

## Ladies Auxiliary VFW 2009-2010 Department of Virginia



Department President Kathy Birch with National President Jan Tittle  
“Supporting our Legacy of Freedom” and “It’s Time for America’s Military Heroes”

Dear Auxiliary Sisters,

It is an honor and a privilege to have been elected as your Department President. What an exciting year we will have together! I look forward to meeting every one of you as I travel to all the Districts during the next twelve months. When I began my journey from District President to Department Secretary to Department President, my commitment and my love for this organization grew strong. I’ve learned the importance of the Ladies Auxiliary VFW’s role in supporting our Veterans and their Legacy of Freedom. And, I promise that I will do my very best for you, the members, and the Department of Virginia.

We have great Department Program Chairmen this year. Each of them is knowledgeable, personable and ready to be an important resource of information to each Auxiliary. I ask you to read the promotions and to use the reporting forms provided. With the help of each Chairman, you will be able to make a difference for your Veterans, your community, and for your youth.

The Veterans & Family Support Program has been streamlined. Last year there were ten (10) components to the program - this year there are only four (4). (1) National Military Services includes the Military Assistance Program (MAP), Operation Uplink and Unmet Needs; (2) Ladies Auxiliary Continuing Education Scholarship; (3) VFW National Home for Children; and, (4) Buddy Poppy. The activities you participated in last year, ‘Wreaths Across America’, ‘Snowball Express’, etc. are still reportable this year under other programs. However, only these four listed are to be reported under the Veterans & Family Support program. With the financial constraints currently facing our nation and our organization, I encourage you to focus on these four core programs when considering donations supporting “America’s Military Heroes” and their families.

The Cancer Aid & Research Program is so important and remains close to our hearts. Every one of us has been affected by this disease, personally or through a family member or friend. Please continue to support the fight against this terrible disease!

It is up to us, the members, to ensure the future of this organization. We are the leaders and educators of our community and our schools; we teach the importance of Patriotism, respect of the Flag, and the important role our Veterans played in preserving and protecting our freedom.

I wish for each of you a wonderful year in support of our Veterans. Remember, “It’s Time for America’s Military Heroes” and, we will “Support our Legacy of Freedom” in all of our endeavors as members of the Ladies Auxiliary to the Veterans of Foreign Wars.

God bless each of you,

Kathy Birch

Dear Sisters,

How do you say “thank you” to someone who leaves their family and friends, not knowing if they will ever see them again, to don a uniform and be transported to a country far away that they may have only read about? How do you say “thank you” to someone who is put through intense heat and wind burning sand, to sleep, if they are lucky, in a tent or on a bedroll, to shower occasionally in a communal shower, all the while dodging bullets and or improvised explosive devices and do it with a smile on their face so that the people of that land understand America is there to help?



That is our mission in this “It’s Time for America’s Military Heroes” year: to thank them.

Because of them and the veterans we serve who have gone before them, we have the privilege to live in a land that is free. We control our own destiny, and we have the freedom to change what we feel is not right, simply because of these brave men and women.

The mission of the Veterans of Foreign Wars is to care for those who have born the battle and for their widows and orphans. It is only fitting that this be our mission as well.

How is this accomplished? By going back to the basics that our founding sisters established long ago and by concentrating our efforts on the core VFW programs.

You may notice a change in the program awards that result in a bottom-line savings to our organization. Because of these uncertain times, our investments will certainly not bring the yield that they have in the most recent past, and I believe we must be careful with our expenses. So, many of the decisions I have made and will be making will have to do with better utilizing the funds that we have available.

I hope you will pay special attention to the Membership awards. There are many first-time awards, such as a pin for Auxiliary Presidents (100% membership by December 31, 2009) and District Presidents and Membership Chairmen (90% membership by December 31, 2009). There is also a special opportunity for VFW Post members to become Aides-de-Camp and be entered in a special monetary drawing.

Department Presidents will earn their “Gift of Time” Party at National Mid-Year Conference (to be held in exciting Las Vegas) by having 90% paid-up membership by Dec. 31, 2009. All Mid-Year attendees are invited to a special reception following the Department Presidents’ return to the hotel from their night on the town.

Our Veterans & Family Support program has been condensed to better follow the VFW National Military Services program. It is my fervent hope that this program will have contributed all that is humanly possible to our veterans, our military and their families.

It is my greatest wish that by the end of this year, our Cancer Aid & Research fund will once again have more than \$3 million donated by our members.

It is my prayer that a peaceful resolution shall come from all the turmoil in the world and that our troops will return home to a hero's welcome, to never have to go to war again. But, until that time comes, it is our mission to care for them.

That’s all I ask, for you to do to the best of your ability, what you do best: care for them.

May this year be a celebration of all we hold dear, and may we never forget those who have served and even now guard the gates of freedom half a world away.

It Is Time for Our Military Heroes.

A handwritten signature in black ink that reads "Jan Tittle". The signature is fluid and cursive.

Jan Tittle  
National President

# CHAPLAIN

Cathy Graham  
9691 Lindenbrook St  
Fairfax, VA 22031  
Telephone: 703-319-0845  
Email: [grahamcrouchc@msn.com](mailto:grahamcrouchc@msn.com)

It is my duty as Department Chaplain to send "Get Well Cards" to hospitalized Past Department Presidents, Past VFW Department Commanders, Department Officers, District Presidents, and Auxiliary Presidents. I will also send "Thinking of You" cards to terminally ill members when properly notified by an Auxiliary. In the event of the death of an Auxiliary member, a card of condolence will be sent to the family. Please send me your email address if you would like to be included in the Chaplain Alerts.

## **Duties of the Auxiliary Presidents**

Auxiliary Presidents are to notify the Department Chaplain in the case of serious illness or death of a member in her Auxiliary who is a Past Department President, District President or Department Chairman.

## **Duties of the Auxiliary Secretary**

Auxiliary Secretary's are to maintain a roll of deceased sisters and a record of their date of death and location of gravesite.

## **Duties of the Auxiliary Chaplain**

It is the responsibility of Auxiliary Chaplains to send cards to Auxiliary members and their families in case of illness or death.

It is further the responsibility of Chaplains to provide an annual list of deceased members from their Auxiliary to the **District Chaplain** prior to the District Convention. This list will be used for the Memorial Service held during the District's Convention Meeting.

It is also the responsibility of the Auxiliary Chaplain to provide an annual list of deceased members from their Auxiliary to the **Department Chaplain** together with the date of death by May 10, 2010. The Auxiliary and District numbers must be noted because the names of sisters will be published in the Department Convention Program book, grouped by Districts. The names of additional sisters who have passed thereafter can be accepted up to Thursday morning of the Department Convention Memorial Service. Unfortunately, the names will not be included in the Convention Program book.

