

Fall Conference Pumpkin Decorating Contest



Pumpkin decorations will be raffled with proceeds to Department President's Special Project.



Requirements

- ⇒ Decoration used as centerpiece
- ⇒ One pumpkin per District
- ⇒ Must use real pumpkin
- ⇒ No larger than 12 inches
- ⇒ Must use at least 1 Buddy Poppy



AUXILIARY OUTREACH

“STAND UP, SPEAK OUT”
VOLUME 23 - 24, ISSUE 5

“BANDING TOGETHER FOR OUR VETERANS”
OCTOBER 2023

“Our Labor of Love”



- ✓ **Does your Auxiliary have an Auxiliary Outreach Chairman?**
- ✓ **Have you found your partnership?**
- ✓ **Have you brought ideas to your auxiliary meetings?**
- ✓ **Are you voting on it at your meeting?**
- ✓ **Is your Auxiliary working the program as a team? Or even a team of (1) member**
- ✓ **Does your secretary have it in the monthly minutes?**
- ✓ **Did you wear your Auxiliary attire, maybe a pin, hat, shirt?**
- ✓ **Is someone in your Auxiliary reporting these activities on the website?**

Fall Activity Ideas:

- ✓ **October is “Breast Cancer Awareness Month”, help turn the fountain pink at Dept. Fall Conference and report**
- ✓ **Partner with your town and community, help plant a tree**
- ✓ **Help at your local soup kitchen**
- ✓ **Community clean up on local roads**
- ✓ **Help your local community with their art festivals**
- ✓ **Help at local churches with pumpkin patches**
- ✓ **Volunteer at your local school**
- ✓ **Volunteer at your local library**
- ✓ **Volunteer at your local food pantry**



SPECIAL AWARD FOR (1) AUXILIARY IN EACH MEMBERSHIP GROUP WHO VOLUNTEERS THE MOST AUXILIARY COMMUNITY HOURS WITH ANOTHER NON-PROFIT ORGANIZATION

Approved By:
2023-2024 Department President
Teresa Bachand

Sandi Hendriks
Auxiliary Outreach Chairman
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Buddy Poppy

VFW National Home

“A Soldier’s prayer”



Dear Lord, Bless our soldiers, protectors of our nation. Give them strength and courage in the face of adversity and deliver them safely home to their loving families once again.”

Amen



National
President
Special Project

The VFW
National Home
Welcome
Center

Veterans Day, November 11th, 2023, is a perfect time to team up with another program.

Remember those Veterans who did not make it home, this can be teamed up with Americanism, and remember **“More Than Letters.” “Prisoners of War” and “Missing in Action.”**

You can take American Flags, wrap them with a Buddy Poppy, and distribute them, by setting up at the local grocery store. (Make sure you get permission)

If your Post is having a Veterans Day Celebration, set up a booth with Americanism and share the Buddy Poppy and Prisoners of War/Missing in Action with the Community, having information with you, like pamphlets, flyers, and even coloring books for the children. All can be found in Malta, Resources then click on Misc. Resources, or ordered from the VFW Store.

“In the Flanders Fields the poppies grow between the crosses, row by row, we are the dead short days ago, we lived, felt dawn, saw sunset flow, loved and were loved, and now we lie in Flanders Fields.”

The meaning of the Buddy Poppy is what all need to learn and acknowledge. And this knowledge can be taught by you, with information that can be easily gotten, if not ordered, can be found online.

VFW Auxiliary National President Carla Martinez & VFW Commander-in-Chief Duane Sarmiento are teaming up for special renovation Project, of the VFW National Home Welcome Center.

- JUST A FEW OF THE THINGS THAT WILL BE DONE WITH THE RENOVATION:
 - Floors would be replaced with a nonslip surface
 - A sidewalk would be added from the administration walkway to ensure ADA compliance
 - Increased retail space and expanded items available for resident convenience, such as milk and bread
 - Postal and parcel operations will be combined for resident and postal worker convenience

Beginning July 1, 2023, members may donate to this project in MALTA by selecting Make a Gift, National President’s Special Project.

Approved By:
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Teresa Bachand

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Buddy Poppy/National Home
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Extension & Revitalization Program



A good day from the desk of

Maggie Gilchrist

**This year's 2023-2024 Chief of Staff
For the Department of Florida**



Knowing President Teresa 's **"Stand-Up--- Speak out"** we need to put those words in to action. We need to start **"Banding Together for our Veterans"**
To ensure the legacy of our great organization will stay healthy and strong!

