



Gary & Vicki's



HOMEGENING

CELEBRATION

Join us for great food, live music, cornhole, bon fire, smores & more!

October 14, 2023 at 5pm Hillsville VFW

This is a no alcohol event due to Hillsville VFW being a dry post.

SATURDAY 14th, OCTOBER, 2023

Click on the link below to RSVP

VETERANS OF FOREIGN WARS



DEPARTMENT OF VIRGINIA

"No Veteran asks for a thank you"

NUMBER 3 403 Lee Jackson Highway (540) 886-8112

FAX: 866-416-0586 Website: www.vfwva.org Email: statehq@vfwva.org September 1, 2023 Staunton, Virginia 24401 In Virginia 800-888-3521

GUIDE TO THE GO:

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1. COMMANDER'S MESSAGE:

Greetings everyone.

I hope you are all squeezing the last bit of fun out of the summer, because me myself, I'm burning up. But I sure am having fun doing it. I've been to the beach a couple times, the Grand Canyon, Monument Valley, and even New Orleans, and took a swamp tour on a high-speed air boat. Whoo Boy! But while all that has been going on we've all been working too. Especially You all.

I have crunched some numbers based on part of the MemStats from this year, and Life membership we had at the end of last year. It appears that we are right on track to meet our 1st goal of 75% by September 29th I think we may have already broken that one with 81% if I'm right that is. Our next goal would be 90% by Dec 29th. I hope I'm right and I know you do too.

We have some 100th Anniversary celebrations coming up and I hope to see you there. First on Saturday the 26th of August we will be in Clarksville for an RSOI and then a celebration for 100 years. Then you are all invited to Roanoke for an RSOI on Friday night September 15th and then on the 16th we have our Fall Council meeting in the morning. You are welcome to attend, with a Centennial celebration to follow for lunch and into the afternoon. Then to end it with a bang we will have a 100th anniversary Cookout in Marion. It's going to be a great way to finish the summer season.

On October the 14th, Vicki and I will be hosting a Chicken-Stew/Homecoming at Grover King Post 1115 in Hillsville. The Grover King Post is an alcohol-free Post and I know that we can all respect that for one night. We will have live music provided by the Granite City Rollers. We will have lots of food, but we ask that you register by Friday October the 6th to give us time to prepare. You can register online at https://www.eventbrite.com/e/gary-and-vickis-homecoming-chicken-stew-at-vfw-1115-hillsville-va-tickets-694387149657?aff=oddtdtcreator. We are planning a Bonfire, Smores, Cornhole, and anything else we can think of. We have a lot of great help from the VFW, and the Auxiliary on this project and thanks to everyone it's going to be great. I am working with the Hampton Inn and I hope to get a block of rooms set aside for you at a discounted rate, but I am waiting to speak to the General Manager. If you want the number it is (276) 728-2345. It is located at 90 Farmers Market Dr, Hillsville, VA 24343. I know they have plenty of rooms right now. My other Hotel, Holiday Inn has none. But hopefully I will have more information later. Right now, with no discounts were looking in the \$200 a night range, but I'm trying.

I am having a great year thanks to all of you. I think it is because you understand that we must take care of the VFW's most important asset. The members. We must recruit, we must renew, we must convert to Life, and we must most importantly retain our members first or everything we do is in vain. Many thanks to the recruiting team for all the hours you spend away from home and your families, and many thanks to you members who recruit, convert, and retain every day, that no one knows about. You all are the engine that drives the machine. You that picks up the phone and calls another member, or takes her/him to the VA for an appointment, Thank You. Or maybe it's you who take a plate to an elderly member that can't make it to meetings or funerals anymore. Thank You. You make this organization great. From the bottom of my heart, Thank You all for allowing me to be your Commander. I am humbled.

Yours in Comradeship Gary Adams State Commander

2. AUDITS:

Attention of Post Commanders is directed to Section 218 (a)(11) of the National Manual of Procedure, Officers: Duties and Obligations. Trustees Report of Audit must be prepared in detail within thirty (30) days from the end of each quarter, Both March 31 and June 30 quarters have ended and both are **NOW PAST DUE**.

3. BONDS:

Please see July or August General Orders for the rate schedule for the cost of your bond and return completed forms and payment to State Headquarters. Please note the Quartermaster Bond rate schedule **is for** the Post Officers. There is a separate schedule for your canteen employees and others who are not Post Officers but need to be bonded. Remember that persons on any and/or all accounts the Post has **Must be bonded**.

4. BUDDY POPPIES:

Currently State Headquarters does not have any Buddy Poppies (old or new) in stock. We will hopefully resume buddy poppy orders (old and new) by October 1.

5. CITIZENSHIP EDUCATION TEACHER AWARD:

The VFW Teacher of the Year award contest recognizes three exceptional teachers for their outstanding commitment to teaching Americanism and patriotism to their students. Nominations of outstanding teachers are in three categories: grades K-5, 6-8 and 9-12.

The program dates for this year are as follows: October 31st is the Deadline for teacher nomination by the Post. Post judging should be completed by November 15th and winners sent to District. District judging should be completed by December 15th and winners forwarded to the Department. Department judging will be held December 20th and winners submitted to VFW National Headquarters by January 15th. District Chairman should send their District Reports with their District winners to the Department Chairman. Department winners will be honored at the Department Educational Awards Banquet on January 13, 2024, in Williamsburg, VA.

Post chairmen must be sure to send the original nomination form, essay and official VFW Post teacher entry form of the winner from each grade's category – along with one-page resume, up to five (5) pages of documentation and a good quality head and shoulders photograph from the winning teachers.

If you have any questions, please don't hesitate to call me (540) 539-5446 or email me bigredtruk@comcast.net.

Chris Birch Chairman

6. CONSOLIDATION:

General Orders No. 2, 2023-24 series, will announce the consolidation of Francis J. Mellar, Jr. Post No. 8252, Gloucester, Virginia and PFC Clarence W. Jones, Sr. Post No. 12201, Kilmarnock, Virginia. The consolidated Post is to be known as Francis J. Mellar, Jr. Post No. 8252, Gloucester, Virginia. Approved August 14, 2023. The senior muster date is February 20, 1957.

