



Americanism

November 2025

“Americanism is a question of spirit, of conviction and purpose, not creed or birthplaces. The test of our worth is the service we render.”

President Roosevelt

November Patriotic Days

Marine Corps 250th Birthday Nov 10th, Veterans Day Nov 11th

It is November and that means Veterans Day and The Marine Corps 250th Birthday. I am a little biased when it comes to Marines as my husband is one. You can't forget Thanksgiving.

Is your Auxiliary taking part in a Veterans Day Parade? You can hand out flags or buddy poppies that is an easy way to get credit for a bunch of programs.

Celebrate the Marines in your life and your post by having a 250th birthday celebration.

You have veterans who have no place to go for Thanksgiving? Have Thanksgiving at your post, make it a potluck and celebrate your VFW Family that way nobody is left eating alone.

As always coordinate with your VFW so that we can honor our veterans and continue to complete our programs.

If you need ideas or more information on Flag etiquette, history of the flag or the U.S Flag code you can visit [VFW.org/community/flag-etiquette](https://www.vfw.org/community/flag-etiquette)

Congrats to the three Auxiliaries that won the gift cards at the COA. Let's keep reporting on Americanism so that North Carolina can show National we mean business when it comes to our Veterans and Our Country. As always if you need anything or have questions please reach out.

Jeanette (Jeannie) Platt

Americanism Program Chairman

phone number (910) 599-8044 email j.m.platt83@gmail.com



“Buddy” ® Poppy



Donna Wright
Donna1023m@aol.com



Buddy Poppies may be distributed and worn on:
US Marine Corps Birthday - November 10
Veteran's Day – November 11



V F W
NATIONAL HOME



The VFW National Home supports and honors veterans and service members by aiding their families.

The VFW National Home's Military & Veteran Family Helpline is:

vfwnationalhome.org/get-help

Let us focus this year to create awareness and education of eligibility for those who may qualify for aid as we promote ways to help veterans and their families in our Departments.

ELIGIBILITY REQUIREMENTS

ACTIVELY SERVING

- Unaccompanied Tour or deployment
- Parent(s)/Guardian(s)
- Single or Married with dependent child(ren)
- Drilling National Guard & Reserve

VETERAN

- Honorably discharged Active, Guard, or Reserve Veteran
- Surviving widow or widower with dependent child(ren)
- Parent(s)/Guardian(s)
- Single or Married with dependent child(ren)

VFW/AUXILIARY

- Parent(s)/Guardian(s)
- Applicant has a parent in the VFW or Auxiliary in good standing or if deceased, in good standing at the time of death.
- Single or Married with dependent child(ren)

“Serving our Toto-ly Oz-Some Veterans”
NC Department President's Theme
2025-2026



**CHIEF OF STAFF
EXTENSION & REVITALIZATION
DEBORAH CROWDER
NOVEMBER**

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

Please join me wishing Auxiliary 12196 in Leland a Happy Anniversary. They are still the newest Auxiliary in the Department having been instituted on November 14, 2023. Other Auxiliaries instituted in November are 4203 Rockingham on 11/24/1947, 7318 Southern Pines on 11/08/1948, 7315 Havelock on 11/09/1955, and 1119 Cooleemee on 11/08/1987. If you know of an unaffiliated Post that might like to have an Auxiliary, please let me know.

In addition to helping to institute new Auxiliaries, the Chief of Staff is called upon to assist with Auxiliaries that are experiencing problems. It seems like the most common issue facing many Auxiliaries, is getting enough member to attend a meeting, and carry out the projects. That gives me an idea! I would like for anyone reading this promotion to submit a suggestion or recommendation to me on how to encourage members to attend and participate in the Auxiliary business meeting, and to assist with projects. I'm going to call it the **ASAP** challenge. Remember, the new ASAP is not As Soon As Possible. The new **ASAP** is **Attend Share Accept Participate**. I would like to have your thoughts on how to encourage members to:

ATTEND the meetings
SHARE ideas
ACCEPT each other
PARTICIPATE in Auxiliary projects

Your entry can be sent by email or USPS using the contact information noted above. Be sure to include your name, Auxiliary number, and District number. During the next Council of Administration meeting, I will have a special award for the District with the most entries. In addition, I will share your ideas in upcoming promotions, AND, have a drawing (including all entrants) for an additional award. District Presidents, please get the word out to all of the Auxiliaries in your District to enter this challenge.

