

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 Connieann17563@yahoo.com



January 2024

Brothers and Sisters,

As we enter the New Year, I want each of us to remember "Although no one can go back and make a brand new start, anyone can start from NOW and make a brand new ending" – Carl Bard. Coming together is a beginning, staying together is progress, and working together is Success... Continue "CultiVeting the Future for our Veterans" and this will lead us to a prosperous future as an organization.

REMINDERS:

- ➤ Deadlines Patriotic Art, Get Excited for the Red White and Blue and Member of the Year deadline is fast approaching. Be sure to turn those entries in to the correct chairperson by the due date of 31 March 2024. I know we have some amazing members and children here in North Carolina who exemplify much talent... Lets be sure they get the recognition they deserve!
- ➤ **Contributions** were due by 31 December 2023. Auxiliaries who failed to remit all contributions by the deadline will not be eligible for Department awards as per the Department Standing Rules.
- ➤ **Cultivating Success Award** Continue to check the guidelines to make sure each Auxiliary & District are completing the goals to achieve this award. The Award Criteria is available on the Department Website.
- ➤ Winter C of A Will be held February 2-4 2024 at Embassy Suites in Greensboro.
 - The Quarter Auction will be held Friday evening; benefiting the Special Project. Anyone wishing to make a donation of an item or a basket to auction off please bring them. Don't forget to bring your quarters!
 - Saturday VOD & PP Banquet Attire is formal (suit & tie/evening gown), Tickets can be pre-ordered by contacting VFW Department HQ. *District Presidents are expected to escort their District winners into the banquet*.
- 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 soon!
- ➤ **Membership** Keep Pushing for our 100% + 1 goal... Our Department needs under 455 members to be 100%. Auxiliaries have proven that we can reach our goal, its time to put in the elbow grease to get it accomplished.

I am Wishing each of you a prosperous and successful New Year. To be sure we continue down the road of success, utilize the tools and resources available to you from VFW National and Department Auxiliary.

Faithfully Serving Veterans,
Connig Holt, President





A Message from the Department Treasurer January 2024 Vfwauxnc.org



Brothers and Sisters,

Welcome to the 2nd half of our year. Can you believe we are already 6 months into the current year?? Time does fly.

IMPORTANT NOTICE: ALL CHECKS BEING SENT TO THE DEPARTMENT FOR ANY REASON MUST BE MADE PAYABLE TO: <u>DEPARTMENT OF NC VFW AUXILIARY.</u> The bank has started refusing checks that are not made out correctly. This includes checks for dues, memberships, contributions, etc. It also includes checks for the Department Presidents Love gift. Please do not make these payable to Anna Holm and send them to her any longer. These checks are to be sent to the Department. Checks not made out correctly will be returned to the Auxiliary. This information comes from the bank. The exception is checks for the Earline Mayberry Scholarship. These checks are made payable directly to the scholarship account.

- ↓ Your audits for the period ending 31 December are due to me by 28 February. Per section 814 of the Bylaws, a minimum of 2 trustees must be in attendance for the audit, with at least 1 being one of the elected trustees. If all trustees are not available or if your Auxiliary is currently missing a trustee, the president may appoint a pro-tem trustee in these extenuating circumstances. The trustees should be completing the audit, not the treasurer, although the treasurer may complete one to compare with that of the trustees. Once the audit is completed, the trustees shall submit and READ the entire written audit to the members of the Auxiliary. A motion, with a second, to accept the audit as presented is required, followed by a vote of the members. It is after all of this has been done that the audit is then sent to the Department. Please remember that all Auxiliaries are required to have a relief fund, and the trustees should be reviewing and signing the books of the secretary as well as those of the treasurer.
- Also on your audits, please note the Department and National Dues fund is strictly a pass-thru account. This account should NOT be carrying a balance. When dues are collected, the amount owed for Department and National (\$13 for annual, full amount on life) is the amount put in this account under CREDIT. The remaining amount collected should go into your Auxiliary General fund, or where your Auxiliary has voted to disperse those funds. Then once the dues are either paid in MALTA or sent to the Department treasurer for new applications or annual dues, that amount is then DEBITED from the account. Your balance should then be ZERO.
- Now is the time to start anticipating how the increase in National dues for annual members will affect your Auxiliary. And your dues. The Department dues increased by \$2 in 2023. Beginning 1 July 2024 National dues will increase by \$5, going from \$5 to \$10. So, for each annual membership the Department and National dues portion will now be \$18. If your Auxiliary depends on a portion of your annual dues to assist your general fund, you may want to consider an increase in your Auxiliary annual dues. This must be a vote of the Auxiliary members present at the meeting. If your Auxiliary does make the decision to increase your dues, the Auxiliary treasurer will then go into MALTA under duties and change the amount of dues for your Auxiliary based on the effective date of the change. This DOES NOT happen automatically. If the treasurer is not able to make this change in MALTA themselves, then use the officer change form, indicate the amount of change on the form and send to the Department Secretary and to National for the change to be made for you.

