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President, Laurie Herman  
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Secretary, Karlene Beams  
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Arkansas



VFW, Auxiliary View

Issue 02 2018-2019

August 2018

## Presidents Update

TO BE READ AT MEETING AND FILED

Dear Brothers and Sisters:

We have been communicating on all levels – both good – and some not so good – but that is what will keep our Department STRONG! If an issue arises that really bothers you, try to “Shake it Off”, but when that doesn’t work your Department Officers are here to listen to you, and help find an amicable solution for all parties. Follow the chain of command and we will get it done the right way.

On the flip side of that – I REALLY want to hear about all the good things that are going on! Has a member done something really special that deserves recognition? Let me know – there will be a special gift at Department Convention for our top 10 outstanding members! (Don’t bother asking Linda or Karlene – this is my secret and only I know what it is!)

National Convention was spectacular! I was so excited to see all the members who came to see what The National Organization is all about. I hope everyone learned something new. We were so happy to see PDP Vicki making it into the Circle of Excellence, you could see all over her face just how proud she was to represent the Department of Arkansas! Congratulations to the Department Chairmen; Terri Gothard, Lois Callahan, Becky Lamb and Sherri Barnes who took home National Program Awards and Karlene Beams and Vicki McGahhey with National Membership Awards.

By now you all have your program books, so you should be working on a goal from each program that you will be able to achieve. There is no auxiliary too small to accomplish at least one goal in each program.

We also need to start working on our membership goals. Our first goal of new or rejoined members will be coming up sooner than you think! Watch Linda’s column for details! I would love to be able to hand out so many recruiter pins that I have to reorder! I know we can do it! Remember, you need to send the copies of those applications to Linda Evans so she can put them in to the system. Auxiliary treasurers – you are still processing continuous renewals if members are unable to do them on MALTA by themselves. We want to obtain our 100% by December 31<sup>st</sup>!

Bonds need to be paid by the end of this month – talk to Linda or Karlene – they can help you if you are new to doing this on MALTA.

Plan to attend the Department Family Freedom Fest at Headquarters on August 25<sup>th</sup>! Let’s meet each other and have a great time ! See you there....

Loyally, Laurie Herman

\*\*\*\*\*

## Membership Reminders



Linda Evans  
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### ATTENTION

**Last month’s items are still relevant for this month**

- April, May, June Audit were July 30
- July- -you should be able to pay your bond on MALTA, or send a check to National earmarked Bond Late if not paid by August 30.
- **Dept. Treasurer, will process all new or rejoined, send application to Department Treasurer**
- Call me if you need help, and if you want or need training, I am available on Saturdays, do not like to drive at night.
- When National officially list the June 30 ending membership totals, we will send out the View with anything concerning membership, this will include the groups, blank forms and your \$\$ quota for Health and Happiness and Cancer Grant and the addresses to mail your check or go on MALTA.

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## Arkansas

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# Veterans & Family Support

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Hello brothers and sisters!

Things are heating up! The weather is hot outside and so are all your ideas for veterans and family support. My head is spinning from all the things I learned at our National Convention! Report your projects to me via email or mail or phone, there will be special recognition for the auxiliary with the most creative and effective project.

I heard from Bob Regan the founder of "Operation Song" a music based program through Nashville VA that helps veterans heal by telling their stories through music to win their fight against PTSD. He shared the song, "The Last Monday in May" that deeply touched me. The VFW Auxiliary donated \$8000 to this program and his reaction was amazing!

There are two changes in our program: Unmet Needs will now have a \$1,500 limit per recipient. There is a need to replenish the funds in Unmet Needs as they expended 3.6 million dollars already and we never want to be unable to help our military, veterans and their families.

VFW Sport Clips Help a Hero Scholarship applications for the spring semester will be accepted August 1st through November 15th.

VFW's National Veterans Service helps veterans, service members and their families obtain the benefits they deserve - free of charge. Carry the contact info of your local veteran service officer and the check list of "What to bring to your appointment". This information can be obtained at [www.vfw.org/NVS](http://www.vfw.org/NVS) When you meet someone in ,need you can quickly give them a resource.