It is the duty of the Auxiliary Chaplain to send a report each month (by the 10<sup>th</sup>) to the Department Chaplain. See the enclosed report form.

**CHAPLAIN'S REPORT**  
**2009-2010**

Auxiliary No.: \_\_\_\_\_ For Month/Year: \_\_\_\_\_

District No.: \_\_\_\_\_

Moral Support Provided to Auxiliary Sister or their Family

	Get Well	Sympathy	Thinking of You
Cards Mailed	_____	_____	_____
Calls Made	_____	_____	_____
Visits to the Sick	_____	_____	_____
Floral Offerings	_____		
Funeral Visitations		_____	
Funeral/Grave Site Services Attended		_____	
Memorial Donations		_____	

List below the names and addresses of Sisters seriously ill or, if deceased, Family name and addresses, so that a card may be sent by the Department Chaplain. Please state the reason for the card.

Name	Address	Reason
_____	_____	_____
_____	_____	_____
_____	_____	_____

Comments: \_\_\_\_\_  
\_\_\_\_\_

Submitted by: \_\_\_\_\_

Date: \_\_\_\_\_ Tel #: ( ) \_\_\_\_\_

Mail this form to: Cathy Graham, Chaplain OR Email to:  
9691 Lindenbrook St. grahamcrouchc@msn.com  
Fairfax, VA 22031

# **AMERICANISM PROGRAM**

## DEPARTMENT OF VIRGINIA PRESIDENT'S HANDBOOK

### Themes

***“It’s Time for America’s Military Heroes”*** -National President Jan Tittle

***“Supporting Our Legacy of Freedom”*** - Department President Kathy Birch

Sisters, we must always remember the words once spoken by President Ronald Reagan. “Freedom is never more than one generation away from extinction. We didn’t pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same or one day we will spend our sunset years telling our children and our grandchildren what it was once like in the United States when men were free”. We the Ladies Auxiliary to the VFW must remember to teach the people how important it is to support our keepers of this freedom. The keepers are Our Military Heroes. I remember a time in the past that our Military was not treated with respect and we need to make sure on our watch it never happens again. *“It’s Time for America’s Military Heroes”*.

Have you checked out the Dictionary for the definition of Americanism?

**Noun 1. Americanism** - loyalty to the United States and its institutions  
[nationalism](#), [patriotism](#) - love of country and willingness to sacrifice for it;  
"they rode the same wave of popular patriotism"; "British nationalism was in the air and patriotic sentiments ran high"

Based on WordNet 3.0, Farlex clipart collection. © 2003-2008 Princeton University, Farlex Inc.

What better way to *“Support our Legacy of Freedom”* than to make it our goal to educate our youth, teaching them to have pride in their county and to respect the flag. Encourage our citizens to proudly display the American flag as they did not so long ago after September 11. 2001.

Suggestions that are offered to help us meet the challenge of promoting patriotism:

- Present flags to schools, city offices and scout groups
- Encourage business to fly the flag
- Teach and distribute information in flag etiquette
- Recognize and honor teachers who teach our children about to respect and care about America

- Hold a flag retirement ceremony, collect torn, soiled and badly frayed flags.
- Encourage citizens to get out and vote not only for a presidential election but all elections. Remind them this is one of the freedoms in this country. We have a choice to elect our leaders and the laws being passed.

Thank you President Kathy for allowing me to be a part of your Fantastic Team!

Sisters, I am looking forward to working with each of you in the year ahead and plan on having suggestions in my General Orders for way to utilize the Americanism Program and help make your campaigns a success! I will be watching for the mail and Email from you all please fill both boxes up I know there is something that should be coming very soon to my house. Did you all do anything for Memorial Day??? That is a hint, send reports and pictures if you like. Please don't hesitate to call or e-mail me with any questions you may have so that we may reach our goal. Awards will be announced in the upcoming general orders.

Peace be with you,

*Laura Dianne*

**Laura Dianne Absher  
9241 Swannanoa Trail  
Mechanicsville, Va. 23116  
Phone: 804-746-1793  
E-mail: lcabsher@verizon.net**

# **Americanism**

## **Report Form 2009-2010**

Date: \_\_/\_\_/\_\_ Auxiliary # \_\_\_\_\_ District \_\_\_\_\_  
President or Chairman \_\_\_\_\_  
Phone # \_\_\_\_-\_\_\_\_-\_\_\_\_\_

1. Did your Auxiliary conduct any special Patriotic Programs at schools? \_\_\_\_\_  
Details: \_\_\_\_\_
  
2. Did your Auxiliary conduct any projects that American Flags were presented? \_\_\_\_\_ D  
Number of American Flags presented (at least 2 in. x 3 in. or larger): \_\_\_\_\_  
Details: \_\_\_\_\_
  
3. Did your Auxiliary participate in a POW/MIA program? \_\_\_\_\_ D  
Number of POW/MIA flags presented (at least 2 in. or 3 in. or larger): \_\_\_\_\_  
Details: \_\_\_\_\_
  
4. Did your Auxiliary sponsor an Americanism contest (essays, posters, scrapbooks, coloring projects, etc.) preschool through grade 5? \_\_\_\_\_ D  
Details: \_\_\_\_\_
  
5. Did your Auxiliary present certificates to businesses or citizens in recognition of displaying the U.S. or POS/MIA flags? \_\_\_\_\_ D  
Details: \_\_\_\_\_
  
6. Did your Auxiliary \_\_\_\_\_ or VFW \_\_\_\_\_ participate in a Loyalty Day program? (Check both if it was a combined program). D  
Details: \_\_\_\_\_
  
7. Did your Auxiliary participate in the National Citizenship Education Teacher Award? \_\_\_\_\_ D  
Details: \_\_\_\_\_
  
8. Did your Auxiliary participate in any other Americanism activity (i.e. flag retirement program; Veterans in the Classroom programs; Pledge of Allegiance programs with youth; "Get out and Vote" program; Patriotic Literature Distributed)? \_\_\_\_\_ D  
Details: \_\_\_\_\_

Describe any other Patriotic Program you held or participated in.

Fill out any of the above that apply. Use the back of the page, if necessary give complete details. Reports must be received no later than the 9<sup>th</sup> of the month or you will not be reported until the following month.

Send reports to:

Laura Dianne Absher, Chairman  
9241 Swannanoa Trail  
Mechanicsville, Va. 23116  
Phone: 804-746-1793  
E-mail: [Lcabsher@verizon.net](mailto:Lcabsher@verizon.net)

## **Patriotic Instructor**

Something to think about.....a true story



### ***My Favorite Color***

2005

In the early 1940's I started first grade in a small one room school out of Carrywood, Idaho. My parents raised four of us, two girls, two boys, on a Dairy/Beef cattle ranch.