Sandra Johnson-Leu,

VFWA Department Treasurer 2023-2024 Department of NC 919-906-7592 <a href="mailto:com/ctvsun@embarqmail.com/ct

"No matter what happens, where you go or what your do, Always remember: No one can take the fire out of your soul, the stars from your eyes or the passion that's within your heart. These things belong to you. Always."



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

January 2024

What better time to right old wrongs and heal old wounds? To leave regrets behind? To make peace with one another and enter the New Year with a clear conscience and heart? Following is a recipe for a Happy New Year!

Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them fresh and clean as when they first came from the great storehouse of Time.

Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many people spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, prayer, meditation, rest (leaving this out is like leaving the oil out of the salad dressing—don't do it), and one well-selected resolution.

Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.



- Please remember to send me the name of anyone who needs a "Get Well," "Thinking of You," or Sympathy card
- > Auxiliary Chaplains should submit a report each month on the Department Reporting System.

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

Veterans and Family Support January 2024



HAPPY NEW YEAR!!! In order to promote mental health and wellbeing among veterans and their families, it is crucial to provide them with the necessary support and resources. This month, as we celebrate the beginning of a new year, it is important to prioritize self-care practices that can significantly contribute to their mental wellbeing. One way to achieve this is by organizing workshops that focus on stress management techniques, mindful exercise, and healthy coping mechanisms. These workshops can provide veterans and their

families with the tools and knowledge they need to effectively manage their mental health. By encouraging and promoting self-care practices, we can ensure that veterans and their families receive the support they deserve and lead fulfilling lives.

In addition to workshops, it is important to create a supportive and inclusive environment for veterans and their families. This can be achieved by fostering a sense of community and providing access to resources such as counseling services, support groups, and educational materials. By promoting self-care practices and providing a supportive network, we can help veterans and their families navigate the challenges they may face and improve their overall mental health and wellbeing. Ultimately, by prioritizing mental health and wellbeing, we can ensure that veterans and their families receive the support they need to lead fulfilling and meaningful lives.

Stress Management Techniques:

- The U.S. Department of Veterans Affairs (VA) offers resources on stress management for veterans and their families. You can visit their website at

www.mentalhealth.va.gov/stress.asp for information and tips.

- The National Center for PTSD, a division of the VA, provides resources on managing stress and coping with trauma. Their website, www.ptsd.va.gov, offers a variety of tools and information.

If you know of a Veteran going through a crisis, please do not hesitate to help by dialing 988 then Press 1.



Loyally Serving
Joe Nelson
Veterans and Family Support Chairman

Jnelson nc@yahoo.com
(252)626-4888

#WE CAN AND WE WILL

2023-2024 Americanism Goal: Build on the knowledge of our Auxiliaries with

* Flag Education * Promote Patriotism * Star Families *

* Prisoner Of War / Missing In Action Recognition #MoreThanLetters

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





"CultiVETing The Future For Our Veterans" NC Dept President, Connie Holt's Theme























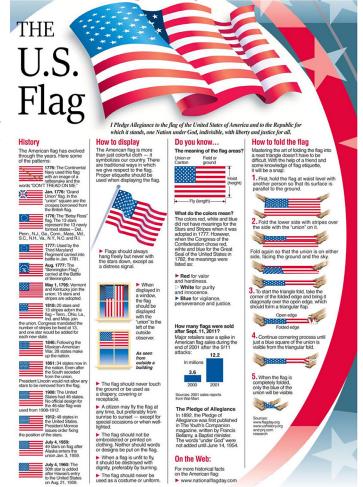
VALENTINES DAY 2024

Across many parts of the world, on Wednesday, 14 February, flowers, cards and gifts will be exchanged between loved ones. Now is the time, to have your Auxiliary as well as our Youth, get to work, creating Valentines Cards, for our Veterans in Nursing Homes, Assisted Living, Hospitals and your Post members as well as our deployed Veterans. This is another great time of year, to show your unwavering support and love for our country as well as our love for all our freedom fighters ensuring they all know of our unwavering support as they are our #AUXTRIBE.



PATRIOTIC SPIRIT & OUR AMERICAN FLAG

A large part of Americanism and demonstrating the patriotic spirit is properly caring for and displaying the U.S. Flag. Flag etiquette covers everything from proper display of our Flag to acceptable conduct around this symbol of our nation. With the New Year, comes all these great "History facts", "Did you know..." as well as "How to's...." to keep learning, as well as teaching.







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

"Buddy" ® Poppy





"Buddy"® Poppy

The Winter C of A will be here before you know it and that means the "Buddy" ® Poppy Display Contest!!

The 3 categories are:

- Public Promotion of Poppy Campaign
 - Memorial or Inspirational Displays
 - Artistic or Decorative

Rules for the "Buddy"® Poppy Display Contest can be found on Malta under Member Resources

REPORT REPORT REPORT
Please Do Not Wait to Enter Reporting

National Home

Home Front Heroes take a leading role in our mission by pledging to make a recurring monthly contribution. They're our front line of support, helping provide a steady, reliable source of funding we urgently need.

