



The Scuttlebutt

WE ARE ONE!!

July - September 2023

Commander's Comments



As I sit here and begin my narrative on June 14th, I think about what is taking place in our country. Today is Flag Day, the day when we commemorate the anniversary of the adoption of the Stars and Stripes, Old Glory, the beautiful symbol of a free nation. A piece of cloth woven with tens of thousands of threads brilliantly forming a banner of red, white, and blue. There is nothing more awe inspiring than seeing her flying high in the air, stretched out by the wind atop a tall flagstaff against the backdrop of a beautiful blue sky, or perhaps lit up brightly on a dark starry night like a beacon of hope.



There are many songs that describe the significance of this masterpiece, none more famous than The Star-Spangled Banner, but one of my favorites is the 1974 release of Ragged Old Flag by Johnny Cash, which speaks of patriotism and government corruption, which is as true today, as it was nearly 50 years ago when the song was written. My op-ed today though is not about government corruption, it's about the flag, its decline in relevance by far too many, and the increased focus on alternative symbolism.

I've written articles in the past about the disrespect of our flag and the National Anthem during the NFL protests. I've also talked about how the fibers of this flag are woven together like the way society intertwines, and how we as a nation must make her the primary focus everywhere. Of course, this focus is not about the cloth itself, but the meaning behind it, the symbolism of United States of America. When I was on active duty in the United States Navy, we proudly visited foreign ports to "show the flag" and the presence of the US military.

Not only as an American, but as a veteran, I fly Old Glory on a 22' flagpole in my front yard. From time to time, such as October 13th, the US Navy birthday, or perhaps during the Army-Navy Game, I hoist the US Navy flag below the US Flag. I'm proud to display this, just as other veterans are proud to display the flag of their branch, however, per proper flag etiquette and respect, I would NEVER remove the US Flag and replace it with the Navy flag, nor would I place it above. According to the U.S. Flag Code, the American Flag must always be displayed in the dominant position, never being subservient to another flag.

continued on page 2

Sponsored by Ohio VFW Charities

In a recent ceremony hosted at the White House by President Joe Biden celebrating Pride month, this president went completely against proper etiquette and in my opinion, disgraced the flag of our nation by allowing the Pride flag to take precedent. It was the backdrop of his podium, while the American Flags were pushed to either side. How can this be and what message does it send, especially to those who fought and died for Old Glory? It truly makes me sick to see the American Flag pushed aside! It also makes me wonder what flags might be allowed next. China's Flag? Russia's Flag? How about the Islamic State Flag? NO flag other than the Stars & Stripes should ever be displayed on the "People's House!"

The American Flag represents all Americans regardless of race, color, religions belief, sexual preference, etc. just as our National Anthem does and these should never be pushed aside for any organization, religious, sexual, or political belief.

Sadly today, so much of the focus of our political leaders is what will get them re-elected, not about what this country used to stand for. I use the phrase "used to" because that's exactly what it is. We used to be a country who displayed ONE flag, stood with our hands over our hearts, or perhaps holding a sharp salute while singing ONE anthem and everyone was proud to do so. However, in recent years, we have witnessed a gradual erosion of the deep-rooted love and devotion towards our great country.

Patriotism, the love, and loyalty towards this country, has played a pivotal role in shaping the American identity. It is the force that unites us, transcending our differences and inspiring us to work together for the common good. Now though, we find ourselves amidst a sea of apathy and indifference, where patriotism is no longer seen as a virtue, but rather as an outdated notion.

How did we arrive at this point? I believe there are several contributing factors that have led many astray. First and foremost, the rise of individualism and self-centeredness has taken precedence over our collective responsibility as citizens. Far too many have become preoccupied with their own personal pursuits, neglecting the larger picture of what it means to be part of a greater whole.

Furthermore, the divisiveness that has permeated our society has fostered a sense of cynicism and disillusionment. We find ourselves caught in a web of political polarization, where loyalty to a particular party often overshadows true allegiance to our nation. This toxic environment hinders our ability to come together, dampening the spirit of unity and cooperation that is vital for progress.

Additionally, the growth of technology and social media has further contributed to the decline of patriotism. While these platforms have connected us in unprecedented ways, they have also inadvertently bred a culture of detachment and sometimes even hatred. We now live in a world where virtual interactions replace genuine face-to-face connections, fostering a sense of detachment from our communities and our nation.

