

Veterans of Foreign Wars Auxiliary Department of North Carolina

Connie Holt Department President 2023-2024 621 Carolina Oaks Circle, Linden NC 28356 717.587.2949 <u>Connieann17563@yahoo.com</u>



## Brothers and Sisters,



WE DID IT! All Auxiliaries and Districts have paid their bonds. THANK YOU!!!

#### REMINDERS:

- Department Training Sessions Only 3 left to attend and meet the criteria of the Cultivating Success Award. 9 September @ North Wilkesboro, 16 September at Kernersville and 17 September at Gastonia.
- Motivational Mondays are for all members to attend. Please be sure that all members receive the zoom link. DO NOT share the link on social media.
  - September Motivational Monday Training Shall include: PROGRAMS: Americanism, Auxiliary Outreach, Veterans & Family Support and Buddy Poppy/National Home. It will be held on Tuesday 19 September 2023.

# Department Council of Administration – on Friday 29 September 2023. We will be hosting Training sessions for the following offices: Secretary Treasurer Trustees Presidents

A Mystery Fundraiser will be held to raise money for my Special Project. Bring Quarters or dollar bills and help us reach our goal! Most importantly HAVE FUN and participate.... Please!

Please make arrangements to attend.

- > 990 E postcard Please send proof of filing to our Department Treasurer Sandra Johnson Leu.
- Annual Officers DO NOT wait to pay your membership dues. If any officer fails to remit their dues by December they will be removed from office as per our bylaws. Dues can be paid online when you sign into your MALTA account.
- Southern Conference is scheduled for 2-5 November 2023 held in Tulsa, Oklahoma. Register to attend at VFWOKLAHOMA.ORG cost is \$85.00 a person.
- National President Carla Martinez will be visiting North Carolina 15-17 March 2024. We are inviting both Auxiliary and VFW Members to participate. More information will follow.
- Membership Our Department needs less than 1525 members to be 100%, Contact annual members now! Call, Text, Email, Snail Mail, get those dues paid! DON'T WAIT!!!
- Let's continue "Banding Together for our Veterans", this will allow us to continue "CultiVeting" for brighter tomorrow both for our Auxiliaries and for our Veterans.

Faithfully Serving Veterans,

Connig Holt, President

## **Secretary Notes**

The Department President's Program Book is on the Department website at: https://vfwauxnc.org/uploads/documents/DepartmentofNC2023-24ProgramBook.pdf

#### District/Auxiliary Roster Changes:

Dist 1, Aux 1950 has moved their meeting date to the 2<sup>nd</sup> Monday of each month.

Dist 13, Aux 337 Secretary is now Tammy Schweitzer. 159 Forest Heights Dr., McAdenville, NC 28101-9907

Dist 17, Aux 4309 Secretary is now Loren Ramoz. 130 Valley Green Dr., Pisgah Forest, NC 28768, 386-237-1854, email: <u>paradox52308@yahoo.com</u>

### Deaths/Illnesses:

- PDP Fran Redfield recently had a stroke at her District Meetings. Cards of get well may be sent to Fran at: 250 Crow Creek Dr #4, Calabash, NC 28467
- Dept Conductress Wendy Rachels recently had knee replacement surgery. Cards may be to sent to Wendy at: PO Box 635 Badin, NC 28009
- Dist 8 Sr Vice Pres, Mary Zanders is currently going through cancer treatments. Cards may be sent to Mary at: 3634 Golfview Rd, Hope Mills, NC 28348
- Dist 17, Aux 6812 President Andrea Page's husband has recently had some health concerns. Cards may be sent to: 25 Overlook Dr, Hayesville, NC 28904

## Dates to Remember:

- Fall Legislative Conference Sept 11-14, 2023 Washington DC
- Fall Council of Administration Sept 29 Oct 1 Greensboro, NC <a href="https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=GSOGB&groupCode=VTW&arrivaldate=2023-09-29&departuredate=2023-10-01&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT">https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=GSOGB&groupCode=VTW&arrivaldate=2023-09-29&departuredate=2023-10-01&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT</a>
   <a href="https://www.hilton.com">[hilton.com</a>
  </a>
- 2023 Southern Conference Nov 2 5, 2023 Tulsa, OK <u>2023SouthernConferenceRegistration.pdf</u> (vfwnc.com)

## Schools of Instruction:

- Sept 9, 2023 School of Instruction Post 1142 802 Beech St., N Wilkesboro
- Sept 16, 2023 School of Instruction Post 5253 618 Edgewood St., Kernersville
- Sept 17, 2023 School of Instruction Post 9337 3250 W. Franklin Blvd, Gastonia



I would like to say a huge thank THANK YOU to everyone and every Auxiliary for the cards, texts, emails and most importantly the prayers I have received the past couple of months. Your words of concern and encouragement have definitely helped the recovery process a lot easier. This last surgery took a little more out of me than expected, but with all of your help, I am definitely on the road to feeling like my usual sassy self. I appreciate each and every one of you.

Love,

Sandra Johnson-Leu, Department Treasurer 2023-24



#### Brothers and Sisters,

Happy Fall Y'all!!!

Let's start with another reminder to file your 990-E card with the IRS. Every Auxiliary is required to file this every year to maintain your non-profit status. The process only takes about 5 minutes and is done online. It is much better to take 5 minutes to do this, than to spend hundreds of dollars, mountains of paperwork and a couple (or more years) to regain your non-profit status with the IRS. If you lose your non-profit status, you are required to file a tax return and claim every dime your Auxiliary raises as income.

I am still receiving applications that are missing required information. Or on applications that are older than 2021. I cannot stress enough the importance of making sure the applications are complete and on the correct form before submitting them to me for processing. It is not only time-consuming for me to have to return these applications, but also costly for the Department. In addition, please make sure when completing the application, the information on the application is accurate and correct. Specifically, the campaign medals and ribbons are acceptable according to our Bylaws. Make sure the location of FOREIGN service of the veteran is listed on the application as well. If any information is missing or incorrect, the application will be returned to the Auxiliary and delays the process of the applicant becoming an official member of the Auxiliary.