If you've been waiting to become a Home Front Hero, now's the time to sign up. It's simple, secure and convenient...

- -You determine the amount of your monthly donation
- -You choose to use your credit card or checking/savings account.
- -You can email us to increase, decrease or suspend your gift at any time.

<BECOME A HOME FRONT HERO!</p>

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

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



"CultiVeting the Future of Our Veterans" NC Dept. President Connie Holt

AUXILIARY OUTREACH JANUARY 2024





"Banding Together for Veterans" National President Carla Martinez

Auxiliary Outreach Checklist

- *Find organization to help assist in their Event or Project.
- *Auxiliary Vote to Assist Organization.
- *Wear Attire to Function, Pin, Hat, Shirt, Jacket, Sweater....
- *DO NOT PLAN or SPEND MONEY.
- *DONATE YOUR TIME and SERVICE.
- *Help make their event or project successful.
- *Include as many as you can from the auxiliary to participate.
- *MAKE SURE YOUR ACTIVITY IS NOT REPORTABLE IN ANOTHER PROGRAM. (Report it in that program)
- *Report to auxiliary how the event went. Make sure it is in your minutes.
- *FILE REPORT!! Include number of members participated. The hours there. What you did to donate your time and service.

It is a brand New Year, the season of Christmas giving does not stop here! Continue to give your Time to Helping others in your community. During the Christmas season we often hear of all the places that have needs, people donate to those needs in the spirit of giving and are often forgotten until the next year. Your Auxiliary can continue to support these organizations by reaching out and asking if they need your help. Donate your time and service to help them with their continued events and projects through the year.

No matter where you live. You have a community to Help and Serve in.



You have asked for list of places you can look for in your community. Word of mouth usually get around quick. Let people in your community know that the VFW Auxiliary is looking to help and serve its community.

Check your local foodbank, soup kitchen, meals on wheels, shelters.

Youth groups, senior centers, local nursing homes, hospitals.

Schools, Girl and Boy Scouts, school reading programs, after school programs.

Police, Fire, EMT services, Park and Recreations, Animal Shelters.

As an Auxiliary member remember that you may be the first contact to a veteran in need. Be prepared with information to assist them in the direction where they can get help.

Thank you, for all that you do to serve Our Veterans and their Families. We as the VFW and Auxiliary are here to help and assist ALL VETERANS. You just may be that link that can help them to a brighter, better future.



Theresa Billips

Dept. NC Auxiliary Outreach Chairman

Sistertnc@aol.com



CHIEF OF STAFF EXTENSION & REVITALIZATION MENTORING FOR LEADERSHIP

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

DEBORAH CROWDER

JANUARY

Extension & Revitalization:

It is hard to believe, but WOW! **HAPPY 2024!!** I hope everyone had an enjoyable and safe holiday season, and that you're ready to get to work on some very exciting promotions. I know the other program chairmen are anxious to start reading about the activities your Auxiliary has completed. I've been checking the Department's Facebook page, so I know a lot has been going on. I wanted this to be a positive promotion, but it is hard to be positive when even one Auxiliary in our Department is suffering. We have Auxiliary brothers and sisters across the state that are not attending meetings because of dissention in their Auxiliaries. The most common reason seems to be personality conflicts. A bit of drama here, and bit there; the he said, she said, they said . . . and on and on. I do not have an answer to this type of problem, so I'm including some questions that are similar to the questionnaire that is available to members on MALTA. Your Auxiliary President may already have asked you to complete one of these questionnaires, but I would like for you to complete this one and send it to me. I hope your response will help me better understand what you, the members, are concerned about. Why did you join? What do you like/dislike about our organization? What could we do better? I ask that you be candid. Responses may be used as an example, or as a teaching tool, but will not disclose the name of the person submitting the response. The members you elected to represent you want to do a good job. Your response to my request will help the Department, District, and Auxiliary level officers address your questions and concerns.

Mentoring for Leadership:

As I noted in the Extension promotion, I would like to see some responses to the questionnaire. Sharing your concerns will allow someone with experience in that area to be a mentor to you. It is an attempt to share ideas across our Department. On the other hand, you could be the person with the experience we are looking for, and become the mentor! Mentoring is not a "once and done" sort of idea. I like to think of it as an ongoing process. Once you help someone learn how to do something, they in turn, can help another person.

Please take a few minutes to complete the following questionnaire. In fact, I hope you will make copies of this promotion and the questionnaire and share it with someone who may not get the Department mail. You will be doing our organization a great service.

MEMBER QUESTIONNAIRE

1.	Why are you a member of the VFW Auxiliary?						
2.	Have you used MALTA or the Department	website to	learn about t	the twelve (12)	National		
	Programs and/or the Department Programs?	Malta: _	YES	NO			
		DEPT: _	YES	NO			

3.	Do you volunteer for, or financially support any of these programs? YES NO
4.	If "YES" to question 3, explain what you do and why.
5.	If you answered "NO" to question 3, please share the reason for your answer
6.	Do you feel our National Programs benefit our LOCAL veterans, their families and our own veterans? YES NO WHY?
7.	If there are other activities you would like to see in this Department please share.
8.	If you have ideas on how to increase meeting attendance please share
9.	If you have ideas that would bring new member into our organization please share.
10.	This space is for you to include your ideas or thoughts that are not included in the previously asked questions.