VFW Auxiliary Dept of NC Historian & Media Relations

November 2025



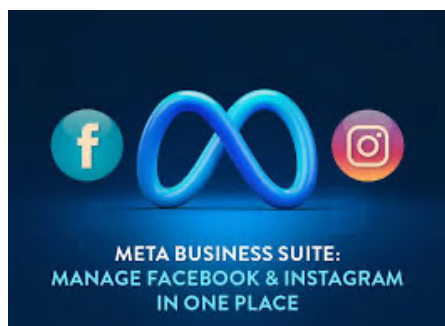
Barbara Beard

198 Oakridge Dr
Raeford, NC 28376

barbeard@roadrunner.com

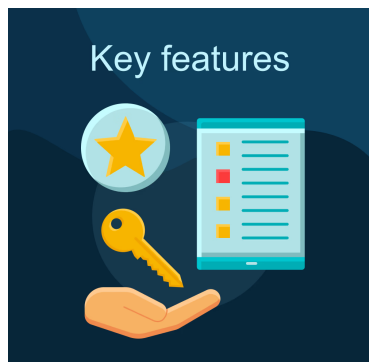
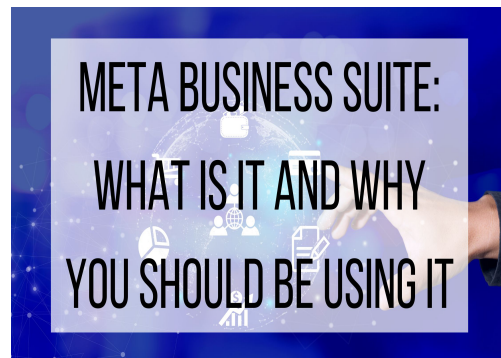
(910) 565-2351 hm

(910) 624-4357 cell



Managing Facebook (FB) and Instagram (IG) While many of our seasoned members seem more comfortable and well-versed in navigating the world through Facebook (FB), there are still many members who utilize Instagram (IG) instead. But did you know that these two platforms are both owned by Meta and that you can cross-post, ensuring that you reach both audiences at once? You can manage your FB and your IG accounts by using the Meta Business Suite from your phone or your computer.

Well, that all sounds great, but what is Meta Business Suite? I'm so glad you asked! Allow me to introduce you (briefly) to this fantastic tool! Meta Business Suite is a free all-in-one tool, provided by Meta, which you should now know is the company behind both FB and IG. The suite is designed to help us manage our online presence across these platforms from *one place*! It simplifies tasks like creating and scheduling posts, analyzing audience engagement and responding to comments or messages. The suite also provides a central hub for managing posts and communications across FB and IG while also allowing you to monitor the performance of your content!



Key features of the suite include:

- A unified dashboard where you can view and manage your accounts in one place.
- Content management where you can schedule and post content to both FB and IG simultaneously, thus saving time and ensuring consistency in your posts.
- Messages and notifications where you can read and respond to messages and comments from FB and IG from one single location.
- Insights and analytics where you can track the performance of your posts.

The above information was provided by Kristin DiGiacomo, National Historian & Media Relations Ambassador. Additional information will be provided next month on how to set up your account. Stay tuned!