Is there hope for the nation that our forefathers envisioned, created, and built? Can we find what America "used to be"? Yes, we can! We must start by instilling a sense of civic duty and active citizenship in future generations. Our schools must place a greater emphasis on teaching the values of patriotism, encouraging young minds to understand and appreciate the sacrifices made by those who came before them. We must also bridge the gap between different segments of society and foster a culture of inclusivity. It's ok to celebrate our differences, but we must do so by respecting the opinions of others.

We must recreate an environment where patriotism is not confined to a particular group but is embraced by all who call America home. Most importantly, our leaders, both in politics and in our communities, must embody the principles of patriotism, acting as beacons of hope and unity for the nation. Through their actions and rhetoric, they can inspire a renewed sense of loyalty and dedication to the ideals upon which this great country was built.

Now onto Post business:

As we wrap the 2022-23 membership year, overall Post 3345 did great. Even with the passing of several members, we were able to sign up enough new, or reinstate expired memberships to achieve this goal. The Post met all donation and program requirements except for the Patriots Pen essays, which prevented us from achieving the All-State status. This has been addressed, though, and will not be an issue next year.

I would like to thank all who served as officers last year in both organizations. Your time and efforts were greatly appreciated by all, and you greatly assisted our Post in completing another successful year.

Also, I would also like to congratulate all the post VFW and Auxiliary officers who were elected or appointed and were sworn into office in May. I look forward to working with all of you during the upcoming year as we continue to “Empower Veterans While Strengthening Community.”

Finally in closing, I would like to mention that I have decided to run for the position once again as VFW Department of Ohio Surgeon for 2024-25. Over the next 12 months I will travel throughout the state visiting each district to listen to their thoughts and concerns and to seek their support.

Last year I announced my candidacy for this position three months before the election, and only visited one district and I narrowly lost to someone who was trying for three years. This year, I will put the full effort in, and perhaps I will be elected next July, and work my way up to State Commander in 5-6 years.

Well, this article is long enough, so I better wrap things up. As always, I wish you all “fair winds and following seas” and I ask God to watch over you and provide you with an abundance of blessing.

Respectfully,
Tim Zvoncheck Commander.



Senior Vice Commander

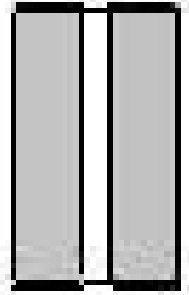


Oh, they tell us there's poison in
the well
That someone's been a bit untidy
and there's been a small spill
All that it amounts to is a tear in a
salted sea
Someone's been a bit untidy,
they'll have it cleaned up in a
week

But the week is over and now it's
grown into years
Since I was told that I should be
calm there's nothing to fear here
But I drank that water for years
my wife and my children!
Tell me, where to now if your
fight for a bearable life

Can be fought and lost in your
backyard?
Oh, don't tell us there's poison in
the well,
that someone's been a bit untidy
and there's been a small spill
Not a lot, no, just a drop
But there you are mistaken, you
know you are
I wonder just how long they knew
our well was poisoned but they let
us just drink on...

*("Poison in the Well", Dennis
Drew, Natalie Merchant 10,000
Maniacs)*



It would be hard to believe you haven't heard about the issue regarding Camp Lejeune and the toxic water supply at that base. There are countless radio and tv advertisements for lawyers telling you that you must contact them now to ensure you get your fair share of any settlement (don't!). If you haven't heard or seen one of them, you most likely don't listen to radio, watch tv, surf the internet or read the papers (probably a good goal for us all!).

This issue is a serious one, though. The contaminated water problem occurred from 1953 until 1987. It is thought to have been caused by chemical leakage into two of the eight wells on the base. The primary contaminants were dry-cleaning solvents and a degreaser, though more than 70 other chemicals have been identified, at concentrations from 240 to 3,400 times higher than levels permitted by safety standards.

So, what was the USMC/Base's response to any concerns raised about the quality of the water during these years?

The base began testing the water in 1980 to comply with EPA regulations. Also, in that same year, a laboratory from the US Army's Environmental Hygiene Agency found hydrogenated hydrocarbons (suffice it to say 'bad stuff'). In March 1981, one of the reports was sent to Marine Corps officials stating, "Water is highly contaminated with other chlorinated hydrocarbons (solvents)!" Possible sources of the contamination included solvents from a nearby, off-base dry-cleaning company, from on-base units using chemicals to clean military equipment, and leaks from underground fuel tanks. Nothing was done.