VFW Auxiliary Dept of NC President Historian



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



Department President's Official Visit

The Auxiliaries will be capturing photos and videos of the Department President's visit as well as events that take place in your Auxiliaries throughout the year. This is what I need:

- A minimum of five (5) photos of the Department President during her visit to your District/Auxiliary.
- Submit photos of events, fundraisers, meetings, and ceremonies that take place in your District/Auxiliary.
- Clear (not blurry!) photos that tell the story. High resolution is preferrable.
- Post your stories to Dept of NC Historian Facebook page or send your photos to Historian & Chairman Barbara Beard, 198 Oakridge Dr, Raeford, NC 28376.

These stories and pictures will be compiled to create President Connie Holt's Memory Book. This is your opportunity to brag about your District/Auxiliary. Make sure it's something you are proud of!

Tip of the Month

Photography tips

Photos should be clear and sharp, at least 1 MB (megabyte) in size and taken with attention to detail. Avoid the following photo faux paus:

- · Closed eyes
- · Mouths open or full of food
- Distracting objects in the frame or awkward placement of people or things (e.g., trees popping out of someone's head, bunny ears, etc.)
- · Offensive language on articles of clothing

VFW Auxiliary Dept of North Carolina Historian/ Media Relations January 2024



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



Historian Notes (2023-2024 Historian & Media Relations Award for Auxiliaries)

This Program Year, connect with a legacy member and complete a three- to five-minute video interview:

- Ask why they joined.
- Ask about their favorite memorable moment(s).
- Place emphasis on bringing the past to life.
- If your Auxiliary has no legacy members, look to your District or Department.

Submit your video interview to your Department Historian & Media Relations Chairman by March 31, 2024 for judging. The Department Chairman must sign and send a copy of the completed Department winning entry along with the winning video to the National Historian & Media Relations Ambassador by April 30, 2024. The winning video may be shown at National Convention.

Submit those awards to me ASAP!!!



Report, Report, Report!!!

It is so important to complete your reports in the electronic system.

Don't wait until April. You are likely to forget what you've done throughout the year. If you need assistance with completing your report, please contact me.

If you don't report it.
It didn't happen!

Department of NC Historian Group Page

Click QR Code







Historian/Media Relations Challenge

What is your 5 W's as it relates to why you joined the VFW Auxiliary? For the first five individuals that post your why to the Dept of NC Facebook Page will receive a special gift at the winter C of A. See my 5 W's below.

Who: Barbara Beard

What: VFW Post 6018 Auxiliary

Where: Fayetteville, NC

When: October 8, 2015

Why: I joined the VFW Auxiliary to serve the Veterans, Family Members, and the Community. I offer my services when and wherever they are needed. Some of my service is monetary and others are physical service such as feeding the homeless, Red Cross Volunteer and Youth Activities.

HOSPITAL

January 2024

HAPPY NEW YEAR and BEST WISHES for a wonderful 2024.

- Salute to HOSPITALIZED VETERANS' WEEK, February 11th. thru 17th.
- Make plans early, for this special week.
- Recognize and honor Hospitalized Veterans in all Medical facilities.

To **BRIGHTEN** their day and show we appreciate their many sacrifices:

- *Take time to visit. An American Flag would be appreciated.
- *Make Valentine treats, cards, and assist with decorating their rooms.
- *Volunteer your time to assist with planned events.
- *Contact the Recreation Director, to see if our Veterans have special needs.
- REMINDER: Deadlines for awards is rapidly approaching. You may review the Hospital Awards Program, on our website under "National Program Awards for Auxiliaries".

Plan to celebrate some fun days with our Veterans in February.

2/3/2024 National Carrot Day.
 2/9/2024 National Pizza Day
 2/11/2024 SUPER BOWL

• 2/14/2024 VALENTINE'S DAY, Share the love we have for our Veterans

2222024 National Chili Day

LET US CONTINUE BANDING TOGETHER, AS WE ARE CULTIVETING THE FUTURE FOR OUR

VETERANS

Loyally,

Farres Upton Hospital Chairman

VA MEDICAL CENTER

SALISBURY, NC

Hope everyone had a MERRY CHRISTMAS, and wishing everyone a BLESSED 2024.

A big THANK YOU to everyone, for your overwhelming support, in making Christmas Merry and Bright for our Veterans at the Salisbury VA Medical Center. Santa did an outstanding job fulfilling their Holiday Wish List, PLUS MORE.

- *February 11th. thru 17th. is "Salute to Hospitalized Veterans Week".
- *This special week is set aside every year to honor and recognize all hospitalized Veterans. Plan something special, show our Veterans we care.