HOSPITAL

Farres Upton, Chairman

653 Haynes Rd., High Point, NC 2726
336-889-4133 farreshupton@aol.com

November, 2025

November 11th., VETERANS DAY, a day to honor and salute all Veterans. Most VA Medical Centers, and other medical facilities have planned programs on Veterans Day. VOLUNTEER to participate, if you do not plan your own program. It is important to present or attend a program on Veterans Day to show our Veterans we appreciate their many sacrifices. Distribute hand held American Flags along with a Buddy Poppy as a reminder of their service.

November 27th., THANKSGIVING DAY, brings memories of families sitting around the table being thankful for all their blessings-----like the freedoms we enjoy daily, freedoms that did not and still does not come free. There are many ways to show our Veterans how thankful we are for our freedom.

- *Send "Thank you cards to your VA Medical Centers, thanking our Veterans for their service.
- *Contact other medical facilities to get the number of Veterans living there, perhaps they will give you their names. Hand written thank you notes, small American Flag, and a visit would put smiles on many faces, as many Veterans have no family.
- *Activity directors are helpful in locating the Veterans rooms for you.

NATIONAL AWARDS FOR MEMBERS:

No." 1 Hospital Volunteer Recruiter", Citation to one VFW Auxiliary member in each of the ten Program Divisions who recruits the most Hospital volunteers (VA and non- VA facilities) , from July 1, 2025 to March 31, 2026. Citations to be mailed directly to winners from National Headquarters after the 2026 VFW Auxiliary National Convention.

No 2 "Hospital Volunteer Recruiter of the Year," Plaque awarded to one VFW Auxiliary member in the Nation who recruits the most Hospital volunteers (VA and non-VA facilities) from July 1st.2025 to March 31st, 2026. Plaque to be mailed directly to winner from National Headquarters after the 2026 VFW Auxiliary National Convention.

No 3. "Outstanding Hospital Volunteer of the Year", Citation to the "Outstanding Hospital Volunteer of the Year", in each of the ten Program Divisions. Citations to be mailed directly to winners from National Headquarters after the 2026 VFW Auxiliary Convention.

Entry Forms are on Malta, under Hospital Awards.

Thank you for supporting the needs of our hospitalized Veterans.

Loyally,
Farres

CHARLES GEORGE VA MEDICAL CENTER

UNWAVERING SUPPORT



Joyce B. Preston – VAVS Representative

706 Warrior Drive

Tryon, North Carolina 28782

Home: 828-859-5286

Mobile: 828-817-0939

Bessie Bright – VAVS Deputy

October 2025

Email: jbp Preston99@yahoo.com

Willie Glance – Honorary VAVS

VA Contingency Planning

The Department of Veterans Affairs (VA) estimates 97 percent of VA employees continue to work during a shutdown, according to the VA Human Capital Contingency Plan. VA is committed to providing quality, consistent care and services to Veterans, families, Caregivers, and Survivors. VA's mission allows no exception to this standard, even when operations are limited by the absence of appropriations (commonly known as a "Government shutdown").



Not impacted by the shutdown

- VA Medical Centers, Outpatient Clinics, and Vet Centers will be open as usual and providing all services.
- VA benefits will continue to be processed and delivered, including compensation, pension, education, and housing benefits.
- Burials will continue at VA national cemeteries. Applications for headstones, markers, and burial benefits processing will continue.
- The Board of Veterans' Appeals will continue decisions on Veterans' cases.
- Call Centers: VA's primary call center ([1-800-MyVA411](tel:1-800-MyVA411)) and the Veterans Crisis Line (Dial [988](tel:988), Press 1) will remain open 24/7. The VA Benefit Hotline ([1-800-827-1000](tel:1-800-827-1000)) will be available Monday through Friday, 8:00 a.m. to 9:00 p.m. ET.
- Suicide prevention programs, homelessness services, and caregiver support will continue.