Per section 813-A of the National Bylaws, an Auxiliary shall have a General fund AND a Relief fund. Any audit received that does not show a relief fund, will be returned the Auxiliary to be corrected. They will not be accepted. In the Booklet of Instructions (the yellow pages of the Bylaws), pages 21-22 give you the instructions and details on the relief fund. Where the funds may come from and how they can be used. Please refer to the Bylaws and make sure you are following these guidelines.

As a reminder, any officer, chairman, member, etc. requesting reimbursement from the Department for a budgeted amount is required to submit receipts as well as a completed voucher before the expense can be reimbursed. Without a voucher and receipt, there will not be a check issued. These are to be submitted to President Connie for approval as well as to myself. The vouchers are located on the Department website under Department forms.

There will be training sessions for treasurers and trustees at the Council of Administration meeting on Friday 29 September. Please make your travel arrangements accordingly so that you may attend. We will also be holding President and secretary trainings. These will be very informative workshops, and all are encouraged to participate.

I am just a phone call or email away if there is anything I can do to be of assistance to you. A little clarification in advance could save a lot of time later.

Sandra Johnson-Leu,

VFWA Department Treasurer 2023-2024 Department of NC 919-906-7592 ctrysun@embarqmail.com



"You must tell yourself-No matter how hard it is or how hard it gets- I am going to make it"

louin s (

September 2023

Lin Moore Chaplain 6165 Glen Way Drive, Winston-Salem, NC 27107 336-971-0559 <u>Lmoore51@yahoo.com</u>

In a faraway jungle lives two best friends: the monkey and the elephant. The two animals always did everything together, regardless of how dangerous, foolish, or unthinkable it may be.

One day, a sudden disagreement happened between the two. They were arguing about who contributed more to their adventures. The monkey argued that it's better to be fast and flexible while the elephant believed that being strong is the most important trait.

The two couldn't reach an agreement and this issue almost ruined their friendship so they decided to seek the wise owl to settle their dispute.

The owl told the two animals that he'll ask their question only if they could bring back a unique fruit that is located across the river. The two friends argued that it would be impossible, but they agreed to try in the end.

When they reached the riverbank, the monkey realized that the river is impossible to cross because it's very deep and the current was too strong. However, the elephant easily crossed the river towards the tree, but the fruit was too high. He tried to knock the tree down with his strength but to no avail.

The elephant went back across the river and told the monkey to jump on his back. Together they went back to the other side and once they reached the tree, the monkey quickly climbed the tree and successfully pick the fruit.

The two friends went back together to the owl in which the owl asked them how they took the fruit. The monkey declared that he was the one who plucked the fruit from the tree, but the elephant strongly argued that without his help, the monkey wouldn't be able to cross the river in the first place.

The wise owl stopped the argument and told the two animals to think about what is more important: to be the one who is right or getting the job done. He added that they should both look at the bigger picture and not see themselves as superior to others.

#### Moral of the Story:

You are more powerful when you work together with other people. Achieving your goal is not possible without help from other people. When working as an Auxiliary, we must let our egos go and work collectively as a team to help our veterans and their families.

Hard work, communication, and support are just some of the things every team-or Auxiliary- should have to work together effectively.

Please remember to send me the name of anyone who needs a "Get Well," "Thinking of You," or Sympathy card.

Also, please send me the name of your Auxiliary Chaplain, including address, phone number, and email.

We must Band Together with cooperation for our Veterans and CuliVETe the Future of Veterans! Loyally, Liw





"Buddy" ® Poppy



NATIONAL HOME

"Buddy"® Poppy

## King & Queen and Prince & Princess Contest

The 2023/2024 Contest rules are now posted on the Department website. Entries for both contests need to be sent to the Department Chairman and received by January 9, 2024.

September Holidays & Observances:

Sept. 2 Victory over Japan (V-J) Day Sept. 4 Labor Day Sept. 11 Patriot Day Sept. 15 National POW/MIA Recognition Day Sept. 18 U.S. Air Force Birthday Sept. National Gold Star Mother's and Family Day Sept. 29 National Veterans of Foreign Wars Day All of these days are great opportunities to promote "Buddy"® Poppy's and educate our communities!!

## **National Home**

When you give generously to the National Home, you help families find safety and stability, which is so important.

You honor America's war heroes when you support their families and children. Let's keep the National Home a haven of help and hope for generations to come. Thank you!

"Banding Together for Our Veterans" National Presidents Theme 2023/2024

"CultVETing the Future for our Veterans" NC Department Presidents Theme 2023/2024

Angi Hardy-Chairman angihardy@yahoo.com

910-322-6478

Military & Veteran Family Help Line 800-313-4200

www.VFWNationalHome. org www.vfwauxiliary.org

**Reporting Website** http://vfwauxnc.org



2023-2024 Goal is to build on the knowledge of our Auxiliaries with \* Flag Education \* Promote Patriotism \* POW/MIA Recognition \* Star Families as we promote both our Presidents Theme's



"CultiVETing the Future for Our Veterans" Department President, Connie Holt's Theme

"Banding Together for Our Veterans" National President Carla Martinez's Theme





Sept. 11, 2001, changed more than the skyline of New York City - the attacks changed a generation of Americans. That day's destruction and devastation did not condemn this country to a future filled with fear. This loss, as profound as it was, did not break the soul of this nation. It made us stronger. That day fortified Americans with pride and patriotism and created a spirit of service in the hearts of a new generation. That day fundamentally changed our nation for the better. We now observe Patriot **Day annually on September** 11th as a National Day of **Service and Remembrance** for the thousands of lives lost in the 9/11 attacks. September 11, 2023.... today, We Remember.