NEEDED ITEMS:

- * Men & Women's Underwear (all sizes
- * Men and Women Deodorant
- * Non-alcohol Mouth Wash
- * Lotion and Body Wash
- * Dr. Teal's Oatmeal or Lavender Body Wash/Lotion/Foot Cream (for Hospice)
- * Men and Women Disposal Razers
- * Fixodent and Denture Cleaner
- * Vaseline
- * Lip Balm/Chapstick
- * Combs and Brushes (large)
- * Gift Cards (food, gas, Walmart)

Please make an appointment for delivery by calling 704-638-3409'

Thank you for all you do for our Veterans, all the time.

Loyally,

Farres Upton, Salisbury VA Representative

Durham VA Medical Center ~ January 2024

508 Fulton St., Durham, NC 27705
Center for Development and Civic Engagement
Voluntary Services
1-(919) 286-0411, Ext. 177810

The Center for Development and Civic Engagement has published a **LIST** for volunteers to return to the Durham VA, Raleigh, and the Greenville Health Care Center/Morehead City. Please look over the list of these available opportunities to assist the staffs and Veterans on the following pages, as well as a **Donation Form** to include with any donations you take to the Durham VA.

To begin the process of volunteering, please visit www.volunteer.va.gov and select Volunteer at a Facility: Durham or Greenville. Provide your information and click "Submit." Due to the current volume of volunteer request, a response may take more than two business days.

DAV Drivers

Volunteer drivers are needed in the following areas: Burlington, Morehead City, Eden, Roxboro, Smithfield, Wilson, Fayetteville, Greensboro, Jacksonville, New Bern, Raleigh, Rocky Mount, and Greenville area. Please contact Voluntary Service for more information on the qualifications.

Donations to Hospice

Items of coffee cups, tea bags, bottled water, snacks, soft candies (sweet & sugar-free), hand sanitizer, journals with pens, note pads, Seek & Find & Suduko books for families' comfort.

Critical Need for Service Officer

Presently, there is **not a Service Officer available** at the Durham VA for Veterans to turn to in assisting with claims and benefits. This person is available at the county government level in most North Carolina counties. If you know a Veteran who has benefitted from the service of these trained individuals, they are a valuable asset to the Veterans and their families. Your Auxiliary may want to write a letter supporting the Durham VA hiring an individual for this position. The letter should be directed to:

Dr. Alyshia Smith Executive Director of the Durham VA Health Care System 508 Fulton Street Durham, NC 27705

Thank you for your support of Veterans at the Durham VA & other medical facilities. Dianne Sellers, VAVS Rep

taikijorsel@gmail.com 336-253-5867

VA Medical Center Durham, NC 27705

Volunteer Assignments

For More Information on Volunteering Please Contact The Center for Development and Civic Engagement (919) 286-0411 X177810 or Kendra.Monden@va.gov

All positions are available from 8 am to 4:30 pm, Monday – Friday, except if noted

There is a minimum of four hours per week and a six-month commitment

All volunteers must undergo a federal background check prior to commencement of volunteering.

Currently we are only accepting volunteers 18 and older.
Volunteers must have Covid Vaccines prior to starting

<u>Animal Assisted Therapy/Activities:</u> Certified handlers and <u>their dogs</u> will provide therapeutic visits to the residents of the Community Living Center including the Hospice unit.

<u>Care in the Community:</u> Assist in answering phone, passing messages to staff, answering Veterans questions, helping with mail outs.

<u>Greenville Health Care Center/Morehead City CBOC:</u> Please contact Voluntary Service (252) 830-2149 x3228.

<u>GI Clinic:</u> Assist staff in a fast paced clinical area helping with procedure room set up, cleaning and making stretchers and clerical needs.

<u>Logistics Distribution:</u> Assist with delivering and stocking of supplies. Must be able to lift and stand in this position. <u>Great position for all ages and great need.</u>

<u>Nursing UNIT Ambassador:</u> Volunteers are scheduled <u>Monday-Friday 8-noon or noon-4:00pm</u> shift to serve as the Volunteer Ambassador on the Nursing Unit assisting with escorting, putting away stock, run errands and other important duties that arise.

Pharmacy: Assist Pharmacy staff and also serve as the Pharmacy Ambassador assisting Veterans in the Pharmacy waiting area.

<u>Physical Medicine and Rehabilitation Service</u>: Service as the PMRS Ambassador with setting up and preparation of the PT/OT Clinic, assist with patient call reminders and escorting PT patients to the 1st and 3rd floor exam rooms when needed.

<u>Monday-Fridays 8-noon</u>

<u>Prosthetics Volunteer:</u> Assist the Prosthetics staff with special equipment for our veteran patients by mailing out items and working with the inventory stock.

<u>Raleigh CBOC:</u> Greet Veterans, Provide Veterans with Kiosk assistance, help mail letters and perform patient call reminders.