Let's keep the sun shining on our veterans! Believe we can do it! Kim



# Americanism

Donna L. Bader  
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## VFW National Citizenship Teacher Award:

Teachers who promote civic responsibility, flag etiquette, and patriotism are prime candidates for this award. All current teachers in grades K-12 are eligible. Nominations can be submitted by fellow teachers, supervisors, or other interested individuals (not relatives). The VFW wants to identify and recognize America's best educators who instill a sense of national pride in students. If you know of such a teacher, honor him or her with a nomination for this award. You can get a Nomination form from the Resources section of the VFWA website. Go to [www.vfwauxiliary.org](http://www.vfwauxiliary.org), log in, and go to Resources; or contact me. Deadline for submission to your local VFW Post is October 31, 2018. I hope to hear about a lot of entries.

**Flags Across America:** Hope everyone put flags out around their local communities for the Fourth of July. Don't forget to send me a report with number of flags, number of volunteers, and number of hours involved. Don't forget to recognize those businesses or organizations that put up Flag Displays. The next two Patriotic holidays will be Patriots Day on September 11, 2018 and POW/MIA Recognition Day on September 16, 2018. Get out and get your communities involved in putting up our American flag. Show your Patriotism with Pride!!!

School will be starting soon. Make plans to get Flag Education flyers and Flag Etiquette brochures into the classrooms. Get permission to attend a classroom to teach the meaning of the Flag Folds, Flag Etiquette, and the proper way to hold a Flag Retirement Ceremony.

I learned a lot about our Programs at the VFWA National Convention. I had a great time meeting new VFWA members and visiting with old friends. Always, Donna

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## Buddy Poppy & National Home

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Hello Members:

I hope you are planning your Buddy Poppy Displays. The first contest will be held during our Department President and Commander's Homecoming. September 15th will be here before you know it. You will find the contest rules on the VFW Auxiliary Website: After logging in, go to the main menu then hit resources and scroll to Buddy Poppy/National Home for Children.

Most VFW Posts and Auxiliaries plan some type of Buddy Poppy Distribution on or near Veteran's Day. While I certainly hope you are making plans as well, remember that Buddy Poppy Distributions can be done any time. "Every day can be Veteran's Day"

Call Department Headquarters soon to order your Buddy Poppies. Did you know that one penny for the purchase of each Poppy goes to the VFW National Home for Children? So, when you purchase Buddy Poppies, you support the Veterans who assembled them, you help support the National Home for Children and the money you raise by selling the Poppies goes into your own relief program to help people in your own communities.

Find ways to promote and use Buddy Poppies in all your Post and Auxiliary activities. Educate your community as well, then report your success stories to me.

I would like you to begin exploring the VFW National Home Military & Veteran Family Helpline: 1-800-313-4200. Full information can be found on the website. When promoting the Program in your communities, remember that it is a helpline, not a hot line. It is answered Monday through Friday, bet ween the hours of 8:00 and 4:30.

Until we see one another again, keep learning about and promoting this wonderful program. If you "Believe We Can Do It", we will "Keep the Sun Shining on Our Veterans"

Yours in Patriotism. Lois

## Chief of Staff

Vicki McGahhey  
108 Lavender Ln.  
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Brothers and Sisters,

Congratulations Arkansas Paw Patrol and Team Arkansas! At the National Convention I received the Circle of Excellence and the Department received \$1,000.00. Thank you members of the VFW Auxiliary Dept. of Arkansas! Now, let's get busy and do the same for President Laurie. One of the questions on the Chief of Staff/Extension report form is "Did you utilize a Welcome Bag for new members?". We need to welcome them and inspire them to be active members in our organization. I want to give you some ideas to put in your bags.

Thank you note: Thank you for joining our organization and honoring your veteran.

Officer Information: Give them a card with the name, phone number, and email of the Auxiliary President, Treasurer, and Secretary.

Post and Meeting Information: Give them the VFW Post name, number, address, phone number, and when the meetings are scheduled. Also, let them know of any upcoming events the Post or Auxiliary has scheduled.

Acronyms: I handed out sheets of these at the Convention. You may go online to [www.vfwauxiliary.org](http://www.vfwauxiliary.org), then to resources and print these. Examples are: C o A (Council of Administration), CAR (Cancer & Research), H & H (Health and Happiness), VOD (Voice of Democracy). These are just a few. They need to know what we are talking about.