# PRISONER OF WAR MISSING IN ACTION MISSING IN AC

A "POW" & "MIA" are numbers, A "Prisoner Of War and "Missing In Action" are People Our "Fallen or Missing" are not Acronyms.....#MoreThanLetters

24 September 2023...On this day, Americans are encouraged to display the Flag and hold appropriate ceremonies as a public expression of our nation's gratitude and respect for our Gold Star Mothers and Families.



Americanism Chairman & Patriotic Instructor

Karen Rae Larkin, 212 Shore Drive, Havelock NC 28532, phone: 252.503.1472 email: kskipper2@ec.rr.com

"CultiVETing the Future for Our Veterans"

# **AUXILIARY OUTREACH**

Department President Connie Holt

September 2023 What is VFW AUXILIARY OUTREACH?

It is **VOLUNTEERING** to help **ANOTHER ORGANIZATION** in your **COMMUNIYY** or institutions. It is a **DONATION** of your **TIME** and **SERVICE** to make **Their Project Successful**.

HOW TO MAKE YOU AUXILIARY OUTREACH SUCCESSFUL

\*Find organizations that need your help

\*Vote on the activity at your meeting.

\*One or more Auxiliary members must participate.

\*Wear your VFW Auxiliary attire (name badge, shirt, hat, jacket, etc...)

\* REPORT the number of hours Volunteered, how many volunteered and give good details of what you did.

## REPORT! REPORT! REPORT! REPORT! REPORT! REPORT!

## Don't wait for an organization to come to you go to them!

Make a list of places to go and have your auxiliary members REACH OUT to them.

## <mark>Check list for your community.</mark> Events at your Post Home

- ✓ Local Library book fair
- ✓ Assist with Youth group activities.
- ✓ Senior Center
- ✓ Food Bank Help distribute food.
- ✓ Serve food at soup kitchen.
- ✓ Help local Police (child ID)
- ✓ Fire Dept. and EMT Programs
- ✓ Local fundraising walks
- ✓ Volunteer (not in it)
- ✓ Animal Shelter
- ✓ Parks and recreation
- ✓ School reading programs
- ✓ Baby rocking at hospital
- ✓ Meals on wheels

Keep the list going......

## EVENTS AT YOUR POST HOME

The Auxiliary Outreach Program is for projects not affiliated with the VFW or Auxiliary.

EVENTS held at your Post Home are allowed if:

The VFW or Auxiliary did not plan the activity and will not benefit from the activity.

The organization is using the facility only as a venue to hold its event and they complete the preliminary planning on their own.

We are only there as VOLUNTEERS to help on the days(s) of the event.

You have the tools you need to help in your community, REACHOUT to them. I know you'll have a great harvest!

Theresa Billips Auxiliary Outreach Chairman 1841Mountain Creek Rd. Albemarle, NC 28001 <u>Sistertnc@aol.com</u> 704-322-8345



"Banding Together for







## CHIEF OF STAFF Extension & Revitalization

## **DEBORAH CROWDER**

## SEPTEMBER

910-622-6749 crowder84hd@gmail.com 4717 Ilex Drive Wilmington, NC 28412

I hope everyone was able to attend one of the State-wide Training sessions. I attended the one at Post 891 up in Asheville and found it to be very informative. One of the major focuses was to encourage members to use the reporting system. It is pretty simple, so give it a try. Go to *vfwauxnc.org* and click on *Programs*, then go to the *last tab* to view a step-by-step guide on how to use the reporting system. After you have figured out how to access the reporting system, go into the reporting system and take a look at each of the programs. If you read through each of the reporting system forms, you will then be able to determine whether or not your auxiliary has met any of the criteria for reporting. If yes, then please complete the report, or at least the portion that pertains to whatever your Auxiliary has done in that program. Be sure to read my Mentoring for Leadership promotion for this month. It goes into more detail about the reporting system.

One of the easiest ways to qualify for a report in Extension and Revitalization is to have the members of your Auxiliary complete the Questionnaire **Health Checkup for Your Auxiliary**. This questionnaire not only gives your Auxiliary a check mark in the reporting system, it provides a wealth of information on how the members view the Auxiliary, and what they would like to see the Auxiliary do in the future. I would like to see every Auxiliary President utilize this tool. Sometimes people will put on a piece of paper things that they'd rather not speak out about in the meeting. They are not required (or even asked) to sign the questionnaire. So . . . where do you get this questionnaire? Glad you asked. Sign in to **MALTA** and click on **Member Resources**, then go to the **Extension and Revitalization** tab on the left hand side of the page, then look at all of the options available to assist you in learning more about becoming a Healthy Auxiliary. Once you have utilized this valuable tool, go to **vfwauxnc.org** and REPORT your efforts. I'll be checking the reporting system to see how many **HEALTHY AUXILIARIES** we have in NC.

Be sure to make plans to attend the Fall Council of Administration Meeting in Greensboro. Those gatherings are not just for officers. Any member in good standing is encouraged to attend. It is a great place to meet others members and exchange ideas. Hope to see you there!

## VFW Auxiliary Dept of NC Historian/Media Relations September



Barbara Beard 198 Oakridge Dr Raeford, NC 28376 barbeard@roadrunner.com (910) 565-2351 hm (910) 624-4357 cell



As we look forward to this year of *"CultiV fJing the Juture for Our Veterans"*, we'll focus on taking social media to new heights by developing ideas, coaching, and sharing information. To begin, every Auxiliary in this Department that have not already established their own Facebook page, should to so. By creating your Facebook page, you are able to share what you are doing with and for Veterans in your community. Facebook allows Auxiliaries to share and promote fundraisers, events, and Programs with a wide audience.

#### How to establish a Facebook page:

- Visit MALTA (<u>https://malta.vfwauxiliary.org/Account/NewLogin</u>). You must activate your account if you have not already.
- Once you have access to your MALTA account, click on Member Resources located on the dashboard at the top of the page.
- Scroll down and select Historian & Media Relations.
- Click on How to Set Up Your Auxiliary Facebook Page to locate detailed instructions.
- Follow the step-by-step process and helpful tips to create your Facebook page.

