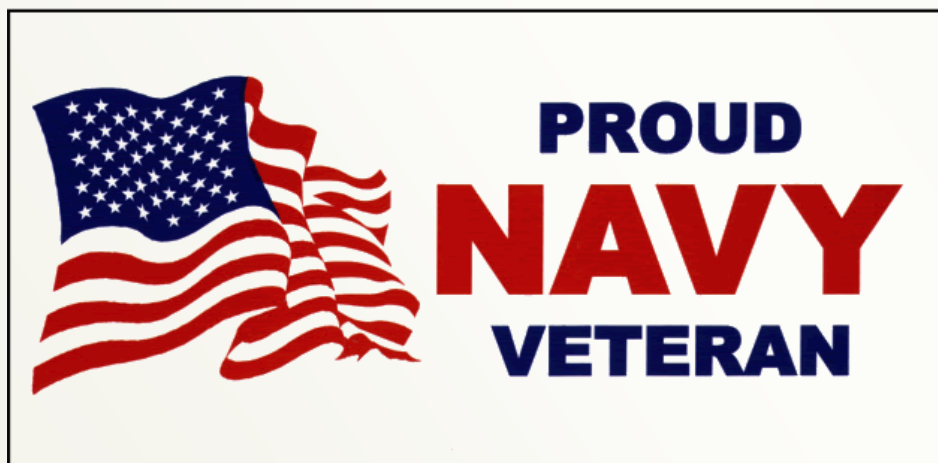
I know this is your last article that you will get from me as your State Commander. I want to thank all my line officers, District Commanders, and membership. I don't want to forget the Post Commanders and our Auxiliary Members. You all made it a successful year for me and the Department. I want to thank Denise and Arthur for keeping me straight and running the office. They did a wonderful job! I also want to add that it has been a pleasure to serve with Madam President Cynthia Davis this year. The most important thank you is to my lovely wife, Kathy. She has stood by me and supported me in every endeavor.

Please everyone stay safe and stay well. We'll see you all again soon. Thanks everyone again for a wonderful year!

Yours in Comradeship,

Thomas C. Williams

Thomas C. Williams, USNR
State Commander



Tiffany Daniel
Chaplain
Dept. of MD VFW

Greetings all,

As we embark upon another hour, another day, another week and month, I just want to say thank you for all you do. We have so much to be grateful for.

Just think, once this is over and we all return to our busy lives, what peace and solitude we will have enjoyed. Treasure these moments, hydrate, read, rest and restore your body.

We'll have plenty to catch up on. But no one will ever know for how long. So cherish the moment and cherish each day of life.

I'd like to share The new edition of Change of Mission which is now available at: <https://soldierforlife.army.mil/retirement/change-of-mission/latest.pdf>.

Change of Mission is the Army's retirement planning newsletter for Soldiers with 17+ years of service. Starting, April 13, DC VAMC's Mental Health Team will host a Daily Meditation and Coping Skills Call: Monday through Friday from 12:15 p.m. until 12:30 p.m. via Skype or phone.

A member of the Mental Health Team will guide callers through a different five to ten minute guided meditation each day. After the meditation, a daily coping skill or stress management tool will be discussed. Want to Join? You can access this call by calling 844-825-8490 and enter the following meeting number: 856260051#

Feel free to join as often as you can! Or, join me on Saturday mornings at 11AM, for 45 minutes of Adaptive/Gentle Flow Yoga on Facebook live. (See the flyer included in this article)

See Chaplain, Page 4

Chaplain, from page 3

keep calling to check on each other and loved ones both near and far. Count your blessings and hug your family every day to let them know you love them.

Until we meet again!

Tiffany Daniel

Tiffany Daniel
State Chaplain



WOMEN VETERANS UNITED COMMITTEE INC

April 1ST - June 30TH, 2020

FOOD BANK FUNDRAISER
TOGETHER, WE CAN
STOP HUNGER

WVUCI will be supporting local food banks. As the store shelves remain bare, more and more families are turning to food banks, soup kitchens, and pantries. Now they are running low and need your help. This is how you can help. Go to <http://www.wvuci-inc.org> to make a monetary donation.