School of Instruction: Explain the raps of the gavel and what Attention & Parade Rest mean so they won't feel lost in a meeting.

Program Information: Give a brief description of each program. Explain what we do, reporting, and awards.

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Me.

These are just a few ideas. You can use lunch sacks, gift bags, baggies, etc. You might also throw in a couple of mints or chocolate kisses (just keep them fresh LOL). I will inform you later of a special contest I will be having for Welcome Bags. Now go out, get new members, and Welcome them. Love to all, Vicki

## HISTORIAN & MEDIA RELATIONS

Beverly Williamson

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Sisters and Brothers,

We have returned from National Convention filled with energy and excitement for the coming year. August is the perfect time for you to spotlight your new National VFW Commander and Auxiliary President; as well as your own members who attended Convention. Highlight a program/or programs your Auxiliary is working on for August and September to let the public know how important it is to Support Our Veterans. Solicit Volunteers to help and invite those interested to join the membership. Articles that are succinct have a better opportunity to be published; just remember to identify all parties in your pictures. Pictures are the key to securing publication! Other helpful guidelines are available on-line at [vfwauxiliary.org](http://vfwauxiliary.org)...scroll to Resources...scroll to Program Publicity and Media Tools.

Once you have gathered your information...Copy and share with your local Newspaper, Radio and Television Stations. It always helps to have a contact person's name when possible to help you follow-up on articles submitted. It is better to send information to a Contact Person who could pass it on to the "right person" in charge of social and calendar events than just sending articles to "the Editor". Hope you have fun with this project and are as excited for the year as we are. Oh, yes... Keep a copy for your Scrap-Book! Continue to send timely articles of community interest involving local residents that are newsworthy and showcase your Auxiliary Programs. Your Contact Person will most likely save the information for a "space availability" time for printing. What could be better...a Certificate of Appreciation at the appropriate time...of course. Health and happiness to you and yours. Respectfully, Bev W.

## HOSPITAL

Cheri Wood

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shadowdreamin@hughes.net



Hello to all my fellow Auxiliary members,

Veteran's Voices is a way for Veterans to express themselves through writing, poetry, and art. You, as an auxiliary, can help by subscribing to the Veteran's Voices magazine. It is only \$35 per year for three issues.

When you subscribe and receive your first issue, reading the emotions and thoughts in these Heroes' words when verbal speech hinders them will spark an inspiration or an idea to get out there and get involved. To subscribe, go to [veteransvoices.org](http://veteransvoices.org)

Do you know the five signs of Veterans mental health?

- 1. Has their personality changed?** He or She may start acting out of their core values or just different.
- 2. Do they seem to become more agitated?** They seem more angry, anxious, agitated, or moody. They may be more prone to emotional explosions than they were before or have trouble sleeping.
- 3. Are they more withdrawn?** They are pulling away from family, friends or activities they used to enjoy.
- 4. Poor self-care?** They let personal hygiene go. They abuse alcohol or drugs. They go down a self-destructive path that may alienate loved ones.
- 5. Hopeless?** They seem hopeless and overwhelmed by their circumstances. They may make a statement about the world being better off without them.

**Learn these signs, find help and  
save a life**

**"KEEP THE SUN SHINING ON OUR VETERANS"**

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# Legislation

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What a wonderful time we had at our National Convention!!! I wish every one of you could have been there with us!! I have lots of wonderful information to share with you, and I know we are ready to get started contacting our legislators to urge them to vote in ways that will help our veterans!! Here are some ideas for getting started:

**FINDING YOUR LEGISLATOR** • Where to look up your Senator or Representative: Go on the internet and type in the following address: <http://congresslookup.com/>. Once you find your representative and/or senator, write down the physical address of their district office (which will be in your state), the email address, telephone number and fax (if you wish) of the district office and the Washington, D.C. office. Use this contact information to communicate with your legislators. Be sure to check this site after each election. Even if the legislator is re-elected, the office address may have changed. (I handed out lists at our Department Convention meeting, but I know some of you were not able to attend)