Impacted during the shutdown

- VA will cease providing transition program assistance and career counseling.
- Call Centers: VA's GI Bill (1-888-GIBILL-1) and National Cemetery Applicant Assistance (1-800-697-6947) hotlines will be closed.
- VA benefits regional offices will be closed.
- Public Affairs and unfunded outreach to Veterans will cease, including social media, VetResources emails, and responses to press inquiries.
- No grounds maintenance or placement of permanent headstones at VA cemeteries.
- Applications for pre-need burial at VA cemeteries will not be processed.
- No printing of new Presidential Memorial Certificates.
- No outreach to state, county, tribal, municipal, faith-based, and community-based partners by VA Central Office.

NEEDS LIST:

DRINKS: CANNED SODA
JUICE (SMALL BOTTLES OR CANS - ANY FLAVORS)

SNACKS (CRACKERS, COOKIES, MOON PIES, BUDDY BARS, CAKE ROLLS, ETC)

SWEATPANTS: LARGE, 3XL, 4XL & 5 XL

INDIVIDUAL PACKETS OF HOT CHOCOLATE AND SPICED CIDER

WOMEN'S ITEMS- HAIRBRUSHES
FINGERNAIL & TOENAIL CLIPPERS& CUTICLE FILES

BELOW ITEMS IN SIZES LARGER THAN TRAVEL SIZES
BODY WASH
CONDITIONER

PLEASE NO SHELLLED PEANUTS!

God Bless America and Our Troops!
Remember that Thanksgiving & Christmas are coming soon!
Thanks for all you do for Our Veterans!



Durham VA Medical Center
508 Fulton St
Durham, NC 27705
919-286-0411 ext. 177810
November 2025



Durham VA Supporters:

- As we are entering the holiday season, please keep in mind our Veterans will be needing our assistance to have a wonderful holiday. The information for the Thanksgiving food bags and the Christmas wish lists will not be available until the first of November. As soon as it is available, I will share it with the Auxiliary Presidents, who in turn should share it with the members of their Auxiliary, so more donations can be made to assist our Veterans.
- I was informed by the VA recently that the Auxiliaries have not been making many donations this year. We realize that funds are tight. But without your donations, our Veterans do without. Some of the Veterans do not have families, or families in the area, to help with the things they need. The Government certainly doesn't provide the things our Veterans need to live any semblance of a normal life. So, it is up to us. Please try to help whenever you can. It doesn't have to be the entire Auxiliary. It can be an individual or two that get together and donate items.
- Giving Tuesday will be December 2, 2025. As soon as I have the QR to share I will send that to you.

Food/Clothing Pantry Donations Needed

- Hormel Complete Meals
- Horizon Milk (needs no refrigeration)
 - Individual packages of Cereal
- Canned tuna, chicken, spam or other protein
 - Breakfast items
- Canned vegetables, baked beans, soups, pastas, fruit cups (Including applesauce)
 - Razors, Deodorant, Soap
- T-shirts, Underwear, (all sizes), socks
- Sweatpants, sweatshirts- neutral colors
 - Please: No travel size items

Your support of our Veterans is greatly appreciated. Have a wonderful Thanksgiving.

Sandra Johnson-Leu,
Durham VAVS Representative
919-906-7592
ctrysun@embarqmail.com

SALISBURY VA MEDICAL CENTER

NOVEMBER 2025

November 11th., VETERANS DAY

November 27th., THANKSGIVING DAY

Veterans Day program at the Salisbury VA Medical Center will began at 10:30 AM. After the program we will travel to Faith N.C for the Veterans Day parade. (few miles south of Salisbury)

Thanksgiving Day, a time to be thankful for our many blessings, and for the many freedoms we enjoy daily. A visit to our Veterans would be a precious Thanksgiving gift, as many Veterans have no visitors. Any gift or card would brighten their day.