Starting in 1982, a private laboratory (Grainger Laboratories) was contracted by the USMC to examine the water issue. Their initial results presented to the base commander showed that the wells supplying water to the base were contaminated. This contractor sent repeated warnings to base officials, including the base chemist, that the water was contaminated. A representative from Grainger met with the base chemist and the deputy director of base utilities in July 1982 to inform them directly about the situation with the water supply. The deputy was unwilling to discuss the issue. In August 1982, Grainger again sent a warning to the base commander that the water was toxic and yet the wells continued to service the base.

Grainger – apparently a diligent, responsible laboratory – continued sending warning notices to the base and Marine officials of the water problems at Camp Lejeune in December 1982, as well as March and September of 1983. Camp officials sent the EPA a report in spring of 1983 stating that there were no environmental problems on the base. In June 1983, North Carolina’s water supply agency asked Lejeune officials for copies of the Grainger reports – Marine officials refused to provide them. In December 1983, they scaled back Grainger’s testing. Quite the proactive move.

There were several other tests conducted by different agencies, and it wasn’t until testing on individual wells in 1984 revealed specific toxins in individual wells that any actions were taken. One of the wells with contaminants was shut down in November of 1984 and the others in spring 1985 - fully five years after the first tests alerted the base about the presence of contaminated water in its wells.

Presumptive conditions from ingesting the toxins found in the contaminated water include adult leukemia, aplastic anemia, bladder cancer, kidney cancer, liver cancer, multiple myeloma, non-Hodgkin’s lymphoma, and Parkinson’s disease. In 1999, the Marine Corps finally began notifying former base residents about possibly having been exposed to contaminated water.

In 2005, the US Department of Justice and the EPA investigated the USMC’s handling of the situation and found no criminal conduct on the part of the Marine Corps officials. A rather shocking finding!

In 2008, Congress required the USMC to notify former base residents of the issue. Today, more than 135,000 names are on that registry. In 2010, the VA determined that a Camp Lejeune service member’s cancer was caused by his exposure to the contaminated water – the first time the government admitted liability – thirty years after the first complaints and reports of an issue arose.

There have been numerous lawsuits filed against the Marine Corps and Navy by former residents of Camp Lejeune since then but had always been individual lawsuits. By 2012, members of the House and Senate Veterans’ Affairs Committee sent a letter to President Obama asking that health care for all Lejeune contamination victims be ‘expedited’. VA Secretary Eric Shinseki responded that providing health care to these individuals would be “premature” – to what, I am not certain.

In February 2014, the Center for Disease Control and Prevention issued its report on the effects of the Camp’s contamination: Lejeune Marines had about a 10 percent higher risk of dying from any type of cancer compared to the Marines stationed at Camp Pendleton. Lejeune Marines had a 35 percent higher risk of kidney cancer, a 42 percent higher risk of liver cancer, a 47 percent higher risk of Hodgkin lymphoma, a 68 percent higher risk of multiple myeloma, and double the risk of ALS.

Congress finally took action in 2022 by drafting, approving and sending for signature to the President the PACT ACT, which President Biden signed into law on August 10, 2022. While it covers more than former residents of Camp Lejeune, it was a long-overdue effort to right a wrong knowingly inflicted on thousands of our Marine Comrades and their families for over thirty years.

I am frankly ashamed of the Marine Corps and Navy for how they handled this situation. It’s one thing to send our service members into harm’s way on foreign battlefields to protect America from its enemies; it’s yet another to try to hide any culpability and shirk your responsibility to correct a horrendous self-inflicted wrong ‘at home’. Not only to our service members, but their families, contractors, and anyone who may have come in contact with this water. This went on for decades! It is unconscionable.

“Tell me, where to now if your fight for a bearable life Can be fought and lost in your backyard?
...I wonder just how long they knew our well was poisoned but they let us just drink on.”

If you believe you are a victim of the contaminated water issue at Camp Lejeune, contact our Service Officer, Bill Overton, for information on how to proceed and file a claim for this.

Tad Brown
Senior Vice Commander

Membership Committee:

We did a great job of meeting our goals for membership for this past year (July 1, 2022 – June 30, 2023) and hope to keep that effort rolling!

We are going to be working with the Auxiliary to come up with recruiting ideas/opportunities so if you'd like to be part of that effort from the VFW side of things, please let me know. Recruiting is something we all need to do to keep this organization growing!

The VFW's website has some great info on why it's important to be a member. I've asked to have the latest VFW Fact Sheet included in the newsletter email as an attachment – please check it out! You can see that “no one does more for veterans” than the VFW!

Tad Brown,
Senior Vice Commander

Advertisers

Those of you who have previously advertised in the Scuttlebutt should have received a letter from me indicating the renewal costs.