We "Speak Out" when we know,

What can cause a Red Flag Auxiliary?

- ▶ Remember these questions.
- ▶ Conducting 10 meeting per year: Y or N
- ▶ Good attendance at the Monthly Meetings: Y or N
- ▶ Completing the Required paperwork in a timely Maner: Y or N
- ▶ Officers, Chairman & Members work as a Team: Y or N
- ▶ Members involvement, input during meetings: Y or N
- ▶ Participation in the National/Department Programs: Y or N
- ▶ Membership Growth: Y or N
- ▶ One "NO is a Red Flag warning

We "Stand Up" when we know and use

Do you Know?

- ▶ Red flags can be easily fixed?
- ▶ If you recognize your weakness address it before it gets too hard to fix.



**Ask for a team of
Department officers,
Chairmen & members
that will fit Your Auxiliaries
needs,
to assist to make You a stronger
Auxiliary!**

Remember Our Program Goals are to :

- Maintain and Strengthen Current Auxiliaries
Suggestions above is to help with this goal
- Present to Unaffiliated Posts
Speak -Up to a "bachelor" Post the idea of an Auxiliary and its benefits
Establish New Auxiliaries



HISTORIAN MEDIA RELATIONS

October 2023

Volume 2023-2024

Issue 5

“STAND UP, SPEAK OUT”

“BANDING TOGETHER FOR OUR VETERANS”

✓ What is a Legacy member?

- ✓ An Auxiliary Legacy member is a long time, active member.
- ✓ This year, we are celebrating them by recording a 3–5-minute interview with them.
- ✓ You can interview more than one Legacy member in one video.
- ✓ Ask them the “5 W’s”. (who?, what?, when?, where?, why?)
- ✓ Give them a list of questions prior to recording, so they have time to prepare.
- ✓ Ask them to show their favorite pictures of themselves and their Veterans.
- ✓ What awards, pins, plaques, trophies can they show us as they tell their story.
- ✓ When you record your video, pick a location that is comfortable for your Legacy member. Choose a quiet spot with good lighting.
- ✓ Forward your video to the Department Chairman via memory stick by March 31, 2024.
- ✓ Good luck, and have fun!!

DEPARTMENT PRESIDENT’S SAYING

“IT’S NICE TO BE NICE.”

Approved By:
2023-2024 Department President
Teresa Bachand

Karen Heikkila
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HOSPITAL PROGRAM

VFW Auxiliary Department of Florida October 2023/24 Volume 1 Issue 4

Hospital Volunteer

- If there is not a hospital nearby that your Auxiliary can volunteer, consider a donation:
 - VA Hospital
 - VAVS Representative
- Nearby a VA Hospital
 - Consider a monthly visit to bring donuts to Veterans coming in the lobby for appointments.
- Consider Volunteering at a non-VA Hospital, Nursing Home, Assisted living.
 - Activity Directors are always looking to keep Veterans busy
 - Establish a regular date of the month for visits, (1st Thursday month)

For your local VA facilities go to
<https://www.volunteer.va.gov>



WOMAN VETERAN
PROUDLY SERVED

Have you made plans to visit facilities for the following holidays:

Halloween, October 31 – Make visits in a Costume Veterans Day

November 11 – Wear Red/White/Blue for Buddy Poppy distribution

Thanksgiving November 23 –hand out cards saying “Thankful for your Service”

Christmas December 25 – give a card with a candy cane attached

Approved By:
2023-2024 Department President
Teresa Bachand

*"Volunteers are not paid
-- not because they are
worthless, but because
they are priceless."*

Women's Health Care

- When you see a female Veteran in your VFW, or at your auxiliary meetings, ask if they know about VA benefits.
- Share information about your VA representative that visits your post, to answer questions on benefits.
- Are you getting information out about what is available for female veterans.
- During your visits to Hospital/Nursing Home/Assisted Living share information about benefits women veterans can receive.

Download information and print pamphlets from the VA Website:

www.womenshealth.va.gov

Military Sexual Trauma, many men and women don't know they can receive help and compensation.

MST – 1 in 3 women, 1 in 50 men have experienced this.