I loved going to school and one day the teacher asked us to name our favorite color and write about it. I immediately wrote down Red, White and Blue. She advised me I had to pick just one. I refused to do so.

When I left school that afternoon, I carried home a note to my parents. In it the teacher stated the problem and indicated she would like to speak to them. Since my Mother didn't drive, that meant my Father would have to take time out in his busy day to drive to the school.

Both parents did attend . . . and I do believe it was one of the shortest Parent/Teacher conferences ever. I can remember listening to them talk.

Dad never said much but had served his time in the Navy and asked just one question. "Do you have anything against being Patriotic?"

I still refused to choose just one color . . . and to this very day, if someone asks me what my favorite color is I will say Red, White and Blue. I love our flag and what it stands for. This is the greatest country on the face of this earth. Let's hope it always remains so.

[Linda A. Rothschiller](#)

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Gail M. Payne Department Patriotic Instructor  
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Virginia Beach, VA 23452  
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# BANNER

Kay S. Kibler, Banner Chairman,  
9652 Phillips Store Rd., Broadway, VA 22815  
540-896-5335 (home) 540-820-2331 (cell) email: [kiblerk@hotmail.com](mailto:kiblerk@hotmail.com)

The Banner Program is strictly a Department of Virginia Ladies Auxiliary program with specific requirements that must be completed by the Auxiliaries in a specified time frame. This program is set up to include all National Programs and contributions.

These requirements were presented at the June 2009 Department Convention and accepted by the Delegates. There is a change from the previous year. Please take notice! The 2009-2010 Banner Requirements are on the back of this sheet.

**\*\*NEW:** An Auxiliary President, Secretary or Treasurer must attend your District School of Instruction.

## **REPORTING PERIOD: July 1 – March 31.**

Please keep in mind...you are also doing great things in the months of May and June. Don't forget to write your report and as soon as you have the name of the new chairman to send the report to, send it! The chairmen will not accept reports after March 31.

**AWARDS:** Awards night is on Thursday at the State Convention. This is the night we get the recognition for what we have done all year. Report everything your auxiliary is doing so you can be awarded for what you are doing!

**BANNER:** A banner will be given to each auxiliary that complete ALL BANNER REQUIREMENTS, in the allotted time.

**CITATION:** A citation will be given to each auxiliary that completes the BANNER REQUIREMENTS, except membership.

As we participate and report on the programs, we are not only working towards a Banner but we are helping our Department Chairmen make 100% in their programs so they can be recognized at the National Convention for the work that we are doing in Virginia.

Our National President, Jan Tittle's theme this year is, "*It's Time for America's Military Heroes*". Her motto is, "**Believe... and you will receive, doubt...and you will do without**". I believe we can do awesome things for our veterans. What will your auxiliary do this year to support our military heroes?

Our Department President, Kathy Birch's theme this year is, "*Supporting our Legacy of Freedom*". The freedom we have today is because of our military heroes. Let's see how we will tie the two together and do great things for our veterans.

Ladies, let's get busy! **Believe** that this is going to be an awesome year for your auxiliary. I want to present your auxiliary with the banner that you deserve for doing the work of this great organization! Remember, make your reports interesting, full of information and lots of details about what you're doing. Fill the mailboxes of our Chairmen, give them lots to read. **SO... LET THE REPORTING BEGIN!**

**BANNER REQUIREMENTS 2009-2010**  
**LADIES AUXILIARY VFW – DEPARTMENT OF VIRGINIA**

**REPORTING PERIOD: JULY 1, 2009 - MARCH 31, 2010**

**MEMBERSHIP: 100% dues paid no later than Dec. 31, 2009**

All requirements are based on June 30, 2009 membership.

All dues are sent to: Department Treasurer, Mary Richards, 6351 Tappahannock Dr. Norfolk, VA 23509.

**CHECK PAYABLE TO:** Ladies Auxiliary VFW, Department of Virginia. (postmarked no later than Dec. 31, 2009)

**AUXILIARY AUDITS:** Auxiliary Quarterly Audits Reports must be conducted for the calendar quarters ending in **MARCH 2009, JUNE 2009, SEPTEMBER 2009, DECEMBER 2009, (National By-laws Sec.814A)** This report must be sent to Department Treasurer by the 30<sup>th</sup> of the month following the Audit that is due: (SAME ADDRESS AS ABOVE). **The Department Treasurer will verify the audit report to the Banner Chairman after each Audit.**

**DISTRICT DUES:** Auxiliaries **MUST** pay District Dues (National By-laws Sec. 506) **by September 30, of current Auxiliary year. The District Treasurer will verify payment to the Banner Chairman.**

**ATTENDANCE:** An Auxiliary member must be present at either a District Meeting or Department Council/Conference, during the reporting period. **District and Department Secretary will verify attendance to Banner Chairman, after each meeting.** \*\*District Conventions and Election of Officers **DO NOT** count.

**DISTRICT SCHOOL OF INSTRUCTION:** An Auxiliary President, Secretary or Treasurer must attend the District School of Instruction. **The District Secretary will notify the Banner Chairman.**

**PARTICIPATION:** Each Auxiliary **must participate** in the National Programs shown below and **MUST REPORT TO DEPARTMENT CHAIRMAN BY MARCH 31, 2010. (NO EXCEPTIONS)**

**\*Americanism/Patriotic Instructor**

**\*Cancer Aide & Research**

**\*Community Service**

**\*Hospital/VAVS**

**\*Legislative &/or PAC**

**\*VOD &/or Patriot's Pen**

**\*Veterans & Family Support**

1. VFW National Military Services  
(MAP, Operation Uplink, Unmet Needs)

2. VFW National Home for Children

3. Continuing Education Scholarship

4. Buddy Poppy

(MUST COMPLETE 3 out of 4 of V&FS)

**\*Youth Activities**

1. Snowball Express

2. Jr. ROTC Program/Sea Cadets

3. Young American Patriotic Art

4. Junior Girls Units

5. Any youth activity

(MUST COMPLETE 2 out of 5 for Youth)

**DONATIONS:**

**1. CANCER FUND: \$2.00 per member.** Based on June 30, 2009 membership. Checks payable to: Ladies Auxiliary VFW, Department of Virginia marked for **Cancer Fund.** Send to Department Treasurer no later than **MARCH 31, 2010.**

**Department Treasurer will report these donations to the Department Chairman.**

**2. STATE HOSPITAL FUND: \$35.00.** Checks payable to: Ladies Auxiliary VFW, Department of Virginia, marked **Hospital Fund.** Send to Department Treasurer, no later than **MARCH 31, 2010.**