If you would again like to be included in the newsletter, please let us know.

Also, if you are considering becoming an advertiser, see the information on the next page regarding the costs for the various sizes of ads. Print out the form and send it in to my attention, or our newsletter editor, Linda Burger.



Veterans of Foreign Wars of the United States
Strongsville Post 3345
17900 Strongsville Blvd.
Strongsville, OH 44149

July, 2023

Post Newsletter Advertising Application

- Ad sizes available:** Business Card single, 3 1/2 x 1 1/2 \$100.00 Yr.
Business Card double, 3 1/2 x 3 \$200.00 Yr.
Top or Bottom Banner, 1 1/2 x 7 \$200.00 Yr.
- Includes:** 6 bi-monthly issues, plus 24/7 coverage on Post website
- Circulation:** Emailed to 1,400 Post members
- Graphics and Text:** All graphics and pictures must be in any of the following formats: Jpeg, Tiff, Gif or Bitmap. Text should be in MS Word. Submit ad design for approval. Newsletters and Calendars are produced in MS Publisher.
- Payments:** All payments are due before printing; future payments are due prior to the end of the 12-month cycle. Your cycle begins with the month your first ad is printed. Your ad cost is protected for at least three years. All checks should be made out to Strongsville VFW Post 3345 with "Newsletter" noted on the memo line.

Application

Name of Business: _____

Name of Contact: _____

Billing Address: _____

Phone Number: _____

Ad Size Requested: _____

Ad Graphics or Text Submitted:

Date Submitted: _____ Date Approved: _____ Date of 1st Ad: _____

Submit all ad material on separate sheet, or preferably by digital format to email listed below. Design assistance is available.

Contact information: Tad Brown, Sr. Vice Commander

Cell: 440-376-7491

Email: srv@vfw3345.com



Honor Guard Don Kennett



It is with much sadness that I have to report the passing of one of our latest Honor Guard members, Dan Zamiska, who passed away suddenly in early June. Our Honor Guard performed the honors for Dan at the Ohio Western Reserve Cemetery on June 28th. He will be greatly missed, not only for his friendship, but he gave so continually and so freely to our team.

Every year the Honor Guard receives many requests to perform duties, of which many of them could be performed by a Color Guard. I been asked in the past to clarify the difference between the Honor Guard and Color Guard. The Honor Guard performs the ceremonial functions for honoring an individual veteran or group of veterans, living or deceased, by standing guard, assisting, escorting, firing salutes, or otherwise participating in a ceremony or activity with or without use of the national or state colors.

The Honor Guard unit may be armed or unarmed. Exception: when the national or state colors is a part of a funeral or burial ceremony as a casket drape or a folded veterans' flag, its handling may be part of the responsibility of an Honor Guard.

A Color Guard carries, escorts, displays, posts, and recovers the national colors and any other appropriate flag(s) during a ceremony. It may be armed or unarmed. A Color Guard will not fire rifle salutes.

Respectfully Submitted,
Don Kennett,
Honor Guard Commander

Calendar for: April, May, June

July 6th –	Car Rally (Veteran Appreciation)
July 8th –	Honor Guard Meeting
August 5th	Honor Guard Meeting
August 9th -	Tour of Duty at Rittman (Supported by Joint Veterans Honor Guard)
September 9th -	Honor Guard Meeting
September 24th -	VFW Founders Day (Columbus, Ohio)
September 27th –	Tour of Duty at Rittman

TAPS



April, 2023: **Andy Peculis**
 Elmer Chuhay
 Rich Hilko

May, 2023: **Frank Moses**

June, 2023: **Gary Seymour**
 Orlando Marzola
 Mike Magovich
 Dan Zamiska

New Members

April, 2023

Daniel Grahovac
 Dan Mandich

May, 2023

David Young
 James Spatny

June, 2023

None

Donations

April, 2023

VFW National Home for Children	\$250
Defense POW/MIA Accounting Agency	\$250
D-Day Conneaut	\$100
City Mission	\$500
Altenheim Foundation	\$500
District 7 D-Day Golf Cart	\$1,500
Strongsville Food Bank	\$1,000
North Royalton Food Pantry	\$500

May, 2023

VFW National Home for Children	\$250
Defense POW/MIA Accounting Agency	\$250
Brook Park Elementary PTSA	\$250
Strongsville City Club Rib BurnOff	\$500
Strongsville Rotary Kidsfest & Duck Race	\$1,000
Serving Area Military	\$2,500
Montville Township Police Dept. K-9 Unit	\$2,500

June, 2023

VFW National Home For Children	\$250
Defense POW/MIA Accounting Agency	\$500
City of Strongsville (Fireworks)	\$500
Strongsville Community Band	\$500
Coast Guard Foundation	\$100
Vietnam Veterans Memorial Fund	\$150
Wounded Hero Fishing Event	\$2,500
Strongsville Middle School (Flagpole & Flag)	\$3,000



Canteen Manager Scott James

I hope everyone is enjoying their summer so far.