Department of Veterans Affairs

Durham VA Health Care System (135)
Center for Development & Civic Engagement
508 Fulton Street Durham, NC 27705

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DONATION FORM

One (1) Form per Organization or Group (including Auxiliaries)

	Date:						
Select if Donation if from an Organizat	tion/Group/Company OR Individual						
☐ ORGANIZATION Name:	or 🗌 INDIVIDUAL Name:						
Point of Contact:	If you are affiliated with a Veterans Service						
*	Organization or group, list it below (as an individual, you are making the donation, but the Organization will						
Local Chapter/Unit/Team:	also receive "credit"):						
All Doi	nors:						
Address:							
City/State/Zip:	City/State/Zip:						
Phone: E-mail:							
	ITEM(S) / ACTIVITIES						
Check the appropriate box below and/or give a brief description: Toiletries Clothing Items Seasonal Cards Crafts/Games Rideshare Gift Cards Entertainment Food/Refreshments Other: ESTIMATED TOTAL VALUE of ITEMS & ACTIVITIES: \$							
MONETARY DONATIONS will be used as authorized by law or in ways that benefit VA patients while receiving care from the VA (VHA Directive 4721). If you wish to restrict your donation for a specific program or service, please indicate so below. The CDCE office may contact you if additional information is required or if the specific restriction cannot be honored. Checks must be completely filled out, with an address written or printed on the top. Restrictions or							
Earmarks:							
(optional) In Memory /							
Honor of:							
(e.g., cash, check) TOTAL MONETAR	Y DONATION: \$						
Also make monetary donations online using: https://www.cdceportal.va.gov/donate_online/							

For more information visit <u>www.volunteer.va.gov</u> or scan this code:



LEGISLATIVE PROGRAM—JANUARY 2024



"BANDING TOGETHER FOR OUR VETERANS"

National President Carla Martinez's theme!



REPORTING IS IMPORTANT! If you need help or have questions, please contact me for help!

WE MUST CONTINUE "STOP FEEDING THE SHARKS!" Keep spreading the word! Fight Against Claim Sharks: Warn our veterans and survivors about the dangers of pay-to-play claims consulting companies, known as "Claim Sharks." If you have not responded to the VFA Action Corp alert, please, please do so. Go to this link to log in and send your message. https://www.votervoice.net/broadcastlinks/ku24k nyyzvpkyzo8rtxsg. Get the facts or watch the video.

IS A VETERAN IN CRISIS? DIAL 988, PRESS 1. Suicide Prevention is Close to Our Hearts!

National President Carla Martinez has a second special focus this year: suicide prevention. Even though the holidays are over, there *may still be many* of those we care for that still deal with increased anxiety, depression and desperation. Keep the **LOVE GOING** and share the crisis prevention number: **988. For veterans, Press 1.** This crisis line is not only for veterans, though. Family members of in-crisis veterans can also call.

<u>ON CAPITAL HILL</u>: The U.S. House of Representatives departed Washington for recess on Dec. 15th, punting major policy battles on issues. Their crammed agenda <u>promises a turbulent start</u> when Congress reconvenes.

Passed by Congress in December and goes to the President next:

- H.R. 2670: National Defense Authorization Act for Fiscal Year 2024: To authorize appropriations for fiscal year 2024 for military activities of the Department of Defense and for military construction....
- H.R. 3315: National Guard and Reservists Debt Relief Extension Act of 2023: To exempt for an additional 4-year period, from the application of the means-test presumption....

Passed in the House in December and goes to the Senate next for consideration:

- H.R. 542: Elizabeth Dole Home Care Act of 2023: To amend title 38, United States Code, to improve certain programs of the Department of Veterans Affairs for home and community-based services for veterans.
- H.R. 3848: Housing our Military Veterans Effectively Act of 2023: To make certain improvements in the laws administered by the Secretary of Veterans Affairs relating to homelessness, and for other purposes.

<u>2024 ELECTION SEASON IS HERE!</u> The March **Primary election day is March 5**th in NC—all under newly drawn lines. Ballots drop January 19th for absentee and election day is March 5th in North Carolina - all under new lines. o review the candidates running for office go to https://www.ncsbe.gov/results-data/candidate-lists. Meet and evaluate your candidates and be sure to let them know "I Support Veterans Issues And I Vote." The General Election Day will be November 5, 2024.



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: lynn.ccta@gmail.com, 1476A Northside Rd, Elizabeth City, NC 27909

"A free people claim their rights as derived from the laws of nature, and not as the gift of their chief magistrate." -- Thomas Jefferson-- (1774)





Scholarship Programs 2023-2024

January 2024

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

wdrachels@gmail.com



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

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

Online Reporting!!!!!