**Department Treasurer will report this donation to the Department Chairman.**

**3. HEALTH & HAPPINESS FUND: \$0.25 per member,** based on June 30, 2009 membership. New Auxiliaries based on institutional membership. Checks payable to: Ladies Auxiliary VFW, marked **Health & Happiness Fund.** Send to: **NATIONAL TREASURER, 406 W. 34<sup>th</sup> STREET 10<sup>th</sup> Floor, KANSAS City, MO. 64111,** postmarked no later than **MARCH 31, 2010.**

**National Treasurer will verify report to Department Chairman.**

**4. POLITICAL ACTION COMMITTEE: (for your information if you choose) No funds can be derived from VFW Post or Auxiliary membership dues or treasuries.** Funds are obtained from individual contributions and/or fund raisers held by Post or Auxiliaries. Make checks payable to: **VFW-PAC and mail to: 200 Maryland Ave. N.E., Washington D.C. 20002.** Send report to: Department Legislative/VFW-PAC Chairman postmarked no later than **MARCH 31, 2010.**

**Department Chairman will verify to the Banner Chairman.**

Approved: DEPARTMENT CONVENTION  
June 14, 2009

Kay S. Kibler, Banner Chairman

Cancer Aid & Research  
2009 - 2010

*I have been a nurse for twenty eight years. I spent six of those years working in Radiation Oncology with an Assistant Duke University Professor. Many times I have stood beside a patient while the doctor has spoken those words none of us want to hear "I'm sorry you have CANCER" Cancer did he really say I have cancer? Could that mean I am going to die? What is my family going to do without me? Could he be wrong? Where do I go from here? Is it curable? A hundred thoughts race through their minds never hearing what the doctor is saying from that moment on. They have become numb, cold, scared, dazed.*

We have come a long way in treating this dreaded disease, now we need to totally eliminate it. Our donations will make this possible in bringing this reality closer everyday. Through research cures can be found, lives will be saved and cancer will become a disease of the past. We must continue with research but it is only through our contributions, time and support that we will see this Legacy to fulfillment

Funds from your Ladies Auxiliary Relief Fund of \$2.00 (or more) per member provide the needed funds for Cancer Grants. These funds support ongoing research needed to find a cure or treatments till a cure can be found. **I BELIEVE** our annual goal of \$3 million dollars is possible. Cancer Grants are a gift of love given to a member who has been diagnosed with cancer. The applicants must be a member of the Ladies Auxiliary VFW for one full year and current dues paid before applying for a Cancer Grant. A member is allowed two grants during her lifetime. Junior Girls are eligible to receive one grant during continuous membership in the Junior Girls Unit. The amount of the grant will be determined by National Headquarters following the guide lines approved by the National Council of Administration. Cancer grant applications can be obtained from your Auxiliary or Department Treasurer, or by contacting National Headquarters at (816) 561-8655.

**It's Time For America's Military Heroes** during President Jan Tittles' year but we can make it the year we eliminate cancer by doing research. A two year Postdoctoral Research Fellowship will be awarded for cancer research. You are invited to nominate one individual who meets the criteria.

Information assistance can be obtained from your Department Chairman, your doctor, American Cancer Society or check on the internet for a listing of these facilities in your state. The first-place Department in each membership Group will receive 25% of its total contribution to present to a local cancer research institution in their area, all other Departments reaching \$2 or more per member will receive 15% of their total contribution to present to a local research institution

Research to find a cure is great, but we must practice awareness. Using your birthday as a reminder, give yourself a gift and GET YOUR YEARLY CHECKUPS. Get a mammogram, pap smear, colonoscopy, have your husband get his PSA (Prostate Specific Antigen) and a testicular exam, if you are a smoker get a chest x-ray. Send an e-card to family member or friend, encouraging them to get their checkups also. These cards are available at [www.cancer.org](http://www.cancer.org). Don't forget to eat healthy and exercise.

The American Cancer Society has identified 7 symptoms which could be a sign of cancer.

1. A change in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge from any place
4. A lump in the breast or other parts of the body
5. Chronic indigestion or difficulty in swallowing
6. Obvious changes in wart or moles
7. Persistent coughing or hoarseness

If you experience any of these warning signs, you should see your doctor right away. It does not mean you have cancer, but it is a sign you should not ignore.

It is important to remember all our caregivers, after day in day out of caring for very sick family members they become very tired and just need time to take a nap or a couple hours to go to an appointment

themselves. Offer to sit with the patient, provide a meal or drive the patient to a doctors appointment. A visit, card or phone call could be the best medicine there is.

Remember: CANCER IS NOT CONTAGIOUS.

Our Department President Kathy Birch has chosen “**Supporting our Legacy of Freedom**” as her theme, but we can not be totally free till we have rid this world of this horrible disease of cancer. Today there are many fundraisers that can be held to raise money for research. Encourage donations to be given as a memorial to Cancer Aid & Research in lieu of flowers.

Today, we are continuing to see an increase in survival rates. Please join in and be a part of our team as we continue to raise money to save lives. Help us in the fight against cancer, donate, educate and volunteer. Lets not let the sands of the Hour Glass run totally down  
REMEMBER, TOGETHER ***I BELIEVE*** WE CAN MAKE A DIFFERENCE.

I look forward to working with each of our Auxiliaries. We always strive to at least meet the mark of the past year plus \$1.00 but with the help of each of the ladies in the great Commonwealth of Virginia we plan to put it over the top.

## **VIRGINIA LOUD AND PROUD**

### DEPARTMENT AWARDS & CITATIONS

1. Citation and check to Auxiliary with the Best Promotion of the Post-doctoral Cancer Research Fellowship to a cancer institution
2. Citation and Award to the Auxiliary for the best promotion of the Cancer Grant Program
3. Citation and Award for the Auxiliary for over-all cancer reporting.

Loyally

Billie “Jean” Mull

VA Department Cancer Chairman

# CANCER AID & RESEARCH

## 2009 - 2010 REPORT

(Must be received by Department Chairman by May 10, 2010)

Department Chairman

Jean Mull

P.O. Box 5179

Fort Lee, VA 23801--0179

e-mail: [Valorsrest@yahoo.com](mailto:Valorsrest@yahoo.com)

804-731-181 cell or 804-733-1131 home

Auxiliary Chairman

\_\_\_\_\_

Auxiliary # \_\_\_\_\_

District # \_\_\_\_\_

1. Describe how your Auxiliary promoted & publicized the Cancer Aid & Research Program in your community: \_\_\_\_\_  
\_\_\_\_\_

2. Did your Auxiliary submit an application for a Postdoctoral Research Fellowship? \_\_\_\_\_

3. Did your Auxiliary contribute \$2.00 (or more) for each member in your Auxiliary toward Cancer Aid & Research? \_\_\_\_\_ Amount \$ \_\_\_\_\_

4. Did your Auxiliary sell Cancer pins? How many? \_\_\_\_\_ Has all the money been turned in? Yes \_\_\_\_\_ No \_\_\_\_\_ ( money to be sent to Mary Richards, Dept. Treasurer)

5. Describe how your Auxiliary promoted the Cancer Grant program. \_\_\_\_\_  
\_\_\_\_\_

6. Did your Auxiliary hold a fundraiser? Describe what you did to raise money. How did you promote it. \_\_\_\_\_

How much money did you raise? \$ \_\_\_\_\_

7. Has your Auxiliary held a Cancer Education Program and passed out literature regarding Cancer to your members? \_\_\_\_\_ Did you have a community program? \_\_\_\_\_



***"It's Time for America's Military Heroes"***

***"Supporting our Legacy of Freedom"***

The Comrades and sisters are always donating their time, talents and abilities to the Post, the members, schools churches and hospitals. All of these volunteer efforts serve the community in which we live. Through the Community Service Program, we can showcase our skills and help to make a difference in the areas in which we live and work.