7. **DELINQUENT:**

Dist.	Post	Fees	Audits	Dist.	Post	Fees	Audits
1	2296	6.00		7	2123		June
3	2239		June	7	8613	9.00	
3	8529		March, June	9	4667		June
4	7059		June	9	7136		June
4	7819	6.00		11	3060	6.00	
4	8163		June	12	4301	6.00	
4	8446		June	12	5715	12.00	
6	5311	9.00		12	9600	9.00	
6	12179		June	13	8947		June

8. DIGITAL MEMBERSHIP CARDS:

Members now have the ability to download their digital version of their membership card. Depending on whether a member has an iPhone or Android, they will be able to download and access their digital membership card from the VFW app.

This will not replace the physical VFW membership card - we will still be sending out membership cards to all our annual and Life members. This is intended as another option for our members' convenience. When asked to show a VFW membership card, a member can either produce their physical card out of their wallet or display their digital card on their smart phone.

9. DISTRICT MEETINGS:

1^{st}	Date:	TBD	$3^{\rm rd}$	Date:	11/18/23
	Meeting:	TBD		Meeting:	10:00 AM
	Location:	TBD		Location:	Post 2239 Colonial Heights
	Rep:			Rep:	14705 Jefferson Davis Highway State JVC Doug Hoffman
	1			resp.	State VV C Boag Homman
2^{nd}	Date:	11/18/23	4^{th}	Date:	10/21/23
	Meeting:	9:00 AM		Meeting:	1:00 PM
	Location:	Post 3160 Norfolk		Location:	Post 8163 Clarksville
		111A View Avenue			7488 Highway 15N
	Rep:	State Surgeon Charles Bush		Rep:	

5 th	Date: Meeting: Location: Rep:	11/18/23 10:00 AM Post 4637 Martinsville 1425 Greensboro Rd	9 th	Date: Meeting: Location: Rep:	9/30/23 10:00 AM Post 7726 Independence 115 Klondike Road State Surgeon Charles Bush
6 th	Date: Meeting: Location: Rep:	12/2/23 Noon Post 1264 Roanoke 4930 Grandview Avenue NW	10 th	Date: Meeting: Location: Rep:	12/3/23 10:30 AM Post 1177 Leesburg 401 Old Waterford Rd NW
7^{th}	Date: Meeting: Location:	TBD TBD TBD	11 th	Date: Meeting: Location: Rep:	TBD TBD TBD
8 th	Date: Meeting: Location: Rep:	11/18/23 Noon Post 7728 Morrisville 12496 Harpers Run Rd, Bealeton	12 th	Date: Meeting: Location: Rep:	9/9/23 11:00 AM Post 9830 Damascus 23489 Mountain City Road
			13 th	Date Meeting: Location: Rep:	TBD 11:00 AM TBD

10. E-MAIL ACCOUNT ACCESS:

All email accounts were reset so the new Officers could take control of their emails as of **June 13th**. This will be the primary means of sending correspondence from State Headquarters to Post and District Officers. You will receive all General Orders, special notices and any other documentation that you need via email. This will help cut down on postal expenses and speed up the response time for you receiving the information.

Here are directions for logging into your new account for the first time.

- 1.Go to Department web site www.vfwva.org.
- 2. Click on Resources, Microsoft 365.
- 3. The username is your email address; put that on the first line (see below for your new address).
- 4. Your default password will be **VFW2023!** once you have accessed the mail program you will be asked to change it; it must contain at least one uppercase letter and one number.

For Post Officers, your address will be <u>cdrpost176@vfwva.org</u> where the 176 is you replace it with **your** Post number.

adjpost176@vfwva.org qmpost176@vfwva.org For District Officers your address will be cdrdist1@vfwva.org for Districts other than the first just replace the 1 with your district # Please note District Senior Vice Commander's now have an email address

srvdist1@vfwva.org adjdist1@vfwva.org gmdist1@vfwva.org

11. GENERAL ORDERS:

The cut off for the General Orders is the 20th of the month. No EXCEPTIONS. Subscriptions for hard copy General Orders are \$30.00 for the year. Contact State Headquarters for more info.

12. IMPORTANT DATES:

September 16, 2023	Fall Council Meeting, Roanoke, Virginia at 9:00 AM
November 2 - 5, 2023	Southern Conference, Tulsa, Oklahoma (See July or August for registration packet)
January 12 - 14, 2024	Winter Council Meeting, Fort Magruder Hotel and Conference Center, 6945 Pocahontas Trail, Williamsburg, VA: phone 757-220-2250. Room Rates are \$89.00 per night. Group name "Veterans of Foreign Wars – Winter Council Meeting Group"; Cut-off Date December 11, 2023.
July 27 - Aug 1, 2024	National Convention, Louisville, Kentucky
August 9 - 14, 2025	National Convention, Columbus, Ohio

13. INCORPORATION:

The attention of the Post Commander is directed to section 708 of the National By-Laws and the Manual of Procedure, which prescribes the procedure for the Incorporation of Units. It shall be the responsibility of the Post Commander to ensure full compliance with both sections and to ensure that all state requirements for annual filing, fees, etc., are met in a timely manner.

Posts should take the necessary steps to incorporate under the laws of the state in which the Post is located. Financial responsibility laws, as interpreted by the courts, may cause members of unincorporated Posts to be at risk. Incorporating under the provisions of section 708 of the National By-Laws and the Manual of Procedure and the laws of the state will provide protection for Post members. Posts are urged to contact their Department Adjutant to

obtain the proper forms for incorporating. The Articles of Incorporation must be reviewed by the Commander-in-Chief prior to forwarding them to the proper state authorities.

14. IRS FORM 8822-B:

IRS Form 8822-B, it is now a requirement by the IRS that all Posts submit this form. This form must be submitted anytime the Post Quartermaster changes and/or the Post address changes. This is effective January 1, 2014.

15. LEGACY LIFE MEMBERSHIP:

CHECK OUT OUR LEGACY LIFE VIDEO! Go to vfw.org, click on JOIN, and scroll down to Legacy Life Membership and then click on the video on the right. This prestigious program is available to all Life members and is now available in memoriam for past Life members. There are three levels of membership; each offer their own

package of exclusive member benefits. Financial contributions to the Legacy Life member program are tax deductible to the maximum extent allowed by law.