If you have any questions, feel free to contact:
Dr. JoAnn Fisher, CEO, jyf20745@yahoo.com

WWW.WVUCI-INC.ORG





From The Desk of the Surgeon

Be safe, use situational awareness. If an elderly neighbors grass is not being cut they are probably running low on food too. As Veterans we are the best in the world at situational awareness use the skills you have and

**Brian Lankford
Surgeon
Dept. of MD VFW**

we will get through this together

Different and Difficult days require different salutations.

Respectfully Submitted,

Brian M. Lankford

Bryan M. Lankford
VFW Dept. of Maryland Surgeon
410-924-9899
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Bryan Lankford on FaceBook and Messenger

**SPECIAL ALERT FOR VA, SSI RECIPIENTS WHO DON'T FILE
A TAX RETURN AND HAVE DEPENDENTS**

The Internal Revenue Service issued a special alert for Supplemental Security Income and Department of Veterans Affairs beneficiaries to act by May 5 if they didn't file a tax return in 2018 or 2019 and have dependents so they can quickly receive the full amount of their Economic Impact Payment.

Their \$1,200 payments will be issued soon and, in order to add the \$500 per eligible child amount to these payments, the IRS needs the dependent information before the payments are issued. Otherwise, their payment at this time will be \$1,200 and, by law, the additional \$500 per eligible child amount will be paid in association with a return filing for tax year 2020.

“We want to ‘Plus \$500’ these groups so they can get their maximum Economic Impact Payment of \$1,200 and their \$500 for each eligible child as quickly as possible,” said IRS Commissioner Chuck Rettig. “They’ll get \$1,200 automatically, but they need to act quickly and use the Non-Fileers tool on IRS.gov to get the extra \$500 per child added to their payment. Everyone should share this information widely and help others with the Plus \$500 Push, so that more Americans get more money as fast as possible.”

Following extensive work by the IRS and partner government agencies, \$1,200 automatic payments will be starting soon for those receiving Social Security retirement, survivor or disability benefits (SSDI), Railroad Retirement benefits, Supplemental Security Income (SSI) and VA Compensation and Pension (C&P) beneficiaries who didn't file a tax return in the last two years. No action is needed by these groups; they will automatically receive their \$1,200 payment.

For VA and SSI recipients who have a qualifying child and didn't file a 2018 or 2019 tax return, they have a limited window to register to have \$500 per eligible child added automatically to their soon-to-be-received \$1,200 Economic Impact Payment. A quick trip to a special Non-Fileers tool on IRS.gov by May 5 for these groups may help put all of their eligible Economic Income Payment into a single payment. The Non-Fileers tool is available in English and Spanish.



FEDERALSBURG VFW POST 5246

2630 VETERANS DRIVE

FEDERALSBURG, MD 21632

RESOLUTION

WHERE AS: Comrade Bryan M. Lankford earned his eligibility as a member of the 26th Marine Expeditionary Unit, II Marine Expeditionary Force March 24, 1999.

WHERE AS: Comrade Bryan M. Lankford served in the United States Marine Corps from June 1989 until February 2001 and from February 2001 until June 2003 with the 115th MP BN Maryland Army National Guard. Some of Comrade Lankford Ribbons, Medals, and personal decorations included; Navy/Marine Corps Commendation Medal, Navy Achievement Medal with Gold Star, Army Achievement Medal with 2 Oak Leaves, Global War On Terrorism Expeditionary Service Medal, Sea Service Deployment Ribbon with 4 Stars

WHERE AS: Comrade Bryan M. Lankford has owned two businesses on the Eastern Shore.

WHERE AS: Comrade Bryan M. Lankford joined Federalsburg VFW Post 5246 in 2003 And served through the chairs.