As members of the Ladies Auxiliary to the VFW, we have a distinctive opportunity and obligation to place our military heroes and their families in the forefront of our communities. We should use the opportunities of our volunteer service to instruct the community of the benefits of freedom that they enjoy is because of the sacrifices and heroism of our military. Throughout this year use every community volunteer opportunity to show that we are proud Americans and that we are proud to work with the community to make a difference.

**REMEMBER:** All community service projects must be approved by the Auxiliary and recorded in the minutes prior to doing any project. No individual participation can be counted as community service. Every auxiliary should work with the Post in reporting hour and dollars spent on each project. Areas that are covered by Community Service that you can report on are:

- ✓ ***Veterans History Project:*** The mission of this program is one way of keeping our country's heroes alive. It is a Public Law (106-380) that was enacted in 2000 that asked the Folklife Center of the Library of Congress to collect and preserve oral histories of our war veterans from WWII through the current War on Terrorism. Your District President has materials to help you to prepare and submit material and interviews to this worthwhile project.
- ✓ ***Make a Difference Day – October 24, 2009:*** A national day to demonstrate and help others. It is a celebration of our neighborhoods and our communities. A day that we can help our American Military Heroes and Support their Legacy of Freedom.
- ✓ ***Wreaths Across America – December 12, 2009.*** "Remember – honor – and teach" is the mission of this wonderful project. A day when the community comes together to place wreaths on the graves of our departed comrades. Virginia has 22 locations across our state where the wreaths will be laid. For those that participated in previous years, you know what a rich and fulfilling day it was to lay the wreaths and honor our heroes. A special fund raiser will be available this year to help support this program and your own auxiliary. Watch for information in upcoming monthly General Orders and at your District meetings.
- ✓ ***Fisher House:*** At each of major military medical centers worldwide, there is at least one Fisher House. This "home" is a place where family members can stay during the time their military hero is hospitalized. The Fisher Houses of Virginia are the Special Project of our Department President Kathy.
- ✓ ***Safety:*** Working with the schools and other organizations to teach and bring safety awareness on home, personal and work-related fronts.
- ✓ ***Americanism:*** Conducting or sponsoring programs for each of the Federal Holidays throughout the year. Volunteering to educate and inform the community of the meaning and significance of each holiday.

- ✓ **Youth Activities:** Providing and sponsoring activities and projects for our youth through sports, scouting, school functions, etc.
- ✓ **National Volunteer Week – April 18-24 2010:** This week honors and recognizes the individuals who have made a difference in our communities and alerts others to the need for more voluntary community service to help solve our nation's serious social problems.
- ✓ **March of Dimes:** Moms, dads, brothers and sisters, aunts and uncles, grandparents — and you. You're volunteers. You're donors. You're sponsors. Most of all, you are the March of Dimes. You care about your babies, and you care about all babies.
- ✓ **Overall Community Involvement:** Organizing blood drives, CPR classes, recycling programs, ID theft awareness and prevention, etc.

The Ladies Auxiliary to the VFW is a volunteer organization. As such, we are always there to help, support and contribute to programs and events in our community. Volunteering comes natural to us – it is one of the reasons we joined this fine organization.

In each of the monthly Department General Orders there will be information on one or several of the areas of community service. Auxiliaries are encouraged to bring to the auxiliary meeting any and all projects. Remember when the auxiliary has a function or special event, try to get the event published or advertized through your local media. Please send articles and pictures to department chairman along with your report.

Awards for the 2009-2010 year for the Department Convention June 2010 are:

- Award to the auxiliary with the most unique event and celebration of Make a Difference Day
- Award to the auxiliary with the best overall participation and involvement in the Community Service Program.
- Citation to each auxiliary that participates in 5 of the 10 areas listed for Community Service.

In order to assist you with this year's program, the following resources are available:

District President/District Program Chairman

[www.vfwdepartmentresources.org](http://www.vfwdepartmentresources.org)

[www.usaweekend.com/diffday](http://www.usaweekend.com/diffday)

[www.loc.gov/vets](http://www.loc.gov/vets)

[www.vfw.org](http://www.vfw.org)

[www.volunteermatch.org](http://www.volunteermatch.org)

Veterans History Project: 1-888-371-5848

Local Media: newspapers, television, radio

Loyally,

Lorraine (Laine) Beckwith  
 Community Service Chairman, Department of Virginia  
 41 Kings Point Drive,  
 Hampton, VA 23669  
 (757) 722-0235  
 e-mail: [Dabeck41@cox.net](mailto:Dabeck41@cox.net)

Ladies Auxiliary to the Veterans of Foreign Wars of the United States  
Department of Virginia

Community Service Programs Report  
Reporting Year: May 1, 2009 – April 30, 2010

Post/Auxiliary Number \_\_\_\_\_ District Number \_\_\_\_\_  
 Reporting period from \_\_\_\_\_ to \_\_\_\_\_  
 Prepared by \_\_\_\_\_ Title \_\_\_\_\_  
 Date \_\_\_\_\_ Phone \_\_\_\_\_

**THE FOLLOWING COMMUNITY ACTIVITY PROJECTS HAVE BEEN COMPLETED:**

**1. VETERANS HISTORY PROJECT**

Projects completed by the Auxiliary

WWII	Cold War	Korea	# volunteers
Vietnam	Persian Gulf	Afghanistan	Total hours
Iraq			Miles
Other			Cost \$

**2. COMMUNITY INVOLVEMENT**

Blood drives	CPR	Recycling	# volunteers
Highway beautification	ID Theft Awareness	Assisted (organization Name)	Total hours
Other			Miles
Community Hospital/Nursing Home/VA Medial Center			Cost \$
Senior Citizens			
Special needs individual			
Volunteer in school, church			

**3. COOPERATION WITH OTHER ORGANIZATIONS**

Organized Fund Raising Drives (March of Dimes, etc.)		# volunteers
Assisted in Fund Raising Drives		Total hours
U.S. Savings Bond Promotion	Assisted (organization Name)	Miles
Other		Cost \$