Enrollment Cost:	Annual Payouts:							
Levels	Posts	Departments	National					
Gold- \$1,200.00	\$18.00	\$18.00	\$18.00					
Silver- \$800.00	\$12.00	\$12.00	\$12.00					
Bronze- \$400.00	\$6.00	\$6.00	\$6.00					

What will your Legacy be?

16. MEMBERSHIP:

Commanders and Comrades,

As we enter September the Life Members will be added to your memstats. This will let you know exactly where you stand percentage wise. A large number of you have been adding new or reinstating members so kudos to you. If you are a late starter its time to start, the weather should start cooling off this month for outdoor recruiting. Look within your communities for opportunities to set up recruiting tables. The State Team will be at the State Fair at the end of the month so we may be able to lend a helping hand with new members.

As we move toward some of the award's benchmarks, make sure your Post is able to be added to the drawing or awards. As always, we are here to help, so contact any member of the team or State Headquarters and we will try to assist you.

Tom Hines PSC Membership Team Chairman

17. OFFICE CLOSURE:

Service Officer Offices in Dale City, Norfolk and Smithfield will be closed September 4, 2023, in observance of Labor Day.

State Headquarters will be closed September 1 - 4, 2023, in observance of Labor Day. State Headquarters will also be closed September 22, 2023. The Adj/OM will be available by phone and email for any issues that may arise.

18. PARLIAMENTARY AUTHORITY:

Procedure and Ritual establish that *Robert's Rules of Order*, *Newly Revised, 12th Edition* shall be the parliamentary authority on procedural matters not governed by VFW By-Laws and Manual of Procedure. This edition of *Robert's Rules of Order* is readily available at local book stores and online retailers such as Barnes & Noble and Amazon.

19. PARTNERS IN PATRIOTISM:

Commander-in-Chief Duane T. Sarmiento would like you to join with him in supporting the VFW's life-changing programs for veterans, service members and their families and reduce the amount of mail you receive. The VFW has an option that allows you to support VFW programs on a monthly, quarterly or yearly basis, as well as reduce expenses and eliminate fundraising mail. It is called Partners in Patriotism. As a member of Partners in Patriotism, you choose a set dollar amount for your donation (minimum amount of \$10) that is either charged to your credit card or set up as an Electronic Funds Transfer (EFT) from your bank account. Once you join the VFW's Partners in Patriotism, you will only receive the Quarterly Supporter newsletters to keep you informed of the many efforts your monthly gifts are making possible and a Year-End Tax Receipt mailed by the end of January. If you are interested in

joining Partners in Patriotism, you may contact Donor Services in the VFW Development Department toll-free at 1.833.VFW.GIVE (1.833.839.4483) or email us at partners@vfw.org with "Partners in Patriotism Application" in the subject line.

20. PATRIOT'S DAY:

Per Presidential Proclamation, Sept. 11 is designated as "Patriot Day." The president requests the flag of the United States to be flown at half-staff (sunrise to sunset) and a moment of silence observed in honor of the individuals who lost their lives on that day due to terrorist attacks on the United States. For flags and other patriotic items, click here vfwstore.org/category/patriotic/miscpatriotic.

21. PATRIOT'S PEN:

Conducted nationwide, the VFW Patriot's Pen competition gives students the opportunity to write essays expressing their views on patriotic topics. Annually, nearly 68,800 Middle School students compete for more than \$1.4 million in state and national awards. Each first place state winner receives a minimum of \$500 at the National level, and the National first place winner wins \$5000.00. A written essay is submitted by each applicant and addresses an annual patriotic theme. The 2023 theme is "How are you inspired by America?" The contest is open to all students in grades 6-8. More specific information, including rules, forms, and brochures, is available at http: www.vfw.org.

In order to have a successful program this year it is important that participating Posts begin recruiting middle schools, teachers and students as soon as possible. Since middle schools in your area have already let out for the summer vacation, you can either contact them now, electronically through emails and social media, or contact them directly as soon as classes resume.

2023-2024 Patriot's Pen Reporting Deadlines

- 31 October 2023 Student entries due at the Post
- 15 November 2023 Completion of Post Judging
- 02 December 2023 Completion of District Judging
- 23 December 2023 Department Patriot's Pen Selection Board
- 12 January 2024 Completion of Department Judging
- 13 January 2024 Department Educational Awards Banquet Williamsburg, Virginia
- 15 January 2024 District Participation Reports due For Department Chairman
- 15 January 2024 Department Winners Due to National
- 31 January 2024 Department Reports due To National

Awards will be presented to the top three Department winners at the Department Winter Council meeting on Saturday, 13 January 2024 in Williamsburg, Virginia. Please send complete application packets to the Department Patriot's Pen Chairman to include the completed Official Student entry form with all appropriate signatures, a typed essay and a photograph of the District winner. Incomplete Application packets will disqualify your candidate from District and Department judging. District chairmen are expected to complete and send out the District Participation Report in a timely manner. It should be received by the Department Patriot Pen Chairman, which is required for his Department report, NLT Sunday, 15 January 2024.

The District First place winning submissions should be mailed to the Department Patriot's Pen Chairman Louis Filippone at 15608 Jillians Forest Way, Centreville, VA 20120-1255.

You are strongly encouraged to send your application packets by UPS, Fed Ex or USPS return receipt. You are also advised to keep a duplicate copy of the complete application packet on hand. The Department Patriot's Pen Chairman must receive your submission NLT Friday, 15 December 2023. The Department Patriot's Pen Selection Board will be held on Saturday, 23 December 2023 at Post 9808 Mechanicsville, Virginia.

Patriot's Pen Department Awards

The top three finalists will be invited to the Winter Council Luncheon in Williamsburg, Virginia on Saturday, 13 January 2024. All three finalists will receive their awards and the first place winner will present their essay at the Awards Banquet. The First-place winner will receive \$2,750.00 from the Department. The second-place winner will receive \$2,250.00, and the third place winner will receive \$1,750.00. The Post that sponsors the Department's winner will receive the Larry Mattera Memorial Patriot's Pen Plaque at the Department Convention in June 2024, Date to be determined. Should you require any assistance, or additional information regarding the 2023-2024

Patriot's Pen program or its administration, please contact me directly at (703) 477-2274 or email at drlouortho@aol.com.

Please be advised all dates and venues are subject to change.