BASKET BASH

Baskets may be delivered to three locations, no later than October 29, 2025

Salisbury VA, Bldg.6, Charlotte HCC, 3rd Floor

Kernersville HCC, Main Lobby

Bids may be made at Salisbury VA November 3-7, from 9:am to 3:pm, drawing November 7th at 3:00 PM

Bids may be made at Charlotte HCC, November 17th-21st, from 10:am to 2:00 pm, drawing November 21st. at 3:00

Bids may be made at Kernersville, December 1st-12th, from 9:00am to 3:00pm. Drawing December 12th at 3:00pm

SOCIAL WORK SERVICE –TRANSPORTATION

Social workers are traveling to homes of our Veterans, to assist them with their needs.

Gift cards are needed for travel expense.

Gift cards may be sent to:

CDCE (Voluntary Service)

1601 Brenner Ave., Salisbury, NC 28144

HOMELESS VETERANS

There are homeless Veterans in the Salisbury VA area that we keep warm and provide food for. We are preparing to help these Homeless Veterans during the winter months.

NEEDED ARE:

New coats----gloves----toboggins----blankets

Thank you for supporting our hospitalized Veterans.

Loyally:

Farres Upton, VAVS Rep.



LEGISLATIVE PROGRAM—NOVEMBER 2025

Connecting Auxiliary Voices to Legislative Action by Telling Our Stories-- Why Stories Matter



We all have our own stories; Auxiliary members are more than supporters in the background. We are witnesses, caregivers, spouses, parents and veterans ourselves. **Each of us carries a story that connects directly to the VFW's Legislative Talking Points.** When we share these stories with lawmakers, we turn statistics into people and policy into action.

Congressional staff meet with hundreds of groups each week. Stories connect emotion to action. They show how legislation affects real lives, and they give weight to our "asks."



The Four-Part Story Framework--When sharing your story (or helping a veteran or family member craft theirs), follow this guide:

- **Who** – Introduce the veteran, family member, or situation.
- **What Happened** – Share the challenge or barrier faced.
- **Why It Matters** – Show how this affects others like them.
- **The Ask** – Tie the story to the specific legislative solution.

How You Can Use Your Story:

- **At Hill visits or local district office meetings:** Be the storyteller on your team.
- **In letters and emails to Congress:** Open with a story, then make the legislative ask.
- **On social media:** Share a short version of your story with hashtags like **#VFWActionCorps**, **#AuxLegislation**, **#VFWAdvocacy** and **#VFWOnTheHill**.

Remember: Every voice matters. When we connect our stories to the VFW Legislative Talking Points, we don't just talk about change we become the change!

How to Look Up a Bill on [Congress.gov](https://www.congress.gov) (Tip: Bookmark the page so you can check back on progress anytime!)

- **Go to www.congress.gov.** In the search bar, type the bill number or a keyword. Click on the bill title in the results list.
- **Review** details: Bill text and summary; Sponsor, co-sponsors and committees assigned.
- **Status** (Introduced, In Committee, Passed House/Senate, etc.)
- **Use** this info in your advocacy. Cite the bill by number in your letters and calls. Connect your personal story to the bill's purpose.
- **Share** updates with your Auxiliary.

Let's Play Jeopardy! Didn't get to play Jeopardy at the Fall COA? Here are **5 Answers**, email me the **question!**

1. Lynn's sidekick has a hard time getting anywhere (without us).
2. After in-person meetings with local legislators, follow up with an email or thank-you card. Establish Legislative actions to send legislators a message of thanks, while also urging them to support legislation that benefits our veterans.
3. It is important for our members to register for this weekly email and take action when the email is received. Also, keep track of all new sign-ups for reporting.
4. Review **these**, then get auxiliary members to call, email or write their House Representatives and their Senators and urge them to pass these bills into law that help and support Veterans.
5. In January the VFW releases **these 6 areas** that the VFW focuses on to strengthen and ensure an adequate VA system for millions of current and future veterans. Review these!

Hint: All are in recent monthly promos!