Betty A. Bailey
Hospital Chairman
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Legislative

Volume 23-24

Issue 5

October 2023

Happy Fall Y'all



As an auxiliary member or officer
Are you an advocate, informed, engaged?
Did you know Legislative is not just about the Veteran. It's also having an impact on spouses, and children of Veterans.
Many benefits help our Veterans, and families. It improves the quality of life.
Health Care, Disability, Exposed to Toxins, and receiving compensation.
The Veterans Voice through Legislative.

Legislative Priorities

The VFW elected officers Actively lobby Congress and the administration on current Veterans issue and needs.

National Security & Foreign Affairs

They fought in uniform to keep our country safe. Continuing the fight through our National Security & Foreign Affairs program. Works together to maintain the integrity to protect our great nation.



Women Veterans

Need to have improved VA healthcare.
With an increase of women Veterans serving our Military.
Be a VOICE for Women Veterans.

What is the new bill affecting Veteran?

The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, Radiation exposure, and other toxic chemicals.

WVFW 2023 PRIORITY GOALS

Support Today's Veterans and Military
 Please contact or visit your congressional representatives and advise that these are the issues we will be fighting for in the 118th Congress. These priority goals reflect the membership support and endorsed by the men and women of the VFW and Auxiliary. To find your congressional representatives, visit www.ActBlue.org.

Play a Role in the Process
 Engage and help us ensure that these priority goals are enacted. Sign up today for the VFW Action Corps Weekly VFW Action Alerts.
 • Visit vfw.org/ActBlueActionCorps
 • Text "VFW" to 346777
 • Visit QR Code below

Delivering the promise to our veterans, service members, and their families.

NO ONE DOES MORE FOR VETERANS.

VFW Washington Office: 300 Maryland Ave., S.E., Washington, D.C. 20003 Tel: 202.462.1239
 VFW National Headquarters: 600 W. 14th Street, Kansas City, MO 64111 Tel: 816.756.0200
www.vfw.org

WVFW 2023 PRIORITY GOALS

Budget
 To fully fund programs for veterans, service members, and their families, Congress must:
 • Restore the discretionary budget process.
 • Authorize VA to receive unexpended base budget and funds.
 • Never reduce our veterans' benefits to pay for other programs.

Disability Assistance and Memorial Affairs
 To ensure veterans and their survivors have timely access to needed benefits, Congress and its committees must:
 • Expedite legislative implementation of the Veterans Health Care Act and other laws.
 • Expedite implementation of the National Fallen Heroes Memorial Act.
 • Expedite implementation of the National Fallen Heroes Memorial Act.
 • Expedite implementation of the National Fallen Heroes Memorial Act.

Health Care
 To ensure our veterans and their survivors have timely access to needed health care, Congress and its committees must:
 • Expedite implementation of the National Fallen Heroes Memorial Act.
 • Expedite implementation of the National Fallen Heroes Memorial Act.
 • Expedite implementation of the National Fallen Heroes Memorial Act.

National Security, Foreign Affairs, and POW/MIA
 To ensure our veterans and their survivors have timely access to needed health care, Congress and its committees must:
 • Expedite implementation of the National Fallen Heroes Memorial Act.
 • Expedite implementation of the National Fallen Heroes Memorial Act.
 • Expedite implementation of the National Fallen Heroes Memorial Act.

Approved By:
 2023-2024 Department President
 Teresa Bachand

Jeanne Laurine
 Legislative Chairman
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October Happenings

Volume 23 Issue 4

October 2023

Make the Change Convert to Life

Standings on Convert to Life. Be the winner who has the most convert to life. Make sure to inform all your annual members that converting to life means never having to pay again.



In First Place
we have
District 11,
Post 4300.



In Second
place we have
District 19
post 8093



In third
Place
District 8
Post 4206
District 22
4781

In Further News In the Southern Conference

Florida is in second place behind Texas.
Texas only has a 1.15% lead.



MAKE FLORIDA NUMBER

Approved By:
2023-2024 Department President
Teresa Bachand

Speak about membership

Social media, in the Grocery store, parking lots and Church.

Helpful hint:

Print out information on a flyer or make Post cards with information about your Post and Auxiliary. Explaining what the VFW does for Veterans. Look for the cars in the parking lots that have Military license plates or Military items on them.



Annual Membership Dues Letters

Don't forget to send out your due's letters. The sooner the better. If your Auxiliary hasn't sent them out, get them out **NOW**. Send a second round in Late November or early December. Now is a good time to inform them about next year's price increase. How much it would cost to have a life member- this year's price- ship. Put es in the letter.