WHERE AS: Comrade Bryan M. Lankford was elected Post Commander 2015 and has Served for the past 5 years.

WHERE AS: Comrade Bryan M. Lankford was “All State Commander” multiple times.

WHERE AS: Comrade Bryan M. Lankford has attained the honor of “All American Commander” 2016/2017 and 2019/2020.

WHERE AS: Comrade Bryan M. Lankford served through the chairs of District 4 and Attained “All State District Commander” for 2019/2020.

WHERE AS: Comrade Bryan M. Lankford has served as the Department of Maryland Trustee from 2015-2019.

WHERE AS: Comrade Bryan M. Lankford has served as blanket bum for MOC Pup Tent 6 Easton, MD since its charter.

WHERE AS: Comrade Bryan M. Lankford has served as MOC Grand of Maryland Surgeon.

WHERE AS: Comrade Bryan M. Lankford is serving as Surgeon for the Department of Maryland Veterans of Foreign Wars of the United States.

WHERE AS: Comrade Bryan M. Lankford is also a member of the American Legion Post 29 Denton, MD, DAV Eastern Shore Chapter 34, CVETS Board of Directors, MOC Pup Tent 6 and Eastern Shore Veterans Cemetery Committee.

BE IT RESOLVED: Comrade Bryan M. Lankford was endorsed by Federalsburg VFW Post 5246 for the High Office of Junior Vice for the Department of Maryland Veterans of Foreign Wars of the United States to complete the term of 2020-2021 year and a copy of the resolution will be presented to the National Councilman #3, all Department Officers, Past State Commanders, to all Districts and to all Posts in the jurisdiction of the Department of Maryland of the Veterans of Foreign Wars at the Council Meeting to be held June , 2020.

This resolution was adopted by Post 5246 on April 21st, 2020.

Bryan M. Lankford

Bryan M. Lankford, Post Commander 5246

Ron James

Ron James, Adjutant Post 5246

District 4 Veterans of Foreign Wars adopted this resolution on May 3, 2020.

Michael Johnson

Michael Johnson, District 4 Commander

Ron James

Ron James, District 4 Adjutant

presented by

VETERANS
YOGA
PROJECT
Mindful Resilience

ONLINE STREAMING CLASSES

FRIDAY 5/1

PLEASE REFER TO OUR @VYONLINESTREAMINGCLASSES
FACEBOOK PAGE FOR LINKS TO CLASSES

9:00AM ET / 6:00AM PT
BREATHWORK (15min) w/Estelle

11:00AM ET / 8:00AM PT
FLOW FOR LOW-BACK PAIN (45min) w/Gail

NOON ET / 9:00AM PT
YOGA NIDRA (15min) w/Bonnie

2:00PM ET / 11:00AM PT
ADAPTED YOGA (30min) w/Fred

5:00PM ET / 2:00PM PT
DYNAMIC FLOW (30min) w/Alexandra

8:00PM ET / 5:00PM PT
GENTLE FLOW (45min) w/Caroleena

9:00PM ET / 6:00PM PT
BREATHWORK (30min) w/Erica

FOR FURTHER INFO ABOUT VYP VISIT
www.VeteransYogaProject.org

BORNE THE BATTLE PODCAST

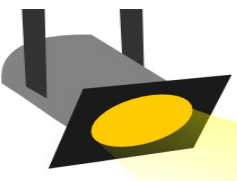
Borne the Battle Podcast Launched in late 2016, the Department of Veterans Affairs weekly podcast is a part of its ongoing effort to engage and reach out to Veterans. **“Borne the Battle”** recognizes each battle, challenge, and sacrifice our Veterans endure during and after their service, as well as spotlighting important resources, offices, and benefits VA offers our Veterans.