- I know Auxiliaries are doing the work, but has your Auxiliary reported your work on National Scholarships?
- At this point of the year, all winners for Patriot's Pen and Voice of Democracy have been submitted for Department judging. Did your Auxiliary help promote the scholarship programs? If yes, report it!
- District Presidents...please reach out to your Auxiliaries who have not entered reports!
- Great job to the following Auxiliaries who have entered reports for National Scholarships:

District 1: None

District 2: None

District 3: None

District 4: 9810 and 9960

District 5: None

District 6: 10607

District 7: 7383 and 10225

District 8: 6018

District 9: None

District 10: 8297

District 11: 5352, 7794, 9010,

9436 and 11173

District 12: 2908 and 9134

District 13: 1160

District 14: None

District 15: 1142 and 7034 District 16: 5206 and 9116

District 17: 7339

Patriotic Art Contests - Start Planning Now How to Encourage Participation

Young American Creative Art Patriotic Art Contest (2-Dimensional)

- 2 Dimensional unframed art on paper or canvas.
- Read the criteria here and download applications: https://vfwauxiliary.org/scholarships/young-american-creative-patriotic-art-contest/.

3-Dimensional Patriotic Art Contest

- 3- Dimensional art less than 18 inches in any direction and no more than 5 lbs. in weight made of paper, paper mâché, pottery, clay, metal work, fabric, etc.
- Read the criteria here and download applications: https://vfwauxiliary.org/scholarships/young-american-creative-patriotic-art-contest/

Get the Word Out!

Reaching out into the community is key to the success of these programs. Consider the following:

- 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.
- Contact the schools and ask to speak at the next PTA meeting about our scholarships. Gain the attention of parents looking for scholarship opportunities!
- Reach out to your local Homeschool Cooperatives. Ask 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 the Patriotic Art Scholarships to the local newspaper and radio station. Include a link to the forms on the website.

Deadlines

- Local VFW Auxiliary March 31
- District Judging is Optional
- Deadline for Art to reach the Department Chairperson April 15
- Note: Please be careful and send Young American Creative Art and 3-Dimensional Patriotic Art entries to me and not to the Youth Chairman. The Youth Chairperson is to receive art entries for elementary school aged children.

Awards for Auxiliaries

- Most outstanding activity and/or event educating their community about scholarship opportunities through the VFW Auxiliary.
- Citation to every Auxiliary that hosts an activity and/or event that educates their community about scholarship opportunities through the Auxiliary. Entry form available in Malta Member Resources. Complete and return to me by 3/31/2024 for judging.



January 2024

Youth Activities Program 2023 - 24

Small Hands Helping, in Big Ways

Becky Rowe, Dept of NC., Youth Activities Chairman

ba.rowe@sbcglobal.net

314-393-5377

RANDOM ACTS OF PATRIOTISM



- Have you observed youth showing patriotism?
- Have you seen a child thanking a veteran?
- Have you witnessed a child or youth place their hand over their heart correctly?
- Have you seen a child or youth show respect to our American Flag?

You can add a special message on the back of card by using word template or printing labels.

> This card was presented to you, by a Member of the VFW Auxiliary Post_____. Your Random Act of Patriotism, has been observed and appreciated.

Remember to make a Facebook Postabout: Get Excited for the Red, White and Blue Contest and **Illustrating America Art Contest.**



"CultiVETing The Future For Our Veterans"

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

Date: 12/20/2023 Central Sandra Jeffries

District 6 Pres Sandra Je Jeffries						
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
1920	Mebane	41	41	19	100.00%	
10607	Burlington	32	33	23	103.13%	
	TOTALS	73	74	42	101.37%	

District 10 Pres Carsonia Whitmore						
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
2087	Greensboro	18	20	6	111.11%	
2972	Gibsonville	35	36	30	102.86%	
3074	Lexington	48	41	16	85.42%	
8297	Mway Monroeton	58	57	49	98.28%	
	TOTALS	159	154	101	96.86%	

District 8 Pres Julia Stancil Warren						
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
670	Fayetteville	121	128	97	105.79%	
4542	Spring Lake	0	0	0	0.00%	
6018	Fayetteville	189	184	156	97.35%	
10,630	Hope Mills	35	35	25	100.00%	
	TOTALS	345	347	278	100.58%	

District 12 Pres Theresa Billips						
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
2908	Albemarle	94	80	35	85.11%	
3006	Salisbury	110	82	48	74.55%	
6365	Locust	18	18	4	100.00%	
8989	Kannapolis	138	124	60	89.86%	
9134	Rockwell	30	25	17	83.33%	
	TOTALS	390	329	164	84.36%	

District 9 Pres Angi Hardy						
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
4203	Rockingham	51	53	30	103.92%	
5631	Sanford	111	101	92	90.99%	
7318	Southern Pines	311	332	282	106.75%	
9881	Biscoe	merged	0	0	0.00%	
10,403	Wadesboro	46	44	23	95.65%	
	TOTALS	519	530	427	96.01%	

CENTRAL	2023 Mbrs.	2024 Mbrs.	Life Mbrs.	Percent
TOTALS	1486	1434	1012	96.50%

President Connie Holt

Dept of NC Aux Membership Report 2023-24

Date: 12/202023 East-- Laura Verdon

District 1	District 1 Pres Rhonda Leaver					
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
6060	Elizabeth City	237	245	160	85.65%	
7312	Sunbury	23	24	18	104.35%	
10950	Outer Banks	39	36	33	92.31%	
	TOTALS	299	305	211	102.01%	