**4. WREATHS ACROSS AMERICA**

Participation in Department Fund Raiser		# volunteers
Auxiliary/Post Fund Raiser		Total hours
Other	Assisted (organization Name)	Miles
		Cost \$

Community Service report 2009-2010 Continued

5. FISHER HOUSE

Auxiliary/Post Fund Raiser		# volunteers
Other	Assisted (organization Name)	Total hours
		Miles
		Cost \$

6. MAKE A DIFFERENCE DAY/WEEK

Auxiliary/Post Fund Raiser		# volunteers
Other	Assisted (organization Name)	Total hours
		Miles
		Cost \$

7. SAFETY

Drug Awareness	Bicycle Safety	Home/Fire Safety	# volunteers
Highway/Road	Recreational	Pedestrian	Total hours
Recognition: Fire, Police, Emergency, etc.			Miles
Other			Cost \$

8. AMERICANISM

Flag Presentation	Flag raising	Flag Day program	# volunteers
Flag Education	Patriotic Assembly	Get out the vote	Total hours
Federal Holiday Program	Other		Miles
Citizen recognition			Cost \$

9. YOUTH ACTIVITIES

Sports/Athletics	Contests	Education	# volunteers
Scouting	Recognition		Total hours
Assisted (organization Name)		Other	Miles
			Cost \$

10. SUMMARY

TOTAL NUMBER OF COMPLETED PROJECT THIS REPORT: \_\_\_\_\_  
 TOTAL NUMBER OF VOLUNTEERS/MEMBERS INVOLVED THIS REPORT: \_\_\_\_\_  
 TOTAL NUMBER OF HOURS MEMBERS DONATED THIS REPORT: \_\_\_\_\_  
 TOTAL MILES DRIVEN TO COMPLETE PROJECTS: \_\_\_\_\_  
 TOTAL NUMBER OF MONIES USED/SPENT THIS REPORT: \_\_\_\_\_  
 (Note: Include mileage of \$.35 Per Mile in total monies)

**USE A SEPARATE SHEET OF PAPER TO DESCRIBE PROJECTS IN DETAIL**

Mail reports to: Lorraine (Laine) Beckwith  
 Community Service Chairman  
 41 Kings Point Drive  
 Hampton, VA 23669  
 Home: (757)722-0235  
 E-mail: [Dabeck41@cox.net](mailto:Dabeck41@cox.net)

## EXTENSION

CHIEF OF STAFF  
Pat Baldwin  
PO Box 69 Rice VA 23966-0069  
434-392-4630

The goal this year, as we work together and take *Time for America's Military Heroes*, is to strengthen our organization by forming new Auxiliaries and helping faltering Auxiliaries become stronger.

I have been charged with the responsibility of having charge of the organization of new Auxiliaries and retaining existing ones. Thankfully this task does not rest solely on my shoulders. I am blessed in the Department of Virginia to have a team of 13 wonderful, caring Deputy Chiefs of Staff to help me achieve our goal. I am counting on you Ladies to work closely with me as we meet each challenge and find ways to ensure all Auxiliaries are in good working order and work with the Bachelor Posts to show them what an asset an Auxiliary can be to the Post and community.

In *Supporting our Legacy of Freedom* we know personally how much our veterans have given of themselves and how important it is for our organization to remain strong, loud and proud. Let's begin now, today, looking to the future and recruiting, retaining and growing the Ladies Auxiliary to the VFW. There is strength in numbers and we can help to ensure that all veterans receive the honor, entitlements and care they have earned and deserve.

Please call me with questions or problems within your Auxiliary or District. I'm here to help.

**Pat Baldwin**

## HISTORIAN 2009-2010

JUNE TUCKER-HISTORIAN  
5102 TIFFANYWOODS COURT  
HENRICO, VA. 23223-2713  
(804)328-0629 (FAX)328-0695  
[Ladyluck16@verizon.net](mailto:Ladyluck16@verizon.net)

Ladies, once again it's that "time" . Time for us to capture a pictorial history of *America's Military Heroes*. In doing so we will also be "*Supporting our Legacy of Freedom* ." The word "time" has numerous meaning. I believe the definition befitting us is "an indefinite continuous duration regarding events succeeding one another".

While we are recording these important events and functions remember these important words. WHO, WHAT, WHEN, WHERE and WHY.

More important information will be forthcoming regarding awards and etc. We BELIEVE THERE WILL BE NO DOUBT WE WILL BE 100% IN REPORTING!!

Thank you PRESIDENT KATHY for allowing me to be a part of your great team!! Ladies you know the drill!!

*Loyally,*  
*June Tucker, Historian*

HISTORIAN REPORT FORM  
2009-2010

DISTRICT NUMBER \_\_\_\_\_ AUXILIARY NUMBER \_\_\_\_\_

DATE OF REPORT \_\_\_\_\_

HISTORIAN (OR AUX. MEM) \_\_\_\_\_

Phone number (Incl. area code) \_\_\_\_\_

Total number of pictures enclosed \_\_\_\_\_

Pictures numbered on back to coincide with brief report.  
Example: DISTRICT MEETING, NAMES OF PEOPLE IN PICTURE  
(LEFT TO RIGHT), PICTURE#1 PRESIDENT KATHY WITH 3RD  
DISTRICT PRESIDENT JEAN MULL ON HER OFFICIAL VISIT.

\*\*\*\*\*

PICTURE #1 NAMES \_\_\_\_\_

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DESCRIPTION OF PICTURE \_\_\_\_\_

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MAIL REPORT TO:  
JUNE TUCKER  
5102 TIFFANYWOODS CT.  
HENRICO, VA. 23223-2713  
[ladyluck16@verizon.net](mailto:ladyluck16@verizon.net)  
Fax-(804)328-0695

# Department of Virginia Hospital

Carol Vangi, Chairman  
1024 Hullview Ave.  
Norfolk, VA 23503

757-621-5519  
e-mail: [carl.a.penningiii@verizon.net](mailto:carl.a.penningiii@verizon.net)

“It’s time for America’s Military Heroes” and “Supporting our Legacy of Freedom”. This is our National President’s and Department President’s theme respectfully. These themes truly describe the need to support our heroes who are confined to a hospital, nursing homes and assisted living facilities. Honoring and supporting.

There are so many ways to brighten their day. It’s as simple as a visit, a smile on your face and a big “Thank you”.

Besides the VA Medical Centers in our state, visits to veterans in civilian hospitals, nursing homes and assisted living facilities can be reported.

One program that is very beneficial to our heroes is the **Hospitalized Veterans Writing Project**. This project is a therapeutic writing program designed to acknowledge veteran’s experiences and build self esteem through creative expression and possible publication in the Veteran’s Voices which is published in March, July and October. Ask your VA Medical Center or contact HVWP Headquarters, 5920 Nall, Room 101, Mission, KS 66202 or visit [www.veteransvoices.org](http://www.veteransvoices.org) for more information.