Just a reminder, the Queen of Hearts drawings will be held on the first and third Friday of every month.

The Summer Outdoor concerts are upon us! We always have a good turnout because everyone has such a good time! Be sure to come early to get a good spot.

The Concert dates are:

July 22 - Moxie

August 26 - Ace Molar

As always, we appreciate your business in the Canteen and remind everyone to drink responsibly.

Scott James
Canteen Manager



EEOH.ORG

eecofohio@gmail.com
330-727-2790

*Recognizing Ohio Veterans Whose
Ancestry Comes From Eastern Europe*

Post 3345 Memorial Pavers



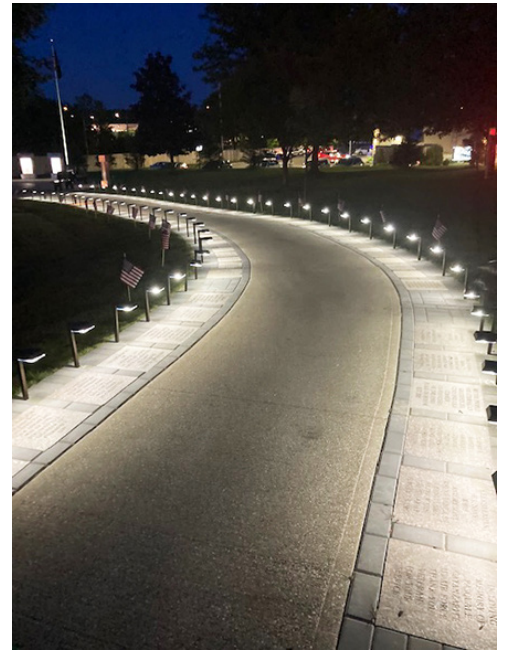
As work comes to an end on the Walkway and the final engraved pavers come in, the completion of this phase of the Memorial will be finished.

Please note: there are new forms for ordering engraved pavers, available in the Canteen. Please take the time to fill these out correctly.

The new and only date for pavers will be March of each year, with the orders being placed in early April, in time for Memorial Day.

If you have any questions, please contact Tom Nevans, 440-227-8555.

Special thanks to Tom, and all members of the Memorial committee for their many hours of service in making this a true monument to the Post and the Veterans we honor.



Our Members. Our Friends. Our Heroes

Sal Morgano

Interviewed by Linda Burger

“For I, the Lord, your God, hold your right hand; it is I who say to you, ‘Fear not, I am the one who helps you.’” Isaiah 41:13



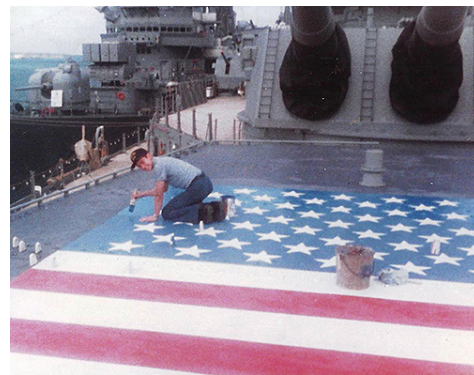
Everyone has dealt with fear in their lives, on one level or another. But for many who served in the military, the level of fear they faced is almost incomprehensible. And dealing with the aftereffects becomes a lifelong challenge. Salvatore (Sal) Morgano knows better than most these experiences and effects and is dealing with them from both sides – as a survivor and as aid to those also facing these challenges.

“I joined the military directly out of high school, my Uncle was a Navy veteran so I decided that’s the way to go,” Sal explained. “At boot camp, Great Lakes, I was supposed to go into a drafting program but then found out it no longer existed. They then recruited me to be a cryptologist, which I turned down since it required a commitment to two more years of service. I did later regret that decision – but shared the info with my brother Anthony who later became an Intelligence Specialist.”