Additional assistance for managing your Auxiliary Facebook page is also included in the Historian & Media Relations resources.

#### Tips for a successful Facebook page:

- Your Facebook page should be kept up to date with fresh ideas to encourage members to follow the page and to check in often.
- Invite your members to join your Auxiliary Facebook page.
- LIKE & SHARE! This is how news spreads.
- Only Auxiliary business is appropriate. Politics and personal information should be omitted.
- Post photos, videos, blogs, or vlogs to let everyone know what your Auxiliary is doing.
- Share Programs with your members and the community while also providing options for participation.
- Include a link to your auxiliary website to highlight even more details about our organization, events, Programs, and ways the community can support Veterans.

If you've never created a Facebook page, it is time to move forward and embrace this social media tool. Challenge yourself to step out of your comfort zone. Use online resources for inspiration and access established Auxiliary Facebook pages to see how others promote the wavs we support Veterans, service members, their families, and our communities.

## Top 10 Reasons to Have an Auxiliary Facebook Page

- 10. It's FREE! And easy to set-up and maintain.
- 9. Since it's FREE, it helps stretch your auxiliary budget!
- 8. Your members are likely already on Facebook.
- 7. It provides direct line of communication with Auxiliary members.
- 6. It's a great tool to share short, frequent messages.
- 5. It's a way for those interested in your Auxiliary to find it online.
- 4. It's an excellent tool to use in recruiting new members.
- 3. It's a wonderful way to get younger/different members involved in your Auxiliary.
- 2. It's an easy way to share information about fundraisers, scholarship contests, stories about how your Auxiliary helps veterans and their families, and recruit volunteers to help with an event just to name a few!
- 1. Social media especially Facebook is today's word-of-mouth.

#### Department of North Carolina Historian Group Page





#### HOSPITAL

#### Farres Upton, Chairman 653 Haynesad, High Point, NC 27262, 336-889-4133, farreshupton@aol.com

\*VOLUNTEERS are the patients, lifeline to the community. VA Medical Centers, and other Medical facilities have dismissed most restrictions.

\*Regularly scheduled VOLUNTEERS are needed, as well as VOLUNTEERS that have a few hours per week.

\*Your Auxiliary or District may enjoy doing something a little different, such as: "ADOPT A WARD", or UNIT, for special occasions. Occasions such as Birthdays, special Holidays, including non-traditional Holidays

\*Contact the Medical Facility where you volunteer, to plan events for our Veterans.

#### \*A Reminder:

Record number of Auxiliary members that volunteer at any medical facility, plus their hours. (VA or non-VA)

Record number of hours that sponsored Volunteers or students, that volunteered under the VFW Auxiliary sponsored and supervision, at any VA or non- VA medical facility.

#### **\*DATES TO REMEMBER:**

September 4<sup>th</sup>. Labor Day September 11<sup>th</sup>. Patriot Day September 13<sup>th</sup>. National Peanut Day September 15<sup>th</sup>. POW/MIA Recognition Day September 18<sup>th</sup>. National Cheeseburger Day September 29<sup>th</sup>. National Coffee Day

Looking ahead to October:

October 1<sup>st</sup>. National Homemade Cookie Day October 5<sup>th</sup>. National Do Something Nice Day October 28<sup>th</sup> National Make a Difference Day October 31<sup>st</sup> Halloween

As "You Are Banding Together for Our Veterans", be creative and plan enjoyable events.

Loyally, Farres

## SALISBURY V A MEDICAL CENTER SALISBURY, NC

**Brothers and Sisters:** 

#### "CULTI-VETING the FUTURE for our VETERANS"

Salisbury VA Medical Center has lifted most restrictions. To schedule events, contact Alesha Brandon at 704-638-3409.

Our Greenhouse on campus at the Salisbury VA Medical Center is truly an asset. It provides therapy for many of our Veterans. Donations would be appreciated, as part of the Greenhouse is still under construction.

\*To support the GREENHOUSE project, "checks go to our Treasurer Sandra Johnson Leu, earmarked "GREENHOUSE FUND", SALISBURY VA MEDICAL CENTER. Sandra will send a letter and check to Salisbury Volunteer Service "CDCE", earmarked "Greenhouse Fund."

Thank you for supporting our National Wheelchair and Golden Age games.

We sent 7 Veterans to the National Wheelchair games in Portland, Oregon. and 10 Veterans to the Golden Ages games in Des Moines, Iowa. They all won awards.

#### **Items Needed**

Hygiene items (Men and Women) Sweatpants and Shirts (Men and Women) Socks (Men and Women) Jackets Blankets/Quilts Puzzle Books/Word Search Bingo Prizes

Thank you for supporting the needs of our Veterans.

Loyally, Farres Upton Salisbury Representative

## CHARLES GEORGE VA MEDICAL CENTER



#### Joyce B. Preston – VAVS Representative 706 Warrior Drive Tryon, North Carolina 28782 Mobile: 828-817-0939 Email:jbpreston99@yahoo.com Willie Glance – Honorary VAVS Representative

Home: 828-859-5286 Bessie Bright – VAVS Deputy

#### September 2023

A fire damaged an unoccupied administrative building at the Charles George VA Medical Center Sunday, June 25, 2023. Building 14 – which houses the Office of Information Technology, Health Administration, Union, Homeless Services, and other administrative functions – suffered extensive damage, but thanks to the quick response of the Asheville Fire Department, the fire was extinguished safely, efficiently and without incident.

#### Homeless Services temporarily moved

Veterans may now access Homeless Services in Bldg. 47 (main facility), room 1A171, which is located behind the Emergency Department and next to Podiatry.

Veterans can go to the Emergency Department to be checked in.