Borne the Battle is dedicated to:

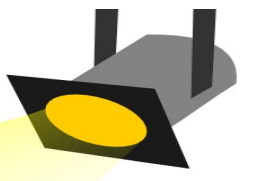
- Bridging the military/civilian divide
- Educating VA employees about the warriors they serve
- Promoting Veteran advocacy initiatives thru the voice of Veterans
- Inspiring and educating transitioning Veterans with positive stories
- Informing Veteran listeners about new information from VA as it is released

Previous guests include **Duke Basketball’s Coach Mike Krzyzewski, UFC’s / Fox Sports’ Brian Stann,** and the **36th Army Chief of Staff, George Casey.** You can find *Borne the Battle* on iTunes, Spotify, Stitcher, Google Podcasts and any pod-catching app on a mobile device.

***The Department of Veterans Affairs does not endorse or officially sanction any entities that may be discussed in this podcast, nor any media, products or services they may provide.**

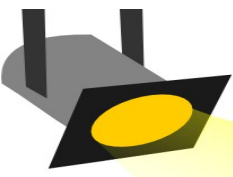


MD VFW & AUXILIARY

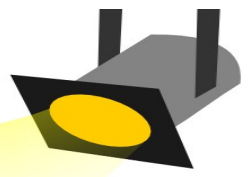


In the Spotlight





MD VFW & AUXILIARY



In the Spotlight





Auxiliary News



Cynthia Davis, President
Dept. of MD Veterans of Foreign Wars Auxiliary

Brothers, Sisters & Comrades,

I want to offer my condolences and prayers to all our Brothers, Sisters, and Comrades, who have experienced the sickness or loss of a “loved one” or family members due to the COVID-19 pandemic. I want to also thank all our health care providers, first responders, and nurses for coming together during this uncertain time.

The Veterans of Foreign Wars (VFW) Auxiliary Department Convention has been cancelled; however, the convention committee and I are currently planning for a one-day Convention. When Governor Hogan has lifted the restrictions, confirmation date and location will be provided.

The Veterans of Foreign Wars (VFW) National Convention scheduled to take place from July 18-23, 2020 in Reno, Nevada, has been cancelled as well. Despite the cancellation of the convention, VFW Auxiliary National Headquarters remains operational. VFW Auxiliary members continue to offer unwavering support for veterans, service members and their families, and communities across the country during this unprecedented time.

As we move forward, I urge every one of you to attend your monthly meetings via whatever virtual technology is available to you. There are great communication tools for those who cannot participate in a meeting due to their schedule or transportation issues.

The coronavirus is a global pandemic that has changed our way of life. We are still working to serve our Veterans with Aloha! I want to recognize our Auxiliaries from District 10 – VFW Posts 6027 and

7687 and District 11, Post 8509 for their donation of boxes of snacks the Department delivered to Camp Fretterd Military Reservation, Army National Guard. Also kudo's to Libby Della Tezza, Cheri Brown, and Betty Dean for having sewn face masks and donated them to Perry Point and Martinsburg VA Hospitals and other health care facilities. I want to give a "special thank you" to the 1,000 masks made and donated by Weedon-Elliott VFW Post and Auxiliary 8126.

Thank you to all who attended the Department VFW and Auxiliary Testimonial and to Thomas and Jackie Kimball, as well as Marci Brengle and her committee, for making the Testimonial a success! As this is Volunteer Week, everyone should take the time to consider being a volunteer as a VA Hospital representative, once this pandemic is over, volunteers will be needed.

As this will be my last message in the Combat Veteran as your Department President; I would like to thank everyone for a fabulous year. My Mid Year Conference in Hawaii will hold special memories for me. My sincere appreciation for all who went to Hawaii with me. The trip to Washington D. C. to escort our VOD Contestant was wonderful; and to meet and talk to the legislators was a great experience. Also thank you to my Line Officers, Chairman and especially Senior Vice President Felicia Weeks for attending all of my Official Visits. A special thank you to Cheri Brown, Carole Betro and Jackie Kimball for their help with membership; also thank you to my daughter Patty Palmer, and also Miss Bernice Hall for their "unwavering" support. It has been a pleasure to serve with my Commander Thomas Williams. I thank him for all the courtesies extended to me.