For our younger members there is the **James H. Parke Memorial Scholarship**. The applicants must be under age 20 that have completed at least 100 hours of scheduled volunteer service and be nominated by the medical center director. This could be a great project for our Junior Girls. Ask your local VA Medical Center for details.

As in past years we will be selecting **The Outstanding Hospital Volunteer of the Year**. The nominee may be any Auxiliary member who serves as a Ladies Auxiliary VFW volunteer at any medical facility, not just the VA Medical centers. The entry forms will be on the Department of Virginia website or I can mail you one.

I will be providing more information about these programs and other ideas and suggestions in the upcoming General Orders.

Awards for this year: A drawing will be held at Winter Council in the amount of \$25.00 for the auxiliaries that have submitted the \$35.00 Hospital & VAVS to the Department Treasurer and have submitted at least one report. At the Department Convention there will be a drawing. For each report an Auxiliary submits you will have an entry. So the more reports the better chances of winning the prize of \$50.00.

If you have any questions, please do not hesitate to contact me.

District: \_\_\_\_\_

Auxiliary: \_\_\_\_\_

**Send completed report forms to:**  
Carol Vangi, Hospital & VAVS Chairman  
1024 Hullview Ave., Norfolk, VA 23503  
757-621-5519  
e-mail: carl.a.penningiii@verizon.net

**HOSPITAL & VAVS Monthly Report Form**

Month: \_\_\_\_\_ Year: \_\_\_\_\_

**\*BANNER REQUIREMENT:** \$35 sent to the Department Treasurer earmarked for Hospitals and VAVS. Date: \_\_\_\_\_ Check #: \_\_\_\_\_ Amount: \_\_\_\_\_

**VA Medical Centers**

# of members volunteering: \_\_\_\_\_ # of hours spent volunteering: \_\_\_\_\_  
# of members making donated items: \_\_\_\_\_ # of hours making donated items: \_\_\_\_\_  
Value of donated items and donated funds (include mileage): \$ \_\_\_\_\_

**Nursing Homes, Community and Other Hospitals**

# of members volunteering: \_\_\_\_\_ # of hours spent volunteering: \_\_\_\_\_  
# of members making donated items: \_\_\_\_\_ # of hours making donated items: \_\_\_\_\_  
Value of donated items and donated funds (include mileage): \$ \_\_\_\_\_

**Auxiliary Sponsored Non-Member Volunteers**

# of non-member volunteering: \_\_\_\_\_ # of hours spent volunteering: \_\_\_\_\_  
# of non-members making donated items: \_\_\_\_\_ # of hours making donated items: \_\_\_\_\_  
Value of donated items and donated funds (include mileage): \$ \_\_\_\_\_

**Auxiliary Members Participating in Hospitalized Veterans Writing Project (or donation to Hospitalized Veterans Writing Project)**

# of volunteers: \_\_\_\_\_  
# of hours spent volunteering: \_\_\_\_\_  
Value of donated funds: \$ \_\_\_\_\_

**# of Applications submitted to Department for judging of the NAC Volunteer of the Year Award: \_\_\_\_\_**

**\*\*Description of project/event (You may use a 2<sup>nd</sup> page if needed )**

**Notice:** Reports must be submitted on this form. Auxiliaries must complete hours and values before report is sent in (as the Chairman is unable to estimate).

# BASIC CREDIT ALLOWANCES

## LIST QUANTITY AND VALUE FOR ALL GIFTS AND REFRESHMENTS

### MILEAGE

\$.14 per mile per member round trip

### Radios & Televisions

New  
Used

### CREDIT UNDER GIFTS

Actual Cost  
Half Price

### Hospital Equipment

New  
Used

### CREDIT UNDER GIFTS

Actual Cost  
Half Price

### Flowers

Purchased  
Home Grown  
DO NOT include funeral flowers; this belongs under Chaplain Program

### CREDIT UNDER GIFTS

Actual Cost  
\$5.00 per bouquet

### Games, Puzzles

New  
Used

### CREDIT UNDER GIFTS

Actual Cost  
Half Price

### Candy, Gum

Purchased  
Homemade

### CREDIT UNDER GIFTS

Actual Cost  
\$5.00 pound + 1 Project Hour per batch

### Magazines, Books

New  
Used (Books)  
Used (Magazines)  
(Must Use Book & Magazine Form)

### CREDIT UNDER MAGAZINES/BOOKS

Actual Cost if taken as a gift for Patient; otherwise, take as used  
Half price  
\$1.50 each  
(Must have signed verification)

### Amusements & Entertainment

Ball Games, movies, shows, etc.  
Mileage is allowed for taking patients to these functions, but the allowance is for MOCA Members only.  
Amateur Entertainment  
Professional

### CREDIT UNDER ENTERTAINMENT

Actual Cost  
\$10 per visit for NON-MEMBERS only at AUXILIARY'S request  
Actual Cost

### CD/DVD/VCR

Used CDs/DVDs/VCR Tapes

Half price not to exceed \$10.00 each

### Bingo Prizes

Itemize on form or attach sheet

### CREDIT UNDER GIFTS

Actual Cost (includes money or canteen books)

### Occupational Therapy

Some hospitals ask for items for use in occupational therapy and craft classes such as Styrofoam and plastic containers, aluminum pans, plastic rings, etc. Take only if wanted.

Credit for above items \$0.05 each No hours for collecting.

Items purchased for therapy & craft classes Actual Cost

Therapy Balls \$1.50 + 1 Project Hour each

**Scuffies and Slippers**

Cloth scuffies  
Crocheted/knitted scuffies  
Slipper socks (ankle)  
Slipper socks (mid-calf) knitted  
Slipper socks (mid-calf) crocheted

**CREDIT UNDER GIFTS**

\$4.00 + 2 Project Hours / pair  
\$4.00 + 4 Project Hours / pair  
\$5.00 + 6 Project Hours / pair  
\$6.00 + 10 Project Hours / pair  
\$6.00 + 8 Project Hours / pair

**Wheel Chair Covers**

Includes the back & pockets

**CREDIT UNDER GIFTS**

2 Project Hours each + Cost of material

**Wheel Chair Cushion Cover**

Price depends on material

**CREDIT UNDER GIFTS**

2 Project Hours each + Cost of material

**Soap Bags**

Crocheted

**CREDIT UNDER GIFTS**

\$2.00 + 2 Project Hours each

**Clothing**

New  
Used

**CREDIT UNDER CLOTHING**

Actual Cost if taken as a gift for a patient; otherwise, take as used.  
Credit per **CLOTHING ALLOWANCE FORM**  
A dress is a dress, whether formal or street (signed verification)