Staff and Veterans can contact the Homeless Program at 828-298-7911, extension **1198** or Social Work Services at extension **5335** with questions.

#### 5 Reasons Why Veterans and Survivors Need to Apply for PACT Act Benefits ASAP!

<u>1<sup>st</sup>.</u> VA wants you to apply for PACT Act benefits and care right now – and reapply if you've been denied before. If you served overseas since 1955, there's a good chance you're eligible for benefits under the PACT Act.

**<u>2nd.</u>** if you apply for PACT Act-related benefits by August 9, your benefits may be back dated to August 10, 2022 – so get your claims in as soon as possible. And if you're not ready to submit a full claim by then, don't worry – you can also submit a quick-and-easy "**intent to file**" (VBA-21-0996 linked below) by August 9 and still receive the same effective date.

 $3^{rd}$ , some Veterans are worried that applying for PACT Act benefits will impact their current benefits – but the truth is this: if you file a claim, you are 32 times more likely to see your benefits increase or stay the same than decrease. So don't worry and don't wait – apply today

<u>4th</u>, there are people out there who will try to convince you that you need to pay someone or use a lawyer to apply for VA benefits – but that's not true. Applying for PACT Act benefits is free, it's easy, and you can do it by working directly with VA or a Veteran Service Organization.

**Finally**, you can learn more about the PACT Act – and apply or submit your "**intent to file**" (VBA-21-0996 linked below) – by visiting VA.gov/PACT or calling 1-800-MY-VA-411.

#### Why Veterans and Survivors Should Apply by August 9

• There is no deadline to apply for PACT Act benefits, but there is urgency: If you apply for PACT Act-related benefits before by August 9, your benefits may be backdated to August 10, 2022 – the day the bill was signed into law.

This is last month's mail that was overlooked and not mailed out - So 9 August over by the time you get this. • And if you're not ready to submit a full claim by then, don't worry - you can also submit a quick-and-easy "intent to file" (VBA-21-0996 linked below) by August 9 and still receive the same effective date.

• Don't wait. Visit VA.gov/PACT to apply - or submit your "intent to file" (VBA-21-0996 linked below) - today.

• Thanks to the PACT Act, VA is now able to "presumptively" provide benefits to Veterans who live with hundreds of toxic-exposure related conditions – including many cancers and illnesses.

\* This means that when eligible Veterans apply for benefits, they do not need to prove that their service caused their condition; instead, VA automatically assumes service-connection for these Veterans and provides benefits accordingly.

# **\*\* Needs:** 2Liter Drinks – Regular & Diet Lip balm/Chap Stick Denture Cleaning tabs Denture Adhesive **\*\*\*** Used/no longer needed glasses (scratched up ready for trash) to be used for the PAWS training. PAWS can also use old remotes & used cell phones – can be broken

God Bless Our Troops & God Bless the USA!

Durham VA Medical Center ~ September 2023 508 Fulton Street, Durham, NC 27705 1(919) 286-0411 Center for Development and Civic Engagement (Voluntary Services: Ext. 177810)

The Center for Development and Civic Engagement has had many requests from Veterans over the past few months for food. The VA is working with churches and local groups to help meet the needs. The VA would appreciate the following for the food pantry:

- \* Hormel complete meals
- \* Cereal individual package
- \* Breakfast non-perishable foods
- \* Horizon milk
- \* Canned, tuna, chicken, spam and other protein enriched items
- \* Pop vegetables, baked beans, soups without cream
- \* Pop Top or Microwave pasta (Chef Boyardee, mac & cheese)
- \* Pop Top or fruit cups

<u>Contact</u>: Abena Jones-Boone, CLC Community Living Recreation Therapy-<u>abena.jones-boone@va.gov</u> for the following events for CLC:

The Community Living Center Nursing Home (CLC) is welcoming groups back to sponsor:

- \* Weekday/weekend programming bingo & special events
- \* End of the Summer Cookouts
- \* Holiday Meals Thanksgiving & Christmas
- \* NC State Fair Outing
- \* Holiday Veterans' Ball/Gala
- \* Music Guest performances
- \* Picnic in the Park
- \* Annual Car Show/Parade

Patients would like to integrate with others for movies, restaurants, baseball/football/basketball games and other events.

Thank you for supporting our Veterans at the Durham VA Medical Center~ Dianne Sellers, VAVS Rep, Veterans Administration Voluntary Services 336-253-5867 taikijorsel@gmail.com LEGISLATIVE PROGRAM—September 2023



*It's time for CultiVETing the Future for our Veterans!* "Banding Together for Our Veterans"





US Senate returns on September 5 and the US House of Representatives return on September 12th after August "District Work Days/Recess". House Speaker Kevin McCarthy 'expects' a short-term funding bill will be necessary to avoid shutdown. The government is set to run out of funding on Oct. 1, giving the House only 12 working days to pass their 11 remaining appropriations bills, negotiate with the Senate in conference committee and keep the government funded.

**44 Attorneys General Agree with VFW to Pass GUARD Act:** The National Association of Attorneys General issued a letter on behalf of a bipartisan coalition of 44 attorneys general expressing support for the passage of the *Governing Unaccredited Representatives Defrauding (GUARD) VA Benefits Act*. The letter to congressional leaders stated, "The GUARD VA Benefits Act would remove the ability of unaccredited, unregulated, and often unscrupulous actors to target and prey upon those veterans with impunity. It holds them accountable not just to the law but also to the veterans and their families by giving them options for redress when they find themselves victims of those same actors." <u>Read the letter</u>.

VFW National Legislative Deputy Director Kristina Keenan testified before the House Committee on Veterans' Affairs on pending legislation. H.R. 705, Veterans 2nd Amendment Protection Act would establish due process for veterans with fiduciaries before VA refers them to the National Instant Criminal Background Check System (NICS). Keenan stated, "VA's practice of referring all veterans with fiduciaries to NICS has had a negative impact on veteran trust. This has created a significant stigma around mental health and has created barriers to care."