Louis Filippone Department Patriot's Pen Program Chairman

22. POST OFFICER'S DUTIES:

Attention of incoming Post Officers is directed to Section 218 of the Manual of Procedure which outlines the duties of various Post Officers.

23. POW/MIAL RECOGNITION DAY:

SEPT. 15. Posts should conduct an appropriate ceremony. Information on conducting a ceremony can be found in the current VFW Manual of Procedure. For POW/MIA merchandise, click vfwstore.org/category/memorial/powmia.

24. RECRUITING SOI:

State Headquarters will conduct in-person and Zoom sessions of the Recruiter School of Instruction (SOI). The All-State plan requires a Post to send at least one Post Member to a training session. The dates, times, and locations for the Recruiter SOI are as follows:

• Saturday September 9 at Post 9292 Elkton 10:00 AM To register in advance to zoom this meeting:

https://us06web.zoom.us/meeting/register/tZAlfuCtqzMjHdVtL LhKyXN1SJUG0Wzce7W

• Friday September 15 at 6PM Post 1264 Roanoke 6:00 PM To register in advance to zoom this meeting:

https://us06web.zoom.us/meeting/register/tZwpf-yopjgvHNfK3qQNGv0w L3LuRV3Dh16

25. REMOVAL OF OFFICERS:

Section 220 of the National By-Laws, "Vacancies and removal of Elective Officers or Committee Members: states, "Any elective Post officer removed by the State Commander, by reason of failure to pay current dues or by vote of the Post under the provisions of this section, shall not be eligible to serve in any Post office in the same administrative year in which the officer is removed."

26. REPORTING:

Comrades to view whether your Post has submitted an Audit Report, Americanism, Community Service, Safety, Youth or Hospital report you should visit the Department website (www.vfwva.org). The website is updated daily. If you have any questions, please call State Headquarters. There will be no form for Homeless when reporting for assistance to a homeless veteran please put it on a Community Activity report under aid to others.

27. ROSTER CHANGES:

Salem Deputy David Jarrett 670 Manley Branch Rd Concord, VA 24538 434-363-1466

Post 1499 Cmdr David N. Kuroski 3162 W Midland Trl Lexington, VA 24450 540-319-3737 cdrpost1499@vfwva.org Post 9760 SVC Beau D. Lescarbeau 210 Kinsky Ln Berryville, VA 22611 443-509-5652 beau.lescarbeau@gmail.com

28. SPECIAL ORDER NO. 7:

Membership Inactive Kelly M. Jablonski VFW Post No. 637

Pursuant to the voluntary resignation of their membership upon the ascertainment of their desire to no longer be affiliated with the Veterans of Foreign Wars,

IT IS HEREBY ORDERED that the name of Kelly M. Jablonski, Membership No. 11431096, be removed from the rolls of Jacob J. Pearson Post No. 637, Hopewell, Virginia, and their membership in the Veterans of Foreign Wars of the United States vacated per member's request.

By order of Duane T. Sarmiento Commander-in-Chief

29. SPECIAL ORDER NO. 8:

Membership Ineligible Richard E. Moore VFW Post No. 3160

Their eligibility to membership having been questioned under the provisions of Section 108 of the National Bylaws and the veteran having failed to submit proof of campaign medal service which would qualify for membership,

IT IS **HEREBY** ORDERED that the name of Richard E. Moore, Life Membership No. 10970645, be removed from the rolls of Ocean View Post No. 3160, Norfolk, Virginia and their membership in the Veterans of Foreign Wars of the United States terminated by reason of ineligibility.

By order of Duane T. Sarmiento Commander-in-Chief

30. SPECIAL ORDER NO: 33:

In accordance with the provisions of Section 212 of the National Bylaws and upon the recommendation of the Commander, Department of Virginia, while under suspension, due to their failure to establish a meeting quorum or elect the required officers, the charter of Davis-Williams Post No. 6044, Winchester, Virginia mustered

August 13, 1959, is hereby cancelled and the Post declared defunct. Such cancellation includes a revocation of the right to use all trademarks and service marks, including the name, emblems/insignia, seals and logos, of the Veterans of Foreign Wars of the United States.

The Commander, Department of Virginia, will at once recover the charter, rituals, paraphernalia and all monies and other property of the Post in accordance with the provisions of the National Bylaws.

By order of Duane T. Sarmiento Commander-in-Chief

31. SURGEON:

Hello, Comrades of Virginia VFW; we hope you are enjoying these last days of summer. Please enjoy and stay safe.

Health Awareness Month-September is Fiber Awareness Month

FIBER: The Forgotten Hero of Human Health

Do you know that FIBER is an important but often overlooked nutrient with many health benefits?

Not only does it aid digestive health, but fiber is also crucial for preventing heart disease, cancer, diabetes, obesity, and even mood disorders. Please see the FIBER attachment for recommended daily consumption, sources, and ways to add more fiber.

Disclaimer:

Talk with your physician or healthcare provider if you have questions about a personal health problem, condition, or treatment. They are familiar with you and can address your circumstances.

Reference(s):

Information was adapted from the Centers for Disease Control and Prevention and the US Department of Agriculture Dietary Guidelines.

For additional information and resources about fiber, please visit: https://www.vdh.virginia.gov/content/uploads/sites/23/2022/04/Fiber-The-Forgotten-Hero-of-Human-Health.pdf

We wish you much <u>success</u> with your <u>Fiber</u> goals in 2023-2024.

Yours in Comradeship and Peace, Charles H. Bush Jr. State Surgeon

32. VVF COMMUNITY SERVICE GRANT:

The Virginia Veterans Foundation, the official foundation of the Virginia VFW, has opened the window to apply for a grant to perform community service. The grant will provide twelve (12) grants worth up to \$250 for the 2023-2024 year. Should any money remain after the twelve (12) grants are paid out, those not selected in the first round of grants will be considered a second time. The requirements and application are in the attachments. While the project can be completed anytime between July 1, 2023, and June 30, 2024, the application is due no later than November 30, 2023. Posts <u>AND</u> Auxiliaries can apply for this grant, but only one grant will be given to an individual Post or their Auxiliary, regardless of who applies. Entries can be mailed, faxed, or emailed to State Headquarters.