Government Shutdown: As of this writing, the Senate Shutdown enters its 20th day with no end in sight. U.S. military members were paid on October 15, 2025, as the Trump Administration was able to tap \$6.5B to cover the payments, but warns the military's Oct. 31 pay could still be affected if the government is not reopened by then. You can visit the Department of Veterans Affairs website to view the VA contingency plan [here](#). It breaks down what services are impacted by the shutdown, as well as what services are operating as normal. The House who passed the Continuing Resolution, has not met since September 19th.

Action Alerts: Contact our Senators and ask them to pass **S. 3002: Pay Our Military Act of 2025**, a bill making continuing appropriations for military pay in the event of a government shutdown.

Elections: In-person early voting is now taking place in hundreds of municipalities across NC. If you're eligible, you will find a sample ballot here: [Voter Search](#). Election Day, November 4th. Filing for the 2026 Mid-Term Primary (March 3rd) begins December 1st and ends December 19, 2025. **Note:** [NC may see new Congressional District Map](#).

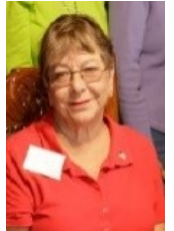


Visit our Facebook Page, Dept of NC VFW Auxiliary Legislative Program to keep up with Legislative News and Action Alerts!

Contact info: Lynn Childs, 252-528-0500. Email: lynn.ccta@gmail.com, 1476A Northside Rd, Elizabeth City, NC 27909

"The origin of all power is in the people, and that they have an incontestable right to check the creatures of their own creation."

-Mercy Otis Warren



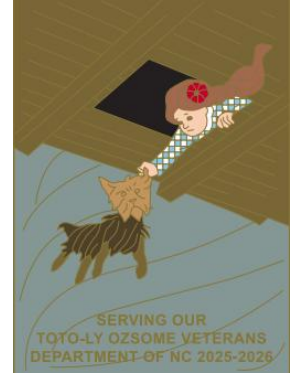
Membership 2025-2026

Angi Hardy 52 Monarch Ct. Cameron, NC 28326 910-322-6478

National President Lois Callahan's Theme: From Sea to Shining Sea-Honoring
Veterans Who Keep Us Free

Department Theme: Serving Our Toto-ly Oz-Some Veterans

As of Oct. 20th, the Department is at 86.16%, we need 914 members to reach 100%. Congratulations to Auxiliary 9810 for winning the \$50.00 gift card at the Fall C of A for being 100% by Sept. 30th.

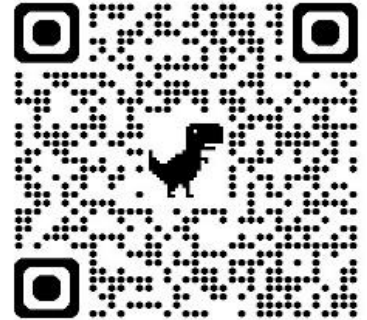


Have you sent out your annual member dues reminders?

Remember that any annual member holding an officer position must have their dues paid by December 31, 2025.

Here are 5 recruiting tips for “Reason to Join the VFW Auxiliary”

- Honor the service of a family member
- Promote patriotism in your community
- Participating in Programs bringing family and community together
- Advocate for Veterans' issues with elected officials
- Be the voice of Veterans who gave the ultimate sacrifice



Membership resources can be found on:

National Website (<https://vfwauxiliary.org>)

Department of NC Auxiliary (<https://vfwauxnc.org>)

Malta Webpage (<https://malta.vfwauxiliary.org/MemberResources>)

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Angi Hardy

National Membership Ambassador Mike Maruszak

Michael-j-maruszak@outlook.com

“I Am The Ocean”

SCHOLARSHIP PROGRAMS 2025 - 2026

National Auxiliary President Lois Callahan's theme: "From Sea to Shining Sea Honoring Our Veterans Who Keep Us Free"

Department of North Carolina Auxiliary theme: "Serving Our Toto-ly Oz-Some Veterans"