**NC Elections!** Many of you across the state may have municipal elections this fall in your counties. Most municipalities in North Carolina conduct elections in odd-numbered years, including 2023. This is when voters choose who will represent them in local government offices, such as mayor and councilperson. Some municipalities may also conduct referenda on property tax or other matters. To find out more, go to <u>NC State</u> <u>Board of Elections</u> website. Click on *"About Elections."* On this page you will find details, including dates and deadlines, for the 2023 municipal elections.

To follow the progress of a bill through the legislative process, visit **Congress.gov** or my favorite, **Govtrack.com**. **Find your representatives and more:** Senate at <a href="https://www.senate.gov/">https://www.senate.gov/</a> House of Representative at <a href="https://www.ncleg.gov/">https://www.senate.gov/</a> House of Representative at <a href="https://www.ncleg.gov/">https://www.senate.gov/</a> House of Representative at <a href="https://www.ncleg.gov/">https://www.ncleg.gov/</a>. North Carolina General Assembly: <a href="https://www.ncleg.gov/">https://www.ncleg.gov/</a>. Check out the <a href="https://www.ncleg.gov/">additional</a> <a href="https://www.ncleg.gov/">https://www.ncleg.gov/</a>. Check out the <a href="https://www.ncleg.gov/">https://www.ncleg.gov/</a>. Check out the <a href="https://www.ncleg.gov/">https://www.ncleg.gov/</a>.

#### CHALLENGE!! CHALLENGE!!

You may have heard people in the Media refer to the 3 COEQUAL branches of Government. Is that true? What are those 3 branches? What is the significance of 22, 11 & 6? Go to the Legislative Program Facebook page (see Events) and leave your answers. The first best answer will win a special prize from yours truly!



Visit our Facebook Page, Dept of NC VFW Auxiliary Legislative Program to keep up with Legislative News and Action Alerts! Contact info: Lynn Childs, 252-528-0500. Email: <u>lynn.ccta@gmail.com</u>, 1476A Northside Rd, Elizabeth City, NC 27909 "Religion and good morals are the only solid foundation of public liberty and happiness." —Samuel Adams (1778)







## Banding together for our Veterans ~ CultiVETing the Future for our Veterans

September 2023

#### It's important to remember our membership period - July 1, 2023 through May 31, 2024

School is back in session!! It's time to learn more about Membership in the Auxiliary!

Do you know your 2023 – 2024 Membership:

- National Representative
- Conference Coach in the Southern States
- Department Representative
- District Representative

If you do, email me with all four of the correct persons by October 1<sup>st</sup> to be entered into a raffle for \$25!

Department membership stands at **77.66%**\* and we need **1,535** to reach 100% membership. But don't forget we are shooting for 102% this year!! Get out there and tell everyone about what we do! (\*as of 8.21.23)

#### Important Dates to Remember as an Auxiliary!

March 31<sup>st</sup> – Each Aux that reaches 98%+ in membership will receive \$25 Can you calculate how many members you need to reach this goal?

June 30<sup>th</sup> – Each Aux that reached 100%+ will receive \$25 Can you calculate how many members you need to reach this goal?

**June 30<sup>th</sup>** - Each Aux that reaches 101% + by June 30, 2024\* will be entered into a onetime drawing to receive \$500!! (\*Based on the June 30, 2023 year-end membership numbers)

**TAKE ACTION:** Calculate your membership numbers to track how many members your Aux will need by March 31<sup>st</sup> (hint – 98% + ) and how many members/recruits to reach 102%+.

Membership resources can be found on:

National Website (<u>https://vfwauxiliary.org</u>) Department of NC Auxiliary (<u>https://vfwauxnc.org</u>) Malta Webpage (<u>https://malta.vfwauxiliary.org/MemberResources</u>)

Respectfully,

Lyndsey Bowlus

1012 Garden Oak Drive Indian Trail, NC 28079 nikh96@aol.com 443-655-4570



## Mentoring For Leadership

## DEBORAH CROWDER

#### **SEPTEMBER**

910-622-6749 crowder84hd@gmail.com 4717 Ilex Drive Wilmington, NC 28412

Well, summer is almost over and we're about to finish up our Department-wide Training Sessions. I hope everyone was able to attend one of the sessions. I attended the one at Post 891 up in Asheville and found it to be very informative. One of the major focuses was to encourage members to use the reporting system. It is pretty simple, so give it a try. Go to vfwauxnc.org and click on *Programs*, then go to the *last tab* to view a step-by-step guide on how to use the reporting system. After you have figured out how to access the reporting system, go into the reporting system and take a look at each of the programs. If you read through each of the reporting system forms, you will then be able to determine whether or not your auxiliary has met any of the criteria for reporting. If yes, then please complete the report, or at least the portion that pertains to whatever your Auxiliary has done in that program. It is suggested that you do not wait until the end of the year deadlines to start reporting. You can file a report as often as necessary. In fact, you are encouraged to file a report as soon as the activity being reported is completed. One Auxiliary has a sheet available to all members as they enter the door for their meeting. Each member writes down whatever they have done since the last meeting and the Secretary determines whether or not it is subject matter for a report. Other Auxiliaries have the Program Chairman enter the reports as the Auxiliary completes an event.

In case you're wondering, this has been a mentoring session for learning how to use the reporting system. If you have provided this type of instruction to another member of your Auxiliary, then you can answer at least one of the questions in the reporting system under Mentoring for Leadership. Your instructions can be in reference to our Bylaws and Ritual, for example you can show a new member how to find a description of the duties of each office, or how to stand at attention and salute our flag. There are many ways you can serve as a mentor. Any time you share your knowledge, skills and experiences with a new member, you are serving as a mentor to that person. If you go to MALTA and check out the information available regarding Mentoring and utilize that information, you will be able to answer even more of the questions in the reporting system. Be sure you take time to provide detailed comments in the section provided.