33. VVF POST HOME IMPROVEMENT AND ASSISTANCE GRANT:

The Virginia Veterans Foundation, the official foundation of the Virginia VFW, has opened the window to apply for a grant to perform improvements on your Post home. The grant will provide ten (10) grants worth up to \$300 for the 2023-2024 year. The requirements and application are in the attachments. While the project can be completed anytime between July 1, 2023, and June 30, 2024, the application is due no later than November 30, 2023. Entries can be mailed, faxed, or emailed to State Headquarters.

34. VOICE OF DEMOCRACY:

The Voice of Democracy program, instituted in 1947, has been the Veterans of Foreign Wars premier scholarship program. Each year over 25,000 high school students compete for more than \$2 million in scholarships and incentives. Written and recorded audio essays are submitted by each applicant and address an annual patriotic theme. The 2023-24 theme is: "What Are the Greatest Attributes of Our Democracy?"

The contest is open to students in grades 9-12. More specific information, including rules, forms, and brochures are available at http: www.vfw.org. In order to have a successful program this year it is important that participating Posts begin contacting high schools, teachers and students as soon as possible.

2023-2024 Voice of Democracy Reporting Deadlines

- 31 October 2023 Student entries must be in the hands of the Post
- 15 November 2023 Completion of Post judging
- 3 December 2023 Completion of District judging
- 23 December 2023 Department VOD Selection Board
- 15 January 2024 District Participation Reports due to Department Chairman
- 15 January 2024 Department winners due to National

Awards will be presented to the top three Department winners at the Department Winter Council of Administration (COA) Reception on Saturday, 13 January 2024 in Williamsburg, Virginia. Please send complete application packets to the Department VOD Chairman to include the completed Official Student Entry form with all appropriate signatures, a typed transcript, flash drive and a photograph of the District winner. Make sure your flash drive is properly recorded and playable before sending it. Incomplete application packets may result in disqualifying your candidate from judging.

The District first place winning submissions must be received by the Department VOD Chairman Geoffrey Lyster, P.O. Box 1196, Warrenton, VA 20188, NLT Friday, 15 December 2023. You are strongly encouraged to send your application packets by UPS, Fed Ex, or USPS return receipt. You are also advised to keep a duplicate copy of the completed application packet. The Department VOD Selection Board will be held on Saturday, 23 December 2023, at VFW Post 9808 Mechanicsville.

Voice of Democracy Department Awards

The top three finalists will be invited to the Winter COA Banquet in Williamsburg, Virginia to be held Saturday, 13 January 2024. All three finalists will receive their awards and should be prepared to present their essays at the awards banquet. The Post that sponsors the Department's first place winner will be awarded the Clarence E. Kelley Memorial Voice of Democracy Trophy at the Department Convention in June 2024. Should you require any assistance or additional information regarding the 2023-2024 Voice of Democracy program, or its administration please contact me directly at 703-725-7862 or email glyster@yfwva.org.

Geoffrey D. Lyster Voice of Democracy Chairman

35. CALENDAR RAFFLE:

Raffle calendars have been distributed to all Posts. Let's start off strong and sell as many as we can. They make great stocking stuffers or a welcome home gesture for a Vietnam Veteran. Remember all proceeds go back to helping Veterans here in the state and supporting our programs (Voice of Democracy, Patriots Pen, and Teacher of the Year). I would like to have all ticket stubs, money and unsold calendars (lets shoot for none) returned to State Headquarters by December 20, 2023. Thanks again for everyone's support in what I hope will be a successful fundraiser.

Doug Hoffman State Jr Vice Commander

Official:

Ed Mann State Adjutant

ChlEm

By Order of:

Gary W Adams, Jr. State Commander

Dary Wadans Ja



The VFW Department of Virginia is turning 100 this year and we are celebrating across the state with our members. Come join us at one of these seven locations. We will have food, fun, music, and giveaways. So, RSVP Online at one, or all these locations. Just click on any of the links You want to attend, to RSVP. We hope to see you there.

Please make sure you print your ticket(s) for entry into the event!!

September 16, 2023, Post 1264, Roanoke

https://VFW_VA_100_Roanoke.eventbrite.com

September 23, 2023, Post 4667, Marion

https://VFW_VA_100_Marion.eventbrite.com



VFW Department of Virginia Job Announcement

Administrative Assistant (State Service Office)

Location: State Headquarters

403 Lee Jackson Highway

Staunton, VA 24401

Roles and Responsibilities:

- 1. Shall assist with work related to various administrative functions of the VFW State Service Office and State Headquarters.
- 2. Shall support those with issues related to benefits managed by the U.S. Department of Veterans Affairs in a manner approved by the Director of National Veterans Service.
- 3. Additional duties as assigned.
- 4. Some travel may be required.

Qualifications for the position:

Experience in administrative functions a plus. Must be proficient in Microsoft Office and various other programs. Must be able to handle sensitive documents in a confidential manner.

Additional notes:

This position is exempt from various, but not all, labor requirements of both the state and federal government as appropriate considering the nature of the position. Benefits of employment are defined in the employee manual section of the State Standard Operating Procedure.

If interested, please send résumé to State Adjutant/Quartermaster Ed Mann at adj@vfwva.org. Deadline is September 30, 2023.

ONLY 6 LEFT!

Limited Edition

Veterans of Foreign Wars Department of Virginia

Centennial Anniversary KA-BAR Knife

Celebrating 100 years Only 100 made \$100 each



To get yours contact State Headquarters.

(540) 886-8112

Shipping Charges may apply.

FIBER: The Forgotten Hero of Human Health















Fiber is an important, but often overlooked nutrient that has a multitude of health benefits. Not only does it aid digestive health, but fiber is also crucial for preventing heart disease, cancer, diabetes, obesity and even mood disorders.

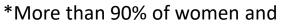




How Much Fiber Should I Eat Per Day?*

Men: 28-34 grams

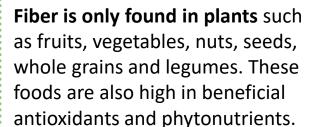
Women: 22-28 grams



97% of men do not meet

recommended fiber intakes.

What Foods Are Good Sources of Fiber?