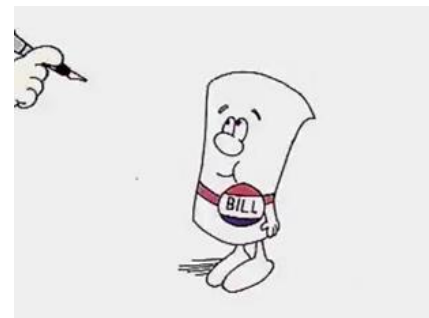
**WRITING OR CALLING YOUR LEGISLATOR** • Be respectful: Thank the legislator for serving and ask for their help in addressing your concern. Be mindful that often you will not be able to speak to the legislator when calling their office, instead you will be speaking with a staff member who will relay your issue and/or concern. • Email is effective: Email has increased public understanding of what happens in Washington D.C., made members of Congress more responsive to their constituents, and influences the decisions of members of Congress. • Personalize your messages: Staffers pay more attention to personalized messages that don't look like they have been cut and pasted from a letter. It's best to include one or two sentences in a message about yourself, the neighborhood you live in, and the types of organizations, associations, etc., you belong to in the community. • Focus on one issue: Keep your phone calls, letters or emails short and focused on one issue. Personal stories of how you or those you know are affected by government policies add to the effectiveness of your

communications. Messages that attempt to persuade, rather than demand, are more likely to be heard. Never belittle the legislator you are addressing! • Be specific: Communications that request a specific action (including a bill number, if available) often have more impact than those that express only a generalized concern. Asking your senators and representatives to “support our veterans” is not as effective as writing to say “Don't vote for the new sequestering legislation, as it will limit access to services for our veterans.”

November will be here before we know it, and the more we contact these congressmen while they are in office should help them know the power that our voting strength can have. Legislators want to hear from their constituents. By presenting thoughtful, focused communications you can gain credibility with the member and his/her office staff, which improves your lobbying outcome. The most important part of communicating with your legislator is to “Just do it!” The VFW and VFW Auxiliary have an incredibly strong presence nationwide as a veterans' service organization and every letter, email, phone call, fax, visit or petition strengthens our voice as we continually fight for services and benefits for our veterans

In September I will be giving you information about a new idea for honoring a veteran when you vote. If you can't wait to learn more about it, sign on to MALTA and look under the Legislative program. AND.....speaking of September, school will have be in session for a couple of weeks. It's time to contact teachers to work out a plan to help students learn about our legislative system. I will have some great ideas for you at our Family Freedom Festival at Department Headquarters on August 25. “I Believe” that “We Can Keep the Sun Shining on Our Veterans!!!”

Much love, Martha



\*\*\*\*\*

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# Arkansas

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# VFW, Auxiliary View

August 2018

## Scholarship



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Greetings, Devoted Arkansas Auxiliary Members!

We've begun our new program year and are looking forward to exciting things ahead!

The first activity in the Scholarships Program is getting in that Continuing Education Scholarship application. This is a scholarship given to assist members and their immediate family members who wish to further their education by pursuing a college degree or career direction at a vocational/technical school.

It is open to 18-year-old or older Auxiliary members who have been a member for one year by the submission deadline, as well as a spouse, son, or daughter of current VFW Auxiliary members.

Each applicant must answer all questions on the application and write a brief essay (no more than 300 words) describing their commitment to their goals and how this scholarship will help them attain these goals.

The application process began July 1<sup>st</sup>. All applications must be submitted to VFW Auxiliary National Headquarters by February 15<sup>th</sup>. The Scholarship Recipients will be notified by May 1.

Four \$1,000 scholarships will be awarded, one for each VFW Auxiliary conference.

Please don't think that there is a very slim chance that someone from your post might be awarded this scholarship, as that is what most people think, and therefore not many applications are turned in.

Remember, if someone from your post applies for this scholarship, you can report this in your Scholarship Project Report.

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## Youth

Becky Lamb  
526 Valley Loop  
Heber Springs, AR 72543  
501-206-8158

Hello Members,

Back from National Convention in Kansas City. Had a great time, learned a lot and saw friends.

We are starting into August. Our youth will be heading back to school. Get out there and push our Youth Activities program for our Veterans of Foreign Wars Auxiliary. Don't forget our Home schooled kids also.