LIFE MEMBERSHIP FEES

Life Membership fees are not refundable.
Attained age at 12/31 of year applying for Life Membership.

| | |
|-------------|-------|
| Through 20 | \$253 |
| 21-25 | \$242 |
| 26-30 | \$230 |
| 31-35 | \$219 |
| 36-40 | \$213 |
| 41-45 | \$201 |
| 46-50 | \$196 |
| 51-55 | \$184 |
| 56-60 | \$173 |
| 61-65 | \$161 |
| 66-70 | \$150 |
| 71-75 | \$132 |
| 76-80 | \$109 |
| 81-85 | \$86 |
| 86-90 | \$69 |
| 91 and over | \$58 |

Revised May 2022

Kelly Barr
Department Membership Chairman
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MENTORING FOR LEADERSHIP



Happy October from the desk of Maggie Gilchrist
Department of Florida Mentoring Program Chairman



Has your Auxiliary started a Mentoring program?

-  HOW TO GET STARTED? 
- AT YOUR NEXT MEETING TALK TO YOUR PRESIDENT
SUGGESTION FOR GOOD OF THE ORDER
ABOUT HAVING A MENTOR FOR THE AUXILIARY!

- START A PHONE CALLING **COMMITTEE** 
- DIVIDE THE TELEPHONE NUMBERS OF MEMBERS
- MAYBE SOME OF THE HOUSE BOUND MEMBERS
- WOULD LIKE TO DO SOME OF THE PHONE CALLING
- DISCUSS A LIST OF WHAT TO ASK THE MEMBERS

 THEN START 

CALLING MEMBERS WHO HAVE NOT BEEN HEARD FROM IN A WHILE
JUST SAY HELLO! FIND OUT IF THEY HAVE BEEN ILL?
INFORM THEM OF THE GOOD WORK THE AUX IS DOING FOR OUR
VETERANS, AND WITH THE VA HOSPITALS AND COMMUNITIES
REMINDE THEM OF THEIR BENEFITS BE UNDERSTANDING



- **A KIND & COMPASSIONATE ACT IS OFTEN ITS OWN REWARD**



SCHOLARSHIPS

“ STAND UP, SPEAK OUT”

Volume 23/24 Issue 5

October 2023

It's crunch time for the Voice of Democracy and Patriots Pen contests.

Time is short to make sure all the students that want to enter have all there required paperwork and audio's in to the Posts.

As chairman you want to be sure each contest is the opportunity to earn scholarships that it is, and have the best entries possible.

Be sure you are doing all your follow up's with the schools or (if Home Schooled) the parents of the students.

ART CONTESTS

Have you already been in contact with the art teachers in your area.

Here's a fact for you on most schools in the country. The art programs in most schools do not get much of a budget. So most teachers are doing their best to help art students achieve there best potential.

So these teachers will be happy to know that there students have an opportunity to try for an art scholarship.

Be sure you do a one on one with the art teachers if at all possible. You both will profit from the experience.



YESTERDAY



TODAY

Approved By:
2023-2024 Department President
Teresa Bachand

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DEPARTMENT PRESIDENT SPECIAL PROJECT

Volume 23-24 Issue 4

October 2023

Military Sexual Trauma The same but different

Experiencing Military Sexual Trauma can be different from experiencing other traumas in some ways including sexual trauma in civilian world.

Additional aspects include:

- Having to continue to live and work with the perpetrator and even having to rely on them for essential things like “watching your back”.
- Worrying about damaging the bond of the unit if/when you speak out.
- Living away from family, friends and other support.
- Worrying about being seen as weak or vulnerable.

- Believing that others would not respect you or even blame you.
- Thinking it could hurt your career or ruin chances of promotion.

All these can leave Military Sexual Trauma victims feeling alone.

Recovery is possible through treatment. VA offers free confidential treatment for mental and physical health conditions due to Military Sexual Trauma.

- May be able for VA treatment even if not eligible for other VA services.
- Do not need a VA service connected disability rating.
- Do not need to have reported the incident when it happened or have documentation that it occurred.

VA believes in MST survivors and stands ready to help in their recovery.

Donations

The goal for donations to Department President's Special Project this year is \$105,000. This donation will be split between the VA hospitals, Bay Pines, James A. Haley, Lake City, Gainesville, Orlando, West Palm Beach and Miami.