Ways To Add More Fiber To Your Diet

- Eat whole foods. Instead of fiber supplements and processed foods, get your fiber from foods found in their most natural state.
- Focus on diversity. Eating a variety of plants helps maximize your intake of the different types of fiber, phytonutrients and antioxidants.
- Choose a healthy snack. Many fiber-rich foods make for convenient snacks such as apples, pears, berries, carrots, almonds and walnuts.



 Get your protein from fiber-rich foods. Beans, lentils, chickpeas and tofu are healthy sources of protein and are also loaded with fiber.















Dear Post Quartermaster,

With the support of the VFW National Headquarters and the VFW Department leadership, the National Council of Administration passed a resolution at the August 28th Council meeting that makes it mandatory for all Posts and Departments to sign up for Automated Clearing House (ACH) payments from the National Headquarters by December 31, 2016.

What is ACH and what does this mean? ACH is a method for the National Headquarters to electronically submit payments to Posts and Departments. ACH is one of the most secure, fastest and efficient payment methods available today. When an ACH payment is transmitted, the deposit will typically be available in the payee's account the following business day. If you provide an e-mail address, you will also receive an e-mail notification whenever a payment is transmitted to your account from National Headquarters, and that e-mail will explain the purpose of the payment.

After December 31, 2016, the National Headquarters will no longer be issuing paper checks to Posts and Departments. Historically there have been thousands of checks to VFW Posts and Department that have gone uncashed, and by signing up for ACH, that issue will be eliminated.

Attached is the ACH application form that needs to be completed and signed. You are also required to attach a voided check from the appropriate bank account.

Thanks for your assistance in making the VFW more efficient.

Sincerely,

Donald R Holland Jr., MBA VFW National Accounting Dept 406 W 34th St Kansas City, MO 64111



AUTHORIZATION AGREEMENT FOR AUTOMATIC DEPOSITS (ACH CREDITS)

Attention Quartermasters

VFW DEPT OR

An email notification will be sent to the Post's V-mail account after each ACH Deposit has been transmitted providing the date of deposit and amount. If your Post would like to also receive an email message to a different email account, please provide below.

TAX ID

VFW POST/AUX NAME	NUMBER
entries and to initiate, if necessary, debit*	gn Wars of the United States, hereinafter called VFW of US, to initiate credit entries and adjustments for any credit entries in error to our (_) Checking or d below and the depository named below, hereinafter called DEPOSITORY, to punt.
DEPOSITORY/BANK	John Adams 01/02 1234 Main Street New York, NY 12345-0000 20 12-34/1234
NAME	PRY TO THE GRODER OF
BRANCH	Checking Savings Investments Bank
CITY	1:1234567891: 1234567899* 0123
STATEZIP	Routing # Account #
ROUTING NO.	ACCOUNT NO
•	nd effect until VFW of US has received written notification from me (or either in such manner as to afford VFW of US and Depository a reasonable
POST QUARTERMASTER OR AUX	TREASURER
NAME	
DAYTIME PHONE NUMBER	
E-MAIL ADDRESS	
DATESIGNATUI	RE
nagible	eek to process, therefore, it is important to return this form as soon as PLEASE MAIL, FAX OR SCAN THIS COMPLETED FORM TO:

816-756-3390 Ext 6230 / FAX 816-968-1137 /EMAIL DHolland@yfw.org

VFW NATIONAL HEADQUARTERS ACCOUNTING DEPT ATTN: DONALD HOLLAND 406 W. 34TH ST., SUITE 1100 KANSAS CITY, MISSOURI 64111

PLEASE ATTACH VOID OR CANCELLED CHECK HERE

*Debits will only be initiated to correct an error. Under no circumstances will the Debit exceed the error amount. Application will not be processed if there is no void check or deposit slip attached.



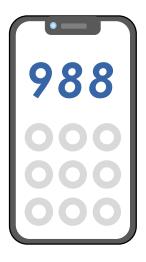
The Department of Virginia Auxiliary has a QuickBooks program (never been used) for sale for \$500.

interested in buying or questions contact our Department Treasurer Cathy Graham cg12dc12@outlook.com



New!

988 SUICIDE & CRISIS



Call or Text 988 for Free, Confidential, 24/7 Mental Health Support

On July 16, 2022, the U.S. is transitioning to using the 988-dialing code to operate through the existing National Suicide Prevention Lifeline (1-800-273-8255).

Facts About 988



Accessible. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help people in suicidal crisis or mental health-related distress 24 hours a day, 7 days a week, across the U.S.



Comprehensive. 988 is a direct connection to compassionate care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress.



For Everyone. People can also dial 988 if they are worried about a loved one or someone who may need crisis support.

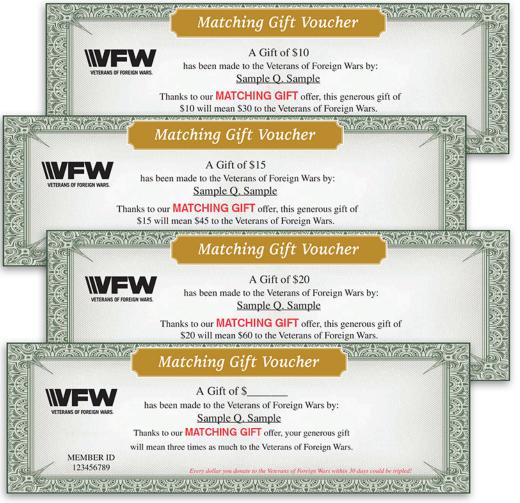
To learn more about 988, visit: bit.ly/988forHope



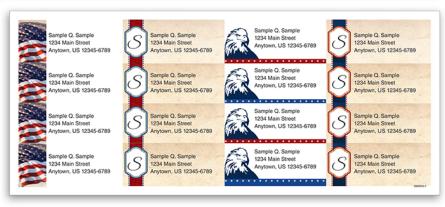




Matching Gift Opportunity!









Triple your gift!

You will soon receive an offer that will instantly triple your gift to help fellow veterans and service members who suffer from war injuries. Please choose one of the Matching Gift Vouchers you receive and return with your generous donation within 30 days of receipt to triple your support of *your* Department programs.