While at Great Lakes, Sal and a buddy earned numerous “frequent driver” miles, traveling home every chance that got to visit his high school sweetheart Mariellen, who he describes as the “Best Woman on the Planet.” They became engaged six months after Sal completed boot camp and have had a strong, loving relationship that, according to Sal, is a big reason he has survived and achieved his successes.

Sal became part of the Bos’n Detail and served on the USS Iowa, the first battleship re-commissioned on the East Coast. During this time, they sailed to Central and South America, hosting many foreign dignitaries along the way.

The ship became a canvas for Sal who painted a 40’ American Flag, to scale, on top of the turret. “At one point during the process, we had to ask the Captain to slow the ship down since the paint was flying off,” he said with a laugh. This true masterpiece of patriotism was highlighted in 1986 when then President Bush was scheduled to make a speech onboard but ordered that a platform be built over the turret, to ensure no damage was done to the painting.



Combining his love of painting and helping others, whenever in port for a long enough time, Sal sought out children’s hospitals and facilities, painting fun and inspirational murals on the walls.

Sal enrolled in a special program where he served three years active duty, then transferred into the Reserves, as part of the Assault Craft Unit 2. During this time, his “civilian” role was with the Parma Hts. Fire Department, which made it a challenge sometimes to fulfill both duties. Because of this, when he achieved E-7 level, he decided to leave the Reserves.

A bit later, the desire to finish his “20” lead Sal to speak with a recruiter and in 2001, just six months before 9/11 he went back into the Reserves. He was soon recalled to the Naval Station at Great Lakes as a Naval Law Enforcement Specialist, as the leading Petty Officer on the night shift. “Everyone was on edge, we were manning the gates, patrolling the grounds, the entire Station, in fact the entire Country, was on high alert,” he explained.

He was later recruited into the Naval Coastal Warfare Squadron 25 and was shipped to the Middle East. While there he made Chief and was pinned along with 50 others who were later dubbed by All Hands Magazine as the “War Chiefs.”

“Marines had liberated the Khawr Al Amaya Oil Terminal in Iraq and we were assigned to provide perimeter security, along with the Coast Guard, British and Australian forces,” he recalled. “Al Qaeda was determined to infiltrate the platform, making numerous attempts. They were even offering workers \$125,000 to switch out with them.

“We received intel that a big attack was coming on Christmas morning,” he went on. “On Christmas Eve we were hit with horrible weather – extremely high sea swells, poor visibility. All of the Iraqi workers huddled in the middle of the platform, so very scared. I just prayed, like I never had before.

“Suddenly, just before midnight, the weather cleared, the water was smooth as glass and there was full visibility – and no attack occurred,” he said, with a sense of wonder.

Amid all the stress, there were a few moments of levity such as when Sal took his Unit on a “special training mission” on the Army Base. “We had a member, a New York City Cop, who was a huge fan of Wayne Newton. When we learned he was performing on the Base, I devised a way to get the Unit there. Even though I was later reprimanded, it was worth it,” he added, with a laugh.



Australian engineers had installed hot water tanks on the platform and Sal went over to their ship to thank them. While there, he was invited to go out on a search boat with an Australian team, which shortly received a distress call from a Greek tanker that had gone aground. After boarding the tanker, three Iranian gun boats showed up, circling the boat.

“There were just 8 of us and all we had were shot guns. I told the Australians to man the rail, while the Iranians kept attempting to board the tanker,” Sal explained. “This was during the time when their goal was to capture Americans who would then be publicly beheaded, on live TV.

“Our Command Negotiator reached an agreement but it meant that we had to leave by boat. Since this would have made us very vulnerable to capture, for the first (and only) time in my career, I refused an order, requesting a helicopter extraction.

“Finally the Australian Forces stepped in, with a helicopter and the Brits provided gun ship support, as did the U.S. and we were successfully rescued,” Sal related.

His deployment ended shortly after and he went back into the Reserves, this time as part of the Naval Expeditionary Specialist Boat Unit 21, providing port security for incoming naval ships and friendly vessels at the Port of Shuaiba on Kuwait. There was a constant danger from water borne IAD’s – small boats totally ringed with explosives that sought to ram vessels.



“I went through a very rough period during this time, with numerous physical issues,” said Sal. “They determined I was suffering from High Sulfuric Acid Exposure and I was stabilized at the Kuwait Army Hospital before shipping home.”

At home, his first experiences with the VA were not productive and it was only after a buddy pushed his to re-file that he went from a 10% disability classification to 100% permanent and total, based on Army Air Quality studies showing reactive airways disease. Sal has since undergone two hip replacements and two shoulder surgeries with additional medical procedures in his future.