We need to encourage our kids to get involved in our Auxiliary programs. Create and/or sponsor a youth group, sponsor individual youths. Have them participate in our patriotic goals for our Veterans, their families and the community. Create patriotic contests for them to participate in.

NEW-WE NEED TO get our kindergarten through fifth graders involved in their own contests. This can be each grade, k-2nd, 3rd-5th. These kids are very smart and talented. Contest can be art, poetry, essay, dancing, & singing. The list is endless. Let's get them interested and involved.

Know the number of youth involved and reward them with citations, R.A.P. coins/cards or prizes.

The county fairs are going on. Have our youth pass out flags, BUDDY Poppies etc.

Let's Share

Wonderful Auxiliary Projects

Start thinking and Do It As a TEAM!!

More information at [www.vfwauxiliary.org/programs](http://www.vfwauxiliary.org/programs).

Becky Lamb

\*\*\*\*\*

## Presidents Special Project

Mary Jo Eubanks  
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**Are you ready to have FUN IN THE SUN?**

Wow, if I have known it was going to be this HOT HOT HOT this summer I would have chosen another slogan for this Project. "FUN IN THE SUN" was to bring happy

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moments in fundraising and getting the Veterans outdoors and to cast their problems away.

That reminds me to remind you about our Veterans fishing derby on October 13th at Central Arkansas VA North Little Rock "Towbin". Have you done any fundraising yet? Inside is always cool and there are many things: Bingo, Karaoke, bake sales, card parties to name a few.

Volunteers are needed 8:30 am to 4:00 pm. Come all day or just for a while.

Derby Fishing will be held at Lake Good Hope, just across the street from the Hospital. Fishing from 9:30 am to 12:30 pm. There is plenty of parking. The hospital staff is very helpful and provides water and gear for fishing.

We need:

- Volunteers to prepare bait in individual cups.
- Volunteers will assist with the sign in process.
- Volunteers to help picking out a pole and tackle.
- Volunteers to help with chairs or wheel chairs.
- Volunteers for snacks and drinks to be delivered to fishermen.
- Volunteers will get caught fish off the line and take to the weigh in table
- Volunteers will measure and track caught fish for each Veteran.
- Volunteers to clean and prepare the fish for frying. Bring a good knife.

Lunch in Recreation Hall 2:00 PM.

Fish, French Fries, Hush Puppies, Cold Slaw, Potato Salad, Pinto & Baked Beans & Dessert. (Water and Soda)

In the Rec Hall kitchen we will need some help to get the meal fixed.

Needs are: Fish frying folks (hospital has fish fryers).

- Volunteers to run food from fryers to warmers.
- Preparing of bought and donated food items.
- Desserts cut and plated
- Lemon & onions prepared.
- Buffet table set.
- Tables Covered & decorated.
- Certificates personalized on site.

We need Auxiliaries to donate: Desserts, Pinto Beans, Baked Beans and or cash so that shopping can be done for items such as fish batter, salt.

We will need to buy a case of fish as back-up. Need ideas for table decoration. Only Hospitalized Veterans and Community Living Center Veterans will fish.

Donations needed for prizes.

- Fishing poles
- Tackle boxes
- Outdoor hats & gloves

Call or email Karlene Beams so a list can be started of donations and Volunteers

501-762-2001 or [karbeam@aol.com](mailto:karbeam@aol.com).

The kids will be back in school soon and vacations are almost over so let's get down to business and help our Veterans.

Remember to report so your name can be put into a special drawing at the end of the year. *Mary Jo*

\*\*\*\*\*  
**Central Arkansas VAVS**

Hope Gilbert  
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Jacksonville, AR 72076  
501-517-2495

Greetings Fellow Members, Volunteers and Future Volunteers,

Volunteers in VA hospitals are wanted, needed, and appreciated. Thank you to everyone who already gives unselfishly of their time and effort for hospitalized veterans; hopefully more of you will be encouraged to do the same.

There are two types of volunteers: Regular Scheduled Volunteers and Occasional Volunteers. RS volunteers go through orientation, are given computer access to log in their visits, and they participate in activities on a regular basis. Occasional Volunteers go through a mini-orientation, are not registered in the computer, and can participate whenever they choose.