I hope to see many reports in the coming months. As always, if you have questions or concerns regarding this program, please contact me. AND if you have a Mentoring for Leadership idea that you want to share with others, let me know that as well. We all learn from sharing!



## Scholarship Programs 2023-2024

## September 2023

National Auxiliary President Carla Martinez's theme: "Banding Together for Our Veterans"

Department Auxiliary President Connie Holt's theme: "CultiVETing the Future for Our Veterans"

Wendy Dorsey Rachels, Scholarship Chairperson PO Box 635 Badin NC 28009 704-984-2259

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wdrachels@gmail.com

Student Participation \* Recipient Recognition \* Community Awareness \* Increasing the Fund

#### Continue to plant the seeds! Harvest the best crop of entries ever!

#### National Scholarship Program Deadlines Local Post – Oct 31 District Deadline – Nov 15

- <u>Patriot's Pen</u>: Youth essay contest for middle grade students in grades 6-8. Each first place Department winner receives a minimum of \$500 at the National level. The National first place winner receives \$5000. The 2023-2024 theme is *"How Are You Inspired by America?"* Read the criteria here and download applications: <u>https://www.vfw.org/community/youthand-education/youth-scholarships</u>
- <u>Voice of Democracy</u>: Audio-essay program for high school students in grades 9-12. The National first place winner receives a \$35,000 scholarship. The first-place winner from each Department wins a minimum scholarship of \$1000. The 2022-2022 theme is *"What Are the Greatest Attributes of our Democracy?"* Read the criteria here and download applications: <u>https://www.vfw.org/community/youth-and-education/youth-scholarships</u>

#### Ideas to Promote National Scholarships

- Make packets and deliver/mail to schools in your area including private/parochial schools. Include in your packets a cover letter introducing your Post/Auxiliary with contact information, the Scholarships-At-A-Glance flyer from the VFW website, multiple scholarship application forms. Include Teacher of the Year application forms in your packets too! Tackle two programs by sowing multiple rows in our garden!
- Contact the schools and ask to speak at the next PTA meeting about our scholarships. Gain the attention of the parents looking for scholarship opportunities!
- Reach out to your local Homeschool CooperativesAsk to speak at the next Homeschool Cooperative meeting/function.
- Reach out to the youth groups, scouting groups and the youth programs at the YMCA and community centers in your area. Set up a booth at community events.
- Submit an article regarding Voice of Democracy and Patriot's Pen to the local newspaper and radio station. Include a link to the forms on the website.

#### <u>Challenge #1</u>

• All Auxiliaries who have entered a valid online program report for Voice of Democracy and Patriot's Pen by 11/15/2023 will be entered into a drawing for \$25.

# Youth Activities Program 2023 – 24



Becky Rowe, NC Dept. Youth Activities Chairman, ba.rowe@sbcglobal.net



Small Hands Helping, in Big Ways

## Patriotism through Literacy

One of the easiest ways to promote patriotism is through reading among our youth. It is simple, fun and free (if using a library.) We need to educate our youth at an early age about who our historical figures were that helped to build this great country, the United States of America.

Teaching patriotism through literature is just one step toward understanding and learning about patriotism.

#### Examples of books for youth:

America the Beautiful by Cholena Rose Dare (ages 3-6)
The Night Before the Fourth of July by Natasha Wing (ages 3-5)
Fourth of July (Holidays in Rhythm and

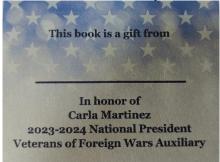
Rhyme) by Emma Carlson Berne (ages 5-7) • The Fourth of July Story by Alice Dalgleish (ages 4-8) • What Does It Mean to be American? By Rana DiOrio (ages 4 -8).

• Our White House: Looking In, Looking Out created by the National Children's Book and Literacy Alliance with 110 Renowned Authors and Illustrators

• A Patriot's Handbook, Songs, Poems, Stories, and Speeches Celebrating the Land We Love, illustrated and introduced by Caroline Kennedy

These books and other patriotic books are available at your nearest bookstore, or you can purchase from online retailers.

When Donating Books to After-school Care and Youth Groups remember to use this Label. Add it to inside of the book cover. (On a blank page) Don't forget to add your VFW Auxiliary information. Some School and Local Libraries may not accept with Label.



It is found in MALTA under Member Resources/Youth Actives/ Patriotism Through Literacy. You will find a full list of "Patriotism Through Literacy Book Suggestions".

Banding Together for Our Veterans, while "CultiVETing The Future For Our Veterans"

Becky Rowe 4869 Penníngton Meadows Círcle Rock Híll, SC 29732 314-393-5377 ba.rowe@sbcglobal.net

#### Dept of NC Membership Report 2023-24 President Connie Holt Chairman:Lynsey Bowlus

Date: 8/24/2023

Central Sandra Jeffries

District 6 Pres Sandra Je Jeffries						
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
1920	Mebane	41	28	19	68.29%	
10607	Burlington	32	26	23	81.25%	
	TOTALS	73	54	42	73.97%	

District 10 Pres Carsonia Whitmore							
		2023	2024	Life			
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
2087	Greensboro	18	6	6	33.33%		
2972	Gibsonville	35	33	30	94.29%		
3074	Lexington	48	35	16	72.92%		
8297	Mway Monroeton	58	46	46	79.31%		
	TOTALS	159	120	98	75.47%		

District 8 Pres Julia Stancil Warren							
		2023	2024	Life			
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
670	Fayetteville	121	99	95	81.82%		
4542	Spring Lake	78	64	56	82.05%		
6018	Fayetteville	189	156	155	82.54%		
10,630	Hope Mills	35	29	25	82.86%		
	TOTALS	423	348	331	82.27%		