In another “Godwink” moment, as he was leaving his brother-in-law’s retirement party, his niece introduced him to friends – Tim and Linda Zvoncheck. They ended up talking for over an hour and, Sal later joined the VFW Post 3345 and now serves on the Honor Guard. He also was recently elected Junior Vice Commander.

The physical and mental stress of his military experiences took a terrible toll, one that almost ended tragically. Thanks to the love and support of his wife and family and his strong faith, Sal is weathering that storm and now feels an almost overwhelming desire and need to help and give back to the military community.

“I discovered a national program called Reboot Recovery which is a faith based, peer led program for Veterans and First Responders and I knew I wanted to share it with others in need,” Sal explained. “It is a 12-week program, some video based, some in person. Thanks to a very generous donation from Post 3345 we will be launching it in the Fall for this Region.”

In addition to his service to the military community, Sal and Mariellen, a registered Nurse, lead a Marriage Ministry at the Cuyahoga Valley Church in Brunswick and are Family Life advocates.

Family is the central core of their lives, with daughter Emily and her husband Matthew and son Anthony, who with his wife Gabrielle have three children. Anthony is also a Veteran, have served as a Nuclear Engineer on a submarine. One of Sal’s proudest moments was offering the first salute when Anthony made Chief.

“When I look at my life, I realize that God has put me on a mission, creating a deep desire to help others, especially veterans dealing with PTSD,” he recounted. “With His help, and the support and love of my wife, family and friends, I can continue to strive to fulfill that mission.”



Salvatore, Sal, Morgano - for your courage, your bravery, your donation to your Faith, Family and Country, we are proud to have you as a member of VFW Post 3345.

What's Cooking!

*Our Post is very fortunate to have many great chefs, cooks and bakers!
Every event brings delicious donations that are enjoyed by members and guests.
And everyone always asks for the recipe!*

*If you have a favorite recipe you'd like to share, please email it to
vfwpost3345_1@gmail.com or drop it off at the Post, in the Auxiliary mail slot.*

*This issue we feature not one, but
two! recipes from Auxiliary member
Linda Tobel, who just couldn't pick
her favorite!*



Orange Coconut Cake

Prep time: 20 minutes Cook time: 25 minutes Total time: 45 minutes Serves: 10-12

Preheat oven to 350 degrees. Spray two 9" cake pans with nonstick baking spray. Or 9"x13" oblong pan.

Ingredients:

- 1 (15.25 oz) yellow cake mix
- 1 cup orange juice
- 1/2 cup vegetable oil
- 3 eggs
- 1 teaspoon orange zest
- 1 (15 oz.) can Mandarin oranges, divided
- 1 (5 oz.) large instant vanilla pudding mix (not prepared)
- 2 cups flaked, sweetened coconut, divided
- 1 (8 oz.) frozen whipped topping, thawed



Instructions

In a large bowl, combine the cake mix, the orange juice, vegetable oil, eggs, and orange zest. Beat on low speed until combined. Pour the batter into the prepared pan.

Bake cakes according to times on package directions. After cooked through, remove from oven and let cool.

In a mixing bowl, crush the Mandarin oranges with their juices. Save 5-6 slices for garnish, if desired. Stir in the instant pudding mix and 1 cup of coconut flakes. Fold in the whipped topping. Mix well.

Take one of the cakes and place on the cake plate. Add a layer of frosting, and place the remaining cake on top. Frost the top and sides of the cake.

Sprinkle with remaining coconut flakes and garnish with 5-6 of the Mandarin orange slices.

Refrigerate for at least a couple of hours, or overnight.

What's Cooking!

From Linda Tobel

Honey Glazed Salmon

This Sautéed Honey-Glazed Salmon is juicy, flaky, easy and so satisfying! Squeeze fresh lime juice over this pan-fried honey glazed salmon and serve over white rice.

Prep Time: 4 minutes Cook Time: 6 minutes Total Time: 10 minutes Servings: 4 slices of salmon

Ingredients:

24 oz Salmon Filets, boneless and skinless, (4 filets 6 oz each)

1/2 teaspoon sea salt, (or to taste)

1/8 teaspoon black pepper, (or to taste)

1/4 cup all-purpose flour

2 Tablespoons light olive oil or any high-heat cooking oil

1/4 cup honey

2 Tablespoons soy sauce

1 medium lime, cut into wedges

1 Tablespoon Chives, to garnish (optional)



Instructions

To make the glaze: In a measuring cup, combine 1/4 cup honey and 2 Tablespoons soy sauce. Stir until well combined and set aside.