VFW Community Service Grant

The purpose of the VFW Community Service Grant is to assist VFW Posts and Auxiliaries in Virginia who need assistance with funding community service projects. There will be of twelve (12) grants worth up to \$250 each for the 2023-2024 year. All requirements must be met, or the grant must be returned, in part or in whole, depending on the circumstances. **Grant application is due no later than November 30, 2023.**

The requirements of the grant are as follows:

- 1) The project must be initiated and completed in the period of July 1, 2023, through June 30, 2024.
- 2) The VFW Post or Auxiliary in question must have a current non-profit status on file with the Internal Revenue Service (IRS) and the Post must provide the IRS paperwork proving this.
- 3) The Post or Auxiliary must be in good standing with the VFW National Headquarters and the Department of Virginia.
- 4) If the project is hosted at a building, it must be a non-smoking building regardless of the owner's rules for the use of the building.
- 5) The grant is not to be used for work on a VFW Post home or the property owned by any membership-based organization.
- 6) Receipts for the project must be provided and payment of the grant will not occur until this is done with all payments coming after project completion.
- 7) Should the project costs total less than \$250 once completed, the balance of the grant will not be paid. Additional projects may not be added to an approved grant. Alterations to an approved grant require approval by the Virginia Veterans Foundation before the grant can be claimed.
- 8) The VFW Post or Auxiliary receiving the grant must agree to allow the VFW Department of Virginia and Virginia Veterans Foundation the opportunity to promote the project on social media, in official communications, and in other forms of marketing.
- 9) The grant will only cover materials and the Post is responsible for providing labor. This can be done through paying for labor or by doing the work themselves.
- 10) All decisions on grants are final and will be made by the Board of Directors for the Virginia Veterans Foundation.
- 11) Funding from this grant program may be combined with other grants but the total of the funding received cannot exceed actual costs and the amount received from this grant may be reduced accordingly.
- 12) Only one grant per year will be provided to an individual Post or Auxiliary, regardless of who applies for the grant.

VFW Community Service Grant

Official Grant Application

(All questions must be answered in full)

Name and number of the Post/Auxiliar	y:
Mailing address:	
Physical address of the event:	
Commander/President name, phone nu	mber, and email address:
Quartermaster/Treasurer name, phone	number, and email address:
Description of the project to be comple	eted:
Estimated cost of the project:	
How will labor be provided?:	
By signing below, you acknowledge the required acknowledge that you have provided all needed application rests solely with the Virginia Veterar needed receipts for the project and to cooperate vVFW Department of Virginia in promoting the p	documents and that the decision on this grant as Foundation. Finally, you agree to provide all with the Virginia Veterans Foundation and the
Commander/President:	QM/Treasurer:

VFW Post Home Improvement and Assistance Grant

The purpose of the VFW Post Home Improvement bs Assistance Grant is to assist VFW Posts in Virginia who need assistance with funding projects to improve, expand, or repair their Post home as well as assisting those Posts in financial need. There will be ten (10) grants worth up to \$300 each for the 2023-2024 year. All requirements must be met or the Post will be required to return the grant, in part or in whole, depending on the circumstances. **Grant application is due no later than**November 30, 2023.

The requirements of the grant are as follows:

- 1) If funding a project, it must be initiated and completed in the period of July 1, 2023 through June 30, 2024. Post must submit a thorough justification for the grant.
- 2) If asking for emergency assistance, the Post must explain the reason for the emergency and provide a plan for how the Post will raise money in the future and prepare for future problems.
- 3) The VFW Post in question must have a current non-profit status on file with the Internal Revenue Service (IRS) and must provide the IRS paperwork proving this.
- 4) The Post must be in good standing with the VFW National and Department Headquarters.
- 5) If funding a project, the Post must own or lease the Post and must provide a copy of the documents showing either ownership or a current lease. For Posts who lease the property, there must be at least 2 years remaining on the lease to receive a grant.
- 6) The Post must not allow smoking in their Post building but may use the grant to repair damage after voting to ban smoking. A ban on smoking is defined as no smoking allowed inside the building of the Post home. It may be allowed outside of the building.
- 7) Receipts for the project or bills covered by the assistance requested must be provided and payment of the grant will not occur until this is done with all payments coming after project completion or for bills already paid.
- 8) Should the project costs or assistance requested total less than \$300.00 once complete, the balance of the grant will not be paid.
- 9) The VFW Post receiving the grant must agree to allow the VFW Department of Virginia and Virginia Veterans Foundation the opportunity to promote the funded project on social media, in official communications, and in other forms of marketing.
- 10) The grant will only cover materials and the Post is responsible for providing labor. This can be done through paying for labor or by doing the work themselves.
- 11) All decisions on grants are final and will be made by the Board of Directors for the Virginia Veterans Foundation.
- 12) Funding from this grant program may be combined with other grants but the total of the funding received cannot exceed actual costs and the amount received from this grant may be reduced accordingly.

VFW Post Home Improvement and Assistance Grant

Official Grant Application

(All questions must be answered in full)

Name and number of the Post:										
Post mailing address:										
Physical address of the Post:										
Post Commander name, phone number, and email address:										
Post Quartermaster name, phone number, and email address:										
Estimated cost of the project or assistance requested:										
How will labor be provided?:										
On a separate page, give either a description of the project to be complete or justification for assistance requested. For emergency assistance, als include in your description a plan for how the Post will raise money in the future and prepare for future problems.										
By signing below, you acknowledge the requirements of the grant program. Furthermore, you acknowledge that you have provided all needed documents and that the decision on this grant application rests solely with the Virginia Veterans Foundation. Finally, you agree to provide a needed receipts for the project and to cooperate with the Virginia Veterans Foundation and the VFV Department of Virginia in promoting the project and grant.										
Post Commander: Post Quartermaster:										



Centennial Garden

Celebrate the upcoming VFW National Home Centennial in style with a personalized engraved brick in our 2025 Centennial Garden. Whether it's to honor a loved one, commemorate a special event, or simply leave your mark on this historic occasion, our 8x8 engraved bricks offer a timeless way to do just that. And for a limited time only, you can secure your place in history for an unbeatable price of only \$500.

Our bricks are made from the highest quality materials and engraved with the latest technology, ensuring that your message will last for generations to come. Not only will your brick be a lasting tribute to your contribution to celebrate our 2025 centennial anniversary, but it will also add to the beauty and legacy of the garden for years to come.

With only a limited number of bricks available, now is the time to act. Don't miss your chance to be a part of this once-in-a-lifetime opportunity. Order your personalized engraved brick today for only \$500 and be a part of history.