Although these facilities are funded through the government, they can use our donations to:

- Support the Women Veterans Programs
- Support outreach initiatives
- Equip women veterans with emergency needs, hygiene products, gift cards for groceries and gas/transportation, back to school items, and household items.
- Either direct purchases of baby items, car seats, cribs or the purchase of gift cards for the veteran to purchase the items most suitable for their vehicle or life style.



Don't Forget!

Decorate a pumpkin for Fall Conference. One per district. See flyer on website for the requirements. Pumpkins will be raffled off for Special Project!

Wooden Flag Raffle

For Dept President's Special Project

\$5 each or \$10 for 3
300 Tickets Available

(Tickets Available at Fall Conference and Mid-Winter Conference)

Approved By:
2023-2024 Department President
Teresa Bachand

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Veterans & Family Support

Volume 23 ~ 24

Issue 4

October 2023



October is Depression Awareness Month

Idea: Start a Phone Tree

Reach out to a friend or another member

Let them know that they are not alone

Invite them to attend your next Auxiliary Dinner

Idea: Watch & Share Pod Casts

(An audio narrative telling a story)

Many topics covered like Grief, Anxiety, Depression, Suicide, Trama, Divorce, Eating Disorders, Postpartum, & much more

These can aid in the therapeutic process

MENTAL WELLNESS SURVEY was conducted at VFS Booth at our PROGRAM FAIR. It was an interesting exercise, looking at ourselves & self-care. The Results are in & Thanks to the 55 members who took the time to fill it out. No names were taken nor what Auxiliary or District the surveyed were from was used. There were no right or wrong answers. This was an anonymous look at mental wellness & starting the conversation. The survey showed:

- ✳ - When looking for a solution to support Mental wellness the majority of those surveyed would use self-care.
- ✳ - Those surveyed also prioritized when suffering emotionally they would seek out a friend instead of talking to a professional.
- ✳ - Half of those surveyed stated that they created habits that support their mental wellness through physical & social activities.
- ✳ - When looking for solutions for our personal mental wellness those surveyed did not prioritize themselves over others.

Use this survey to look at your personal Mental Wellness & start the conversation to a happier & healthier you!!!

A blank copy of the SOI survey used will be posted to VFS resources & can be used as an activity prioritizing healthy habits & solutions to support mental wellness!!!

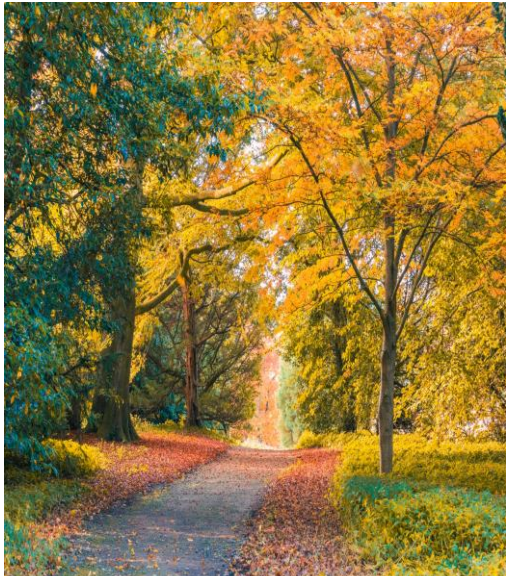
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YOUTH ACTIVITIES

“Stand Up, Speak Out”
Volume 23-24 Issue 5

“Banding Together For Our Veterans”
October 2023



WORKING WITH YOUTH GROUPS

Thanksgiving is the perfect time to give. Make and send cards and letters to our Veterans,

- Collect food donations and distribute to military families in need,
- Assist youth to promote holiday gift collection drive. Collect toys, clothes and gift cards.

OUR YOUTH TODAY ARE OUR LEADERS OF TOMORROW

- ❖ *Auxiliaries can sponsor any type of Youth groups. Find Scouts, Church groups, JROTC, or Sports teams.*
- ❖ *Many of those groups use community service to promote good citizenship and patriotism just like we do.*
- ❖ *These youth are our future Auxiliary members and leaders and now is the time to introduce them and their families by inviting them into our family.*
- ❖ *Attend their events and show them we care and invite them to Auxiliary events showing them what we do.*

Approved By:
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