Season both sides of your boneless, skinless salmon filets with salt and pepper. Pour 1/4 cup flour into a shallow plate and dredge both sides of salmon in flour, shaking off excess flour.

Heat a large non-stick pan over medium heat and add 2 Tablespoons light olive oil.*

Brush the first side of salmon generously with half of the glaze and once oil is hot, add salmon to the pan (glaze-side-down). In the pan, brush the second side generously with remaining glaze. Sauté salmon on the first side for 3 minutes, turn and sauté second side another 3 minutes. Glaze should be caramelized and salmon should be just cooked through and opaque inside when flaked.

Squeeze fresh lime juice over the top to serve and garnish with chopped chives if desired. Serve over or with white rice.

*Do not cook over high heat or you will burn the glaze.

SCUTTLEBUTT PUBLISHING!

Newsletter publication: As a reminder, the Scuttlebutt newsletter and calendars have been switched to a quarterly electronic delivery - either as an email attachment we send to you, or by visiting the Post's website - www.vfw3345.com. Pictures from some events have been uploaded to the Post website, check out the fun. We are continually uploading pictures from various events held throughout the year so check it out frequently.

If you have pictures you would like to share, please email them to vfwpost3345_1@yahoo.com.

Please send your electronic contact information, and any updates to your home address, to svcdr@vfw3345.com and we will make sure you are added to our email distribution list.

NOTE: If you include your birth month and day, we will also add you to the Birthday List. There is also a Birthday Book behind the bar in the Canteen, where your information can be added.

Share Your Celebrations!

You can now share the good news and celebrate a Birthday, Anniversary, Retirement, Graduation or other Special Event in the Scuttlebutt Newsletter! One-time, quarter page ads can be purchased for \$25 per issue. Photos and other images can be included - and we'll even help with the design.

Information can be submitted via email vfwpost3345_1@yahoo.com or by contacting Linda Burger at lewburger2@gmail.com.

Comments, suggestions and ideas for the Scuttlebutt are always welcome - just let us know!

Linda Burger
Scuttlebutt Editor



June 26, 2023

Health Subcommittee Hearing: The House Veterans' Affairs Subcommittee on Health held a hearing on pending legislation. Witnesses from VA answered questions on its policies and procedures for improving rates of payment for beneficiary travel, establishing a zero suicide pilot program, and providing assisted living services to eligible veterans. VFW National Legislative Associate Director Meggan Thomas submitted a statement for the record. Regarding H.R. 1815, Expanding Veterans' Options for Long Term Care Act, Thomas commented that the assisted living pilot program for long-term care has great potential for veterans to still have some independence while being cared for at facilities that are authorized and inspected by VA, which is why the VFW supports this proposal

Senate Committee Hearing: The Senate Committee on Veterans' Affairs held a hearing examining the effectiveness of VA's Office of Integrated Veteran Care. VA Under Secretary for Health Dr. Shereef Elnahal and staff answered questions on the current status of its policies and procedures for integrated care. Chairman Tester indicated he is committed to veterans receiving excellent care whether it is at VA facilities or through community care. However, staff shortages and access to service providers continue to be challenges, especially in rural areas.

VA Sexual Assault and Harassment Report Hotline: Veterans can now call 1.800.MYVA411 (1.800.698.2411, option 9) to report sexual assault or sexual harassment at VA facilities. The call center is available twenty-four hours a day, seven days a week. Veterans, their families, caregivers, and survivors are also encouraged to report any incident of sexual harassment or sexual assault as soon as it occurs while still at the VA facility. These incidents can be reported directly to VA police, VA staff, local law enforcement, or by calling the hotline.

MIA Update: The Defense POW/MIA Accounting Agency announced two burial updates for service members who have been missing and unaccounted-for from World War II and Korea. Returning home for burial with full military honors are:

-- Army Pfc. Clinton P. Koloski, 21, of City Point, Wisconsin, was assigned to Company A, 36th Engineer Combat Regiment. He was killed in action on Jan. 14, 1945. He will be buried on June 30, 2023, in Beloit, Wisconsin.

-- Army Sgt. Howard G. Malcolm, 23, of Mount Vernon, Illinois, was a member of Headquarters Company, Ninth Infantry Regiment, 2nd Infantry Division. He was reported missing in action on Dec. 1, 1950. It was later reported he died as a prisoner of war in August 1951. He will be buried in his hometown on July 11, 2023.