A few areas where volunteers are currently needed --- Patient escort, the information desk, clerical positions, golf cart drivers, making patient reminder calls --- there are many ways you can be involved. When you fill your time helping others, you soon realize that "you always get more out of volunteering than you give." It's a win-win for everyone. Interested? Orientation is every Wednesday morning at Towbin. Call 501-257-3288.

Until next time, keep that sun shining for Veterans wherever you go.

Hope

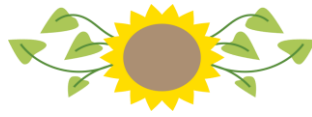
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## Fayetteville VAVS

Terri Gothard  
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479-831-5864

Greetings Ya'!!!

I Am your VAVS Rep for the Fayetteville VA and Nursing Home, and I am happy to say, we have some amazing things happening. Thank you, Pres Laurie.

This year we had 54 Teen Volunteers at the hospital the most ever. (Just think if we young men and women can give up a few hours a week during the summer, I'm sure we all can find a few hours a week, or even month to give back to our veterans)

Our new Mental Health building, that was supposed to open this month, as been postponed. Before the keys changed hands, the air conditioning was struck by lightning. This building, LeRoy Pond, will make the patients feel more like home.

On Tuesday, Aug .7, at 11am will be the Purple Heart Ceremony, this will be held in the auditorium in Building 3. All are invited to attend.

I came across this poem, and the words mean a lot if you are a volunteer or thinking about being one.

*It's not for the money, nor the fame,  
It's not for any personnel gain.  
It's just for the love of fellowman,  
It's just to give a tithe of self,  
That's something you can't buy with wealth.  
It's not for the medal won with pride,  
It's just for the feeling, deep inside  
It's that reward deep in your heart,  
It's the feeling you have been a part.  
Of helping others, far and near,  
That makes you be a volunteer.*

*Anonymous*

It's never too late to volunteer!! Our Veterans need You!! Terri

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### Roster Change

Carolyn Wammack , President Aux 4501 870-834-9048

### District Meetings

Forward next meeting to President ASAP

Dist.	Date.	Location	Eat/Meet	Rep
2	8/19	Bull Shoals	1:00/2:00	Laurie
4	8/19	Jonesboro	1:00/2:00	Tonya
5	8/4	Searcy	12:00/1:00	Martha
6	8/4	Fairfield Bay	1:00/2:00	Kim
7	8/19	Huntington	1:00/2:00	Cheri
9	8/19	Malvern	1:00/2:00	Amanda
13	8/5	10442 Rose City	1:00/2:00	Martha

District 9 is meeting at a private banquet hall located across the road from the Super 8 Motel just on the north side of the interstate at the Malvern exit. Address is: 3456 Oliver Lancaster Blvd, Malvern, AR 72104

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### Important dates to Remember!!!

Saturday, August 25, 2018-Department Family Freedom Festival  
Time: 11am

Where: VFW Headquarters' Parking Lot  
Address: 4210 E Kiehl Av. Sherwood, AR. 72120  
First time for this event, please attend to see and learn!!  
Free hot dogs/drink!!!

State Commander & Department President's Homecoming  
September 14-15, 2018  
Hotel-Towne Place Suites, Marriott, Little Rock West  
12 Crossings Court, Little Rock, AR. 1-501-225-6700  
Special Rates- Code "Auxiliary"  
Friday night-Visit #9095 Little Rock Post  
Saturday- C of A for VFW/Auxiliary  
Homecoming Activities

National President -Sandi Kriebel, February 12-14-2019  
Hotel-Holiday Inn Airport  
3201 Bankhead Dr. Little Rock, Ar. 72206, 1-490-1000  
Special Rates, code "Auxiliary"  
February 12, 2019: Reception at Hotel (time to be determined)  
February 13, 2019- Pot Luck at Towbin (time to be determined)  
February 13, 2019- 6:30pm meal at #9095 Post Home, Little Rock  
Please plan to attend these events; the Department of Arkansas VFW Auxiliary needs your support!!  
Contact persons with your questions: Linda Evans and Karlene Beams