Please continue to follow the recommended procedures for dealing with COVID-19, take care of your family and be vigilant for others whose health may already be compromised.

We are "One Force with One Mission, Staying Connected to Our Veterans." Be Well, Stay Safe and Remain Strong!

Cynthia Davis

TOGETHER WE SERVED PROVIDES VIRTUAL BASE FOR CONNECTING VETERANS

These unprecedented times are contributing to a higher level of anxiety, particularly among our Veteran population. The constant flow of often discouraging news, along with a reduced ability to mingle with others to keep spirits up, makes it difficult for some to maintain their morale. Together We Served, a military heritage community website and home to over 1.9 million U.S. Military Veterans, wants to help.

During a Veteran's military service, their base, ship or shore station is place to call home – a safe haven to share in the company of some of the finest men and women with a mission in common. Together We Served (TWS) aims to replicate that same spirit of brotherhood and sisterhood in its own "Virtual Base" website.

With its membership containing only active serving and Veterans, TWS provides a secure platform for all Veterans to engage with other Veterans on a level that is simply not possible in most social networking environments.

Together We Served's forums encourage informal discussion, reminiscent of barrack-room banter on a wide range of interests – from local community discussion, uplifting military humor and interesting hobbies, to lively debate on current political issues.

With a number of members suffering from combat-related and other health issues, TWS's Support Forums provide a safe environment where Veterans can discuss the situations they face each day.

Find your battle buddies today

The joy of locating a long-lost buddy cannot be underestimated and TWS has proven to be an accomplished Veteran locator. You can easily find other Veterans you served with, without having to enter names, by way of TWS's ability to automatically match the service information you enter on your Military Service Page with the service information on the pages of all other TWS members. The list of matching members is particularly useful as names are often forgotten.

In support of the Veteran community at this difficult time, Veterans are invited to join Together We Served, via the link below, to receive a FREE 12-months Premium Membership.

<https://join.togetherweserved.com/va>



Betty J. Stahm, PDP
Chief of Staff
Dept. of MD VFW Aux.

Brothers & Sisters,

This is definitely a year to remember. It has been one of great accomplishments along with one that will go down in the history books. Never in a million years would I have believed that our world would come to a halt. This is a very scary time for us. We miss seeing our Comrades, our Brothers and Sisters. They are our extended family. The Post home is just that – a home where we work together to make the lives of our Veterans, Active Military and their families a better one. It is a place where ideas and plans originate, then carried out. We have

had to make adjustments in our everyday lives. Now is the time to think outside the box. Virtual Meetings are the way of the future. Not only to conduct business but to also connect with our family and friends through applications like Zoom, FaceTime, etc. I would like to offer my assistance to any Auxiliary that is in need of help setting up a virtual meeting. According to our by-laws virtual meetings or conference calls have been acceptable as long as there is a quorum at the meeting site. Due to the COVID-19 pandemic, our National President Peggy Haake has mandated executive orders to help deal with social distancing. Our National Executive Order #2 states: “However, the requirement for the quorum to be onsite is waived. The virtual meeting may be held via phone-tel-conference or video conference or any combination thereof”. Modern technology can be challenging for some. Yet it does allow us personal communication with our loved ones as we live through these unprecedented times. We are One Family with One Cause – Our Veterans. They are the “WHY” we joined this great organization. Using this technology is a way for us to continue “Staying Connected to our Veterans” as we “Serve our Veterans with Aloha”.

This is my last article as your Chief of Staff. I enjoyed sharing my thoughts and ideas with you. I would like to thank Department President Cynthia Davis for having the faith to appoint me to

such an important position. It is with great pride that I am a member of this organization. One that I believe in because we offer “Unwavering Support for Uncommon Heroes®”

Be Healthy, Stay Safe and Remain Strong!

Yours in Comradeship,

Betty Stahn

Betty Stahn
Chief of Staff