District 12 Pres Theresa Billips							
		2023	2024	Life			
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
2908	Albemarle	94	39	34	41.49%		
3006	Salisbury	110	46	45	41.82%		
6365	Locust	18	18	4	100.00%		
8989	Kannapolis	138	62	61	44.93%		
9134	Rockwell	30	16	16	53.33%		
		е					
	TOTALS	390	181	160	46.41%		

District 9	District 9 Pres Angi Hardy							
		2023	2024	Life				
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent			
4203	Rockingham	51	36	25	70.59%			
5631	Sanford	111	98	97	88.29%			
7318	Southern Pines	311	284	279	91.32%			
9881	Biscoe	33	8	5	24.24%			
10,403	Wadesboro	46	44	23	95.65%			
	TOTALS	552	470	429	85.14%			

CENTRAL	2023 Mbrs.	-	Life Mbrs.	Percent
TOTALS	1597	1173	1060	73.45%

# Dept of NC Aux Membership Report 2023-24

Date: 8/24/2023

East-- Laura Verdon

District 1 Pres Rhonda Leaver					
		2023	2024	Life	
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent
6060	Elizabeth City	237	156	156	65.82%
7312	Sunbury	23	18	18	78.26%
10950	Outer Banks	39	29	29	74.36%
	TOTALS	299	203	203	67.89%

District 2 Pres. Violet Saviak						
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
2615	Goldsboro	43	30	30	69.77%	
2771	Kinston	15	6	5	40.00%	
7032	Greenville	55	49	33	89.09%	
9959	Mount Olive	44	23	21	52.27%	
	TOTALS	157	108	89	68.79%	

District 4	Pres Karen Larkir	۱			
		2023	2024	Life	
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent
2514	New Bern	109	105	100	96.33%
7315	Havelock	176	155	153	88.07%
7547	Clinton	65	58	57	89.23%
8986	Newport	57	51	49	89.47%
9133	Jacksonville	183	147	147	80.33%
9810	Warsaw	29	29	29	100.00%
9960	Swansboro	272	217	210	79.78%
11119	West Craven	36	35	31	97.22%
	TOTALS	927	797	776	85.98%

District 5	District 5 Pres Deborah Crowder						
		2023	2024	Life			
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
7288	Calabash	274	179	168	65.33%		
8866	Holden Beach	99	99	96	100.00%		
9983	Holly Ridge	144	117	116	81.25%		
10226	Oak Island	87	74	71	85.06%		
10400	B Spring Lakes	75	41	35	54.67%		
	TOTALS	679	510	486	75.11%		

District 7	District 7 Pres Ivy Bluher							
		2023	2024	Life				
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent			
6983	Angier	21	15	15	71.43%			
6722	Lillington	20	15	15	75.00%			
7383	Cary	153	123	115	80.39%			
9103	Spring Lake	100	87	87	87.00%			
10225	Garner	110	109	95	99.09%			
10999	Raleigh	40	41	22	102.50%			
	TOTALS	444	390	349	87.84%			

District 3	Pres Mary Lewis	6			
		2023	2024	Life	
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent
2057	Rocky Mount	68	46	46	67.65%
4147	Bailey	21	15	15	71.43%
	TOTALS	89	61	61	68.54%

EASTERN	2023 Mbrs.		-	Percent
TOTALS	2595	2069	1964	79.73%

Date: 8/24/2023

Western Lin Moore

District 11 Pres Nancy Raborn							
		2023	2024	Life			
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
1119	Cooleemee	27	17	10	62.96%		
5352	Kernersville	122	62	43	50.82%		
7794	Elkin	36	19	13	52.78%		
9010	Clemmons	59	51	51	86.44%		
9436	Pilot Mountain	72	56	25	77.78%		
11173	Walnut Cove	20	21	0	105.00%		
	TOTALS	336	226	142	67.26%		

District 13	District 13 Pres Becky Rowe							
		2023	2024	Life				
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent			
1160	Charlotte	146	121	121	82.88%			
2423	Indian Trail	108	89	86	82.41%			
5464	Monroe	45	42	33	93.33%			
6724	Paw Creek	34	31	28	91.18%			
7775	Charlotte	21	19	19	90.48%			
9337	Gastonia	71	43	27	60.56%			
9736	Croft	16	5	5	31.25%			
	TOTALS	441	350	319	79.37%			

District 14 Pres Genny Price							
		2023	2024	Life			
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
1706	Lincolnton	72	46	46	63.89%		
2031	Statesville	68	60	57	88.24%		
4066	Shelby	21	12	12	57.14%		
5305	Newton	31	12	11	38.71%		
	TOTALS	192	130	126	67.71%		

WESTERN	2023 Mbrs.			Percent
TOTALS	2012	1470	1270	73.06%

NC At-Large				Percent
TOTALS	668	650	624	97.31%

District 15	District 15 Pres Sherry Brooks							
		2023	2024	Life				
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent			
1142	N. Wilkesboro	84	71	67	84.52%			
4286	Newland	34	28	23	82.35%			
5381	Lenoir	56	36	36	64.29%			
7031	Boone	43	21	19	48.84%			
7034	Sparta	59	43	43	72.88%			
7946	Jefferson	29	19	11	65.52%			
	TOTALS	305	218	199	70.49%			

District 16 Pres Joyce Preston							
	2023 2024 Life						
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
891	Asheville	81	73	67	90.12%		
5206	Hendersonville	84	72	61	77.38%		
9116	Columbus	25	18	17	72.00%		
	TOTALS	190	163	145	82.11%		

District 17	Adele Barcia						
		2023	2024	Life			
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
4309	Brevard	200	159	145	79.50%		
5202	Waynesville	217	115	113	53.00%		
6812	Hayesville	52	51	36	98.08%		
7339	Franklin	79	58	45	73.42%		
	TOTALS	548	383	339	69.89%		

STATE	2023 Mbrs.	2024 Mbrs	Life Mbrs	Percent
TOTALS	6872	5362	4918	77.88%

Needed to reach 100% 1510