Scholarship Chairperson: Frances Perini
106 White Cedar Ln
Hendersonville, NC 28791
feperini@prodigy.net - 401-652-0315

NOVEMBER 2025

Hi everyone, I hope you are enjoying the cool fall weather and are now preparing for upcoming holidays. This month marks the end of the promotion for the VFW's VOD and Patriots Pen scholarship contests for the Posts. By this time you should all have received all Post entries, reviewed each entry to make sure that it is filled out properly and turned entries over to the post Commander for judging. Remember that these two contests are VFW scholarships and we are just helpers. Please remember that helping with these projects increases VFW and Auxiliary recognition while showing support for our communities and students.

CONTINUING EDUCATION SCHOLARSHIP AND THE NATIONAL PRESIDENT LOIS CALLAHAN'S SPECIAL PROJECT

I hope that all Auxiliaries are thinking about organizing fund raisers for this program. These scholarships are offered to assist members and their immediate family members who want to further their education by pursuing a college degree or at a technical/vocational school. By supporting this program you are able to help members and their family members train for a career, learn new skills and improve their lives. Contributions will increase the amount of awards available. For information go to vfw.org/scholarships/continuing-education, to donate go to Malta member login then go to Make Gift, then press Make a Gift tab and select Continuing Education or mail a check to VFW Auxiliary National Headquarters, Attn: Continuing Education Fund, 406 W. 34th Street, 10th Floor, Kansas City, MO 64111, earmarked "National President's 2025-2026 Special Project." Deadline for applying is February 15, 2026 to National headquarters.

AUXILIARY NATIONAL SCHOLARSHIP PROGRAMS:

Now is the time when all Auxiliaries should be trying to promote these two Auxiliary Programs. Both contests are for students in grades 9 thru 12 and both contests require entries to be to Auxiliaries by March 31, 2026. Entries will be judged on patriotic theme and technique. Scholarships are paid directly to the American college, vocational, technical or trade school of the winners' choice.

YOUNG AMERICAN CREATIVE PATRIOTIC ART CONTEST: The VFW Auxiliary has recognized talented young artists for over 45 yrs. through this contest. Auxiliaries need to spread the word about this scholarship to our schools, churches, community organizations, boy's and girls clubs and home schooled students. There are 19 place winners for this scholarship, the first place winner will receive \$15,000.

3-DIMENSIONAL PATRIOTIC ART CONTEST: This is the newest art contest for the VFW Auxiliary. This scholarship contest recognizes young artists and encourages patriotism in youth. Entries will be judged on originality of concept, presentation and patriotism expressed, content of how it relates to patriotism and clarity of ideas, design technique and total impact of work. First place winner \$2,500, 2nd place \$1,500, 3rd place \$1,000, 4th place \$500. To obtain information and to download entry forms for these two contests visit: www.vfwauxiliary.org/scholarships

SPORTS CLIPS HELP A HERO SCHOLARSHIP

This is a VFW scholarship that was introduced in 2013 and awards scholarships to qualifying service members and veterans with financial assistance that they may need to complete their educational goals without incurring excessive student loan debt. For information visit vfw.org/assistance press assistance at the top of the page, then press students veterans support and this will give you all information needed and how to obtain the application.

Great opportunity! Sports Clips will hold "The Biggest Haircut Day of the Year" on Veterans Day, Nov. 11, when the company donates a portion of every haircut service to the scholarship program. Many participating stores will offer free haircuts to service members and veterans with a valid military identification.

PLEASE REMEMBER TO REPORT. HAPPY THANKSGIVING TO ALL.

NC Department Special Project November 2025



NC Dept. Special Project Chairman Becky Rowe
4869 Pennington Meadows Circle, Rock Hill, SC 29732
ba.rowe@sbcglobal.net 314-393-5377



Somewhere Over the Rainbow...

A Veteran is hurting...