District 2 Pres. Violet Saviak							
		2023	2024	Life			
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
2615	Goldsboro	43	44	30	102.33%		
2771	Kinston	15	16	6	106.67%		
7032	Greenville	55	39	25	70.91%		
9959	Mount Olive	44	45	31	102.27%		
	TOTALS	157	144	92	91.72%		

District 3	Pres Mary Lewis	3			
		2023	2024	Life	
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent
2057	Rocky Mount	68	68	48	100.00%
4147	Bailey	21	21	15	100.00%
	TOTALS	89	89	63	100.00%

EASTERN	2023 Mbrs.	2024 Mbrs.	Life Mbrs.	Percent
TOTALS	2595	2462	2004	94.87%

District 4	Pres Karen Larkin	1			
		2023	2024	Life	
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent
2514	New Bern	109	99	94	90.83%
7315	Havelock	176	184	159	104.55%
7547	Clinton	65	57	56	87.69%
8986	Newport	57	57	48	100.00%
9133	Jacksonville	183	166	151	90.71%
9810	Warsaw	29	29	29	100.00%
9960	Swansboro	272	251	217	92.28%
11119	West Craven	36	35	31	97.22%
		0			
	TOTALS	927	878	785	94.71%

District 5 Pres Deborah Crowder						
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
7288	Calabash	274	234	177	85.40%	
8866	Holden Beach	99	100	96	101.01%	
9983	Holly Ridge	144	139	118	96.53%	
10226	Oak Island	87	80	71	91.95%	
10400	B Spring Lakes	75	73	37	98.67%	
	TOTALS	679	626	499	92.19%	

District 7	Pres Ivy Bluher				
		2023	2024	Life	
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent
6983	Angier	21	17	14	80.95%
6722	Lillington	20	17	15	85.00%
7383	Cary	153	141	118	92.16%
9103	Spring Lake	100	94	90	94.00%
10225	Garner	110	110	94	100.00%
10999	Raleigh	40	41	23	102.50%
	TOTALS	444	420	354	94.59%

VFW Auxiliary Department of North Carolina 2023-24- Membership Report President Connie Holt Chairman Lyndsey Bowlus

Date: 12/20/2023 Western Lin Moore

District 11	District 11 Pres Nancy Raborn							
		2023	2024	Life				
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent			
1119	Cooleemee	27	22	10	81.48%			
5352	Kernersville	122	133	51	109.02%			
7794	Elkin	36	37	12	102.78%			
9010	Clemmons	59	59	51	100.00%			
9436	Pilot Mountain	72	68	25	94.44%			
11173	Walnut Cove	20	21	0	105.00%			
	TOTALS	336	340	149	101.19%			

District 15 Pres Sherry Brooks						
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
1142	N. Wilkesboro	84	78	67	92.86%	
4286	Newland	34	35	23	102.94%	
5381	Lenoir	56	37	37	66.07%	
7031	Boone	43	39	21	90.70%	
7034	Sparta	59	46	42	77.97%	
7946	Jefferson	29	29	11	100.00%	
	TOTALS	305	264	201	86.56%	

District 13	District 13 Pres Becky Rowe						
		2023	2024	Life			
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
1160	Charlotte	146	134	126	91.78%		
2423	Indian Trail	108	99	87	91.67%		
5464	Monroe	45	45	33	100.00%		
6724	Paw Creek	34	31	28	91.18%		
7775	Charlotte	21	21	19	100.00%		
9337	Gastonia	71	66	27	92.96%		
9736	Croft	16	16	5	100.00%		
	TOTALS	441	412	325	93.42%		

District 16 Pres Joyce Preston						
		2023	2024	Life		
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent	
891	Asheville	81	79	68	97.53%	
5206	Hendersonville	84	71	60	84.52%	
9116	Columbus	25	23	17	92.00%	
	TOTALS	190	173	145	91.05%	

District 14	District 14 Pres Linda Owens							
		2023	2024	Life				
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent			
1706	Lincolnton	72	58	47	80.56%			
2031	Statesville	68	68	57	100.00%			
4066	Shelby	21	19	12	90.48%			
5305	Newton	31	22	11	70.97%			
	TOTALS	192	167	127	86.98%			

District 17	District 17 Adele Barcia						
		2023	2024	Life			
Aux. No.	Aux. Name	Mbrs.	Mbrs.	Mbrs.	Percent		
4309	Brevard	200	164	137	82.00%		
5202	Waynesville	217	162	109	74.65%		
6812	Hayesville	52	52	37	100.00%		
7339	Franklin	79	69	43	87.34%		
	TOTALS	548	447	326	81.57%		

WESTERN		2024 Mbrs.	_	Percent
TOTALS	2012	1803	1273	89.61%

DEPT	2023 Mbrs.	2024 Mbrs	Life Mbrs	Percent
TOTALS	6872	6413	4962	93.32%

<u>459</u>

NC At-Large				Percent
TOTALS	668	714	673	106.89%

Needed to reach 100%