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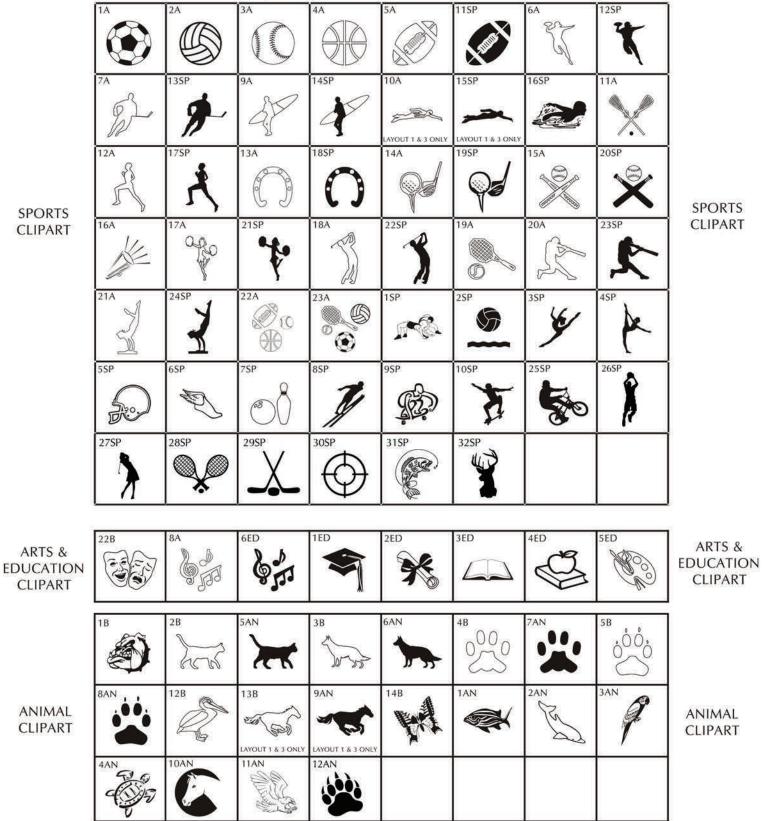
VFW National Home Attn: Development Dept 3573 S Waverly Rd Eaton Rapids, MI 48827

MAKE CHECKS PAYABLE TO:

VFW National Home

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ARE YOU LOOKING FOR A SPECIFIC CLIPART NOT LISTED WITHIN OUR LIBRARY? INQUIRE WITH YOUR SALES REPRESENTATIVE!



* NOT APPLICABLE FOR MINI REPLICAS

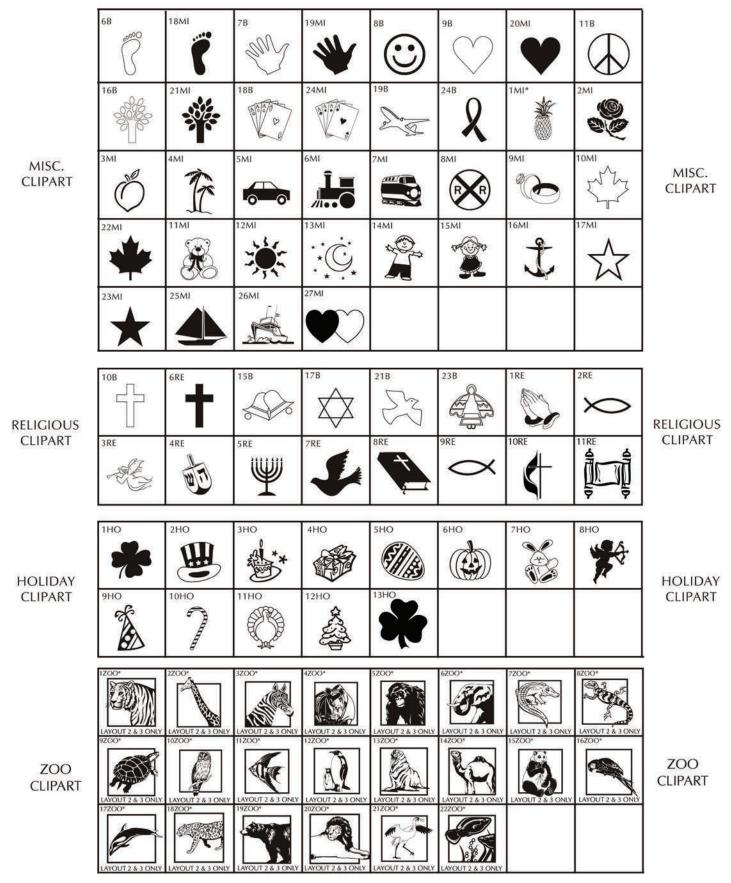
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Important Note: Your brick area should have a clean and consistent appearance and should not be filled with too many free clipart images. We suggest that you limit the amount of free clipart images you offer to your donors/customers. For the possible free clipart image layouts, please see the attachment. We highly recommend one layout per size brick (4x8 & 8x8).

BMI Disclaimer: We will always do our best to provide a high quality engraved image. However, with any engraving process, we may lose some of the intricate details of a logo/graphic from the process of engraving. Such lost details should not be considered a defect but simply the result of engraving the image.

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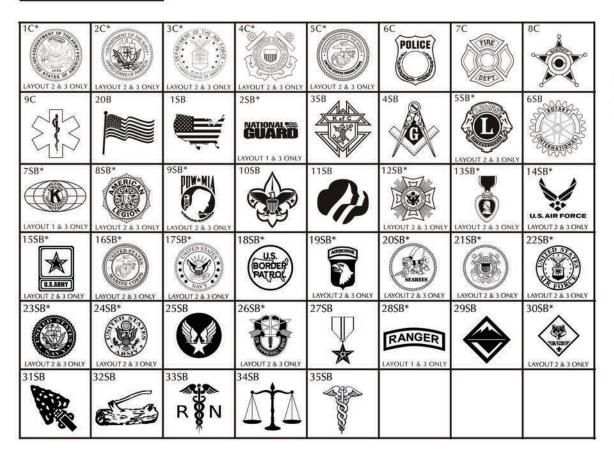
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SEALS & BADGES CLIPART



SEALS & BADGES CLIPART

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