A Veteran is confused...

A Veteran needs help...

NC Department Special Project will help those Veterans.

Veterans Mental Health

All the proceeds will be donated between all 4 VA Hospitals in North Carolina

Fall C of A "High Bid Auction"

There were 60 Items donated for the Auction by Auxiliaries, Districts, and Individuals.

Results: \$2325.00

We received a beautiful quilt from Auxiliary VFW Auxiliary Post 9133, Jacksonville, handcrafted by, Agnes Nusspickel, Life Member.

Which we raffled on Saturday adding \$780.00 to the total.

"Thank You" to all the Members that volunteered and participated to make the fundraiser successful.

If you have a fundraiser idea please contact: Becky Rowe, ba.rowe@sbcglobal.net

Remember, to online report, your donations provided during the fundraiser.

vfwauxnc.org Programs Program Reporting Entry Auxiliary Program Information

From Sea to Shining Sea, Honoring Veterans Who
Keep Us Free. Lois Callahan, VFWA National
President Special Project, Continuing Education
Scholarships

"Serving our TOTO-ly OZsome Veterans"
Follow the Yellow Brick Road to the Goal

Veterans and Family Support

November 2025

Hello Sisters and Brothers of the Auxiliary,



The holiday season is upon us once again—a time for gratitude, reflection, and connection. For the month of November, which celebrates Veterans Day, I invite each of you to **Take a Veteran to Lunch.**

This doesn't need to be anything extravagant. A simple meal, a warm conversation, and your time can mean the world. Sit with a Veteran, listen to their stories. Ask them:

- Why did they join the military?
- What led them to choose their branch of service?
- What was basic training like?

These moments of shared history and appreciation strengthen our mission and remind us why we serve. If you're able, please send me a photo of your lunch outing—I'd love to see the smiles and hear the stories.

Let's honor our Veterans not just with words, but with presence.

Loyally Serving,
Joe Nelson
Veterans and Family Support Chairman
(252)626-4888

Jnelson_nc@yahoo.com
[#WE CAN AND WE WILL](#)

YOUTH ACTIVITIES – NOVEMBER 2025

10 Tips for Working with Youth

When working with youth, it is important to consider their safety and needs. We would like to offer these tips and resources so you can ensure that all youth you encounter have the best experience possible.



1. Consider taking Youth Protection training. Many organizations working with youth provide and require training. One of the most comprehensive is by the Boy Scouts. You do not need to be a member or even involved with the program in order to take their free online training. Find it here: <http://www.scouting.org/Training/youthprotection.aspx>
2. Always respect the time commitments of youth. They are very busy. Be clear about when an event or project starts and when it ends. Parents also very much appreciate it when their child is finished at the stated time.
3. Parents should always be welcome to stay and take part in the activity.
4. No matter the project or event, make sure that proper safety measures are taken for everyone involved. Also, be sure that activities or projects are age appropriate.
5. Be extremely conscious of the location where you bring or meet the youths.
6. Do not smoke, drink or use drugs around them.
7. If you are taking youth somewhere other than the Post home or a school, consider asking parents to sign a permission slip and make sure parents understand that the children may be riding in personal vehicles.
8. Receive training from your local Child Abuse Prevention Council or Child Protective Center on the Mandated Suspected Child Abuse Reporting Laws in your state for those working with children.
9. Find out if you need to have individuals working with youth/children fingerprinted before events. There may be laws in your state that require background checks.
10. Maintain and model healthy boundaries with children - be a role model. Remember it is never appropriate to display acts of violence or abuse around or towards children.

Remember that it only takes a minute to make a difference in the life of a child. There are many small, positive things we can all do to help protect and nurture our children that only take a minute. A few words of praise and encouragement to a child, listening carefully to what a child has to say, showing a child you care, are all simple actions that have been shown to have a profound impact on a child's life. In these very real ways, we can all support children and strengthen families.