**Sewing, Mending, Ironing**

Doing these for Patient  
Used Clothing donated

**CREDIT UNDER PROJECT HOURS**

Reasonable time  
Reasonable time

**Utility and Laundry Bags**

Handmade  
Ditty Bags

**CREDIT UNDER GIFTS**

\$4.00 + 1 Project Hour each  
\$2.00 + ½ Project Hour each

**Pillows:**

Heart or Surgery

**CREDIT UNDER GIFTS**

\$5.00 + 2 Project Hours

**Lap Robes & Afghans**

40" x 40" lap robes

48" x 60" Afghan

**CREDIT UNDER GIFTS**

\$25.00 (material included in allowance)  
Crocheted or Knitted + 20 Project Hours each  
Pieced or Quilted + 10 Project Hours each  
Plain or no sew + 4 Project Hours each  
\$45.00 (material included in allowance)  
Crocheted or Knitted + 35 Project Hours each  
Pieced or Quilted + 18 Project Hours each  
No Sew + 7 Project Hours each

(If other than standard size, give dimensions and credit will be pro-rated.)

**Shawls, Capes, Hats**

Shawls & Capes  
Hats (stocking caps)

**CREDIT UNDER GIFTS**

\$20.00 + 20 Project Hours  
\$6.00 + 6 Project Hours

**Bibs**

Cloth (12x12)  
Cloth (20x20)  
Knitted (12x12)  
Knitted (20x20)  
Trac Bib (crocheted or knitted)

**CREDIT UNDER GIFTS**

\$2.00 + 2 Project Hours each  
\$3.00 + 2 Project Hours each  
\$2.00 + 1½ Project Hours each  
\$4.00 + 3 Project Hours each  
\$4.00 + 4 Project Hours each

**Refreshments**

All Purchased Refreshments

**CREDIT UNDER REFRESHMENTS**

Actual Cost and NO Project Hours

**Homemade**

Drinks	Actual Cost (not per cup)
Cakes (Box)	\$6.00 + 2 Project Hours
Angel Food	\$5.00 + 1 Project Hour
Pies	\$5.00 + 2 Project Hours
Cookies	\$3.00 per Dozen + 1 Project Hour per 3 dozen
Doughnuts & Cupcakes	\$3.00 per Dozen + 1 Project Hour per 1 dozen
Muffins	\$2.00 per Dozen + ½ Project Hour per 1 dozen
Buns, Rolls	\$2.00 per Dozen + 1 Project Hour per 1 dozen
Fruit & Nut Bread	\$4.00 + 1½ Project Hours each
Brownies or Bar Cookies	\$4.00 + 1½ Project Hours per <b>BATCH</b>
Deviled Eggs	\$2.50 per Dozen whole eggs + 1 Project Hour
Sandwiches	(whole sandwich is 2 slices of bread)
Salad (ham, tuna, egg, pimento)	\$2.00 per whole + 1 Project Hour per dozen
Meat & Cheese	\$1.50 each + 1 Project Hour per 2 dozen
Peanut Butter & Jelly	\$1.00 each + 1 Project Hour per 2 dozen

**Plastic Canvas items:**

Small (bookmarks, ornaments, tray favors, pins)	\$1.00 each + 1 Project Hour
Tissue boxes (completely filled in)	\$5.00 each + 10 Project Hours
Sock pull	\$3.00 each + 2 Project Hours

## Legislative & *VFW Political Action Committee*

Irene E. Peters, Department Chairman  
202 Forest Ave  
Richmond, VA 23223

Phone: (804) 328-2464  
E-mail: [ipeters@bww.com](mailto:ipeters@bww.com)

*“It’s Time for America’s Military Heroes”* to receive the entitlements promised to them for their service to our country! They have been, and are, *“Supporting Out Legacy of Freedom”*, and we must make sure that our politicians and legislators support them to the fullest! Supporting the VFW Political Action Committee (PAC) is an excellent way to safeguard these entitlements our heroes were promised for defending our freedoms and our national security, particularly in light of our current economy.

The Legislative and VFW PAC programs have been combined as they share common causes. While the Legislative program includes activities that influence the outcome of legislation, VFW-PAC includes activities that influence the election of legislators who are favorable to the VFW’s Legislative and Security Priority Goals.

Keep our members informed of legislation being proposed or discussed that pertains to our veterans and/or our national security. Take the time to write letters, make phone calls, send emails to our Senators and Congressmen. *Always be polite...be brief but to the point, addressing only **one** issue with each communication.* Urge our members to join the VFW Action Corps, sign up for the *Washington Weekly* online, visit your Congressman and Senator in their local field offices, visit the VFW Washington office, it is well worth the trip!. Be ready to respond **immediately** to a National Legislative Action Alert, listed in the *Washington Weekly* or posted on [www.vfw.org](http://www.vfw.org) or [www.ladiesauxvfw.org](http://www.ladiesauxvfw.org) .

For those that do not know, educate our members, families, friends, and communities on the legislative process, the three branches of government (executive, judicial, and legislative) and how each branch has different powers and responsibilities.

Remember that donations must come from individuals only, unless you have a specific fundraising event at which you must post signs or flyers stating it is a VFW-PAC fundraiser. All monies collected from fundraising events must be sent within 30 days of the event to:

**VFW-PAC**  
**VFW Washington Office**  
**200 Maryland Avenue, N.E.**  
**Washington, D.C. 20002**

***GET INVOLVED! PROMOTE, PROMOTE, PROMOTE! REPORT, REPORT, REPORT!***

***Legislative &  
Political Action Committee***

***REPORTING FORM***

Auxiliary # \_\_\_\_\_

District: \_\_\_\_\_

Auxiliary Name: \_\_\_\_\_

\_\_\_\_\_  
Auxiliary President  
Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

\_\_\_\_\_  
Auxiliary Chairman  
Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

1. How did your Auxiliary promote the VFW Legislative & Security Priority Goals?

\_\_\_\_\_  
\_\_\_\_\_

2. How did your Auxiliary educate members on the legislative process? \_\_\_\_\_

\_\_\_\_\_

3. Number of contacts made personally/written on any National Legislative Action Alerts \_\_\_\_\_

4. Number of contacts made by members personally/written to legislators on veterans' issues:

a. **Personal Contact _____	d. Letters _____
b. Phone Calls _____	e. E-mails _____
c. Faxes _____	

\*\*May include town/city or country council meetings, state legislative or national congressional sessions, and legislative/congressional field visits.

5. Describe how your Auxiliary promoted VFW-PAC \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

6. How did your Auxiliary publicize the Legislative/PAC program to your community? \_\_\_\_\_

\_\_\_\_\_

Mail Report to: **Irene Peters, 202 Forest Ave., Henrico, VA 23223**

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