

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 1, ISSUE 3

“BANDING TOGETHER FOR OUR VETERANS”

SEPTEMBER 2023

IT'S FALL YA'LL!



**FIND YOUR PARTNER AND
VOLUNTEER YOUR “LABOR OF LOVE.”**

CHECK WITH YOUR LOCAL:

- CHURCHES
- MALLS
- COMMUNITY GROUPS

**SEE IF THEY ARE HOSTING A HALLOWEEN
“TRUNK OR TREAT” OR
“PUMPKIN PATCH” EVENT**

TO DO LIST:

- ✓ FIND YOUR PARTNER
- ✓ VOTE ON THE AUXILIARY FLOOR
- ✓ RECORD IN YOUR SECRETARY MINUTES
- ✓ WEAR SOMETHING THAT REPRESENTS VFW AUXILIARY; HAT, PIN, SHIRT, ETC.
- ✓ VOLUNTEER WITH YOUR PARTNER
- ✓ REPORT THE TIME AND EVENT

MORE IDEAS FOR YOUR AUXILIARY

CHECK WITH YOUR LOCAL:

- ✓ POLICE OR FIRE DEPARTMENT ON BICYCLE SAFETY
- ✓ HELP A CANCER GROUP SETTING UP THEIR EVENT OR MANNING THEIR BOOTH
- ✓ WORKING AT A LOCAL SOUP KITCHEN
- ✓ ANIMAL SHELTERS

- ✓ PROJECTS MAY BE COMPLETED BY THE AUXILIARY ALONE OR WITH VFW POST MEMBERS.
- ✓ POST ON YOUR FACE BOOK PAGE USING HASHTAG: #VFWFLAUXOUTREACH SO I CAN SEE WHAT YOU'RE DOING
- ✓ SPECIAL AWARD FOR (1) AUXILIARY IN EACH MEMBERSHIP GROUP WHO VOLUNTEERS THE MOST COMMUNITY HOURS WITH ANOTHER NON-PROFIT ORGANIZATION
- ✓ CALL ME: 386-748-1186 – I AM HERE TO HELP AND SERVE.

Approved By:
Department President
Teresa Bachabd

Sandi Hendriks
Auxiliary Outreach Chairman
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AMERICANISM

POW/MIA DAY

Prisoner of War/Missing in Action

September 15, 2023

This is a great opportunity for you to bring the community together and educate the youth, having a Missing Man Ceremony.

Have a BBQ, invite the boy or girl scouts to assist, ask the post to assist in the POW/MIA Table with the different branches of the Military.



#MORETHANLETTERS

Prisoner of War/Missing in Action/Killed in Action

Remembering that POW/MIA/KIA are not just letters and educating those around you daily that the flag means more than just flying it,

“It means Honor, Courage, Freedom, and Respect.”

Approved By:
2023-2024 Department President
Teresa Bachand

Patriot’s Day



September 11th, 2023

Bringing the Community together with an “Ice Cream Social”, invite the local Fire Department and Law Enforcement, have the children talk with them and make sundaes.

“Show our First Responder’s we still remember.”

“We have not Forgotten “

Gold Star



September 24th, 2023

On this day we honor the families who have lost family members. A luncheon and inviting these families and letting them talk of their experience and loss. This can bring such pleasure and hope to these families knowing their loved ones are not forgotten.

Pauline Riddle/Mary Ann Cash
Americanism Chairman/Patriotic Instructor
Fireballs44@hotmail.com/mecash4@aol.com



SCHOLARSHIPS
“ STAND UP, SPEAK OUT”

Volume 23/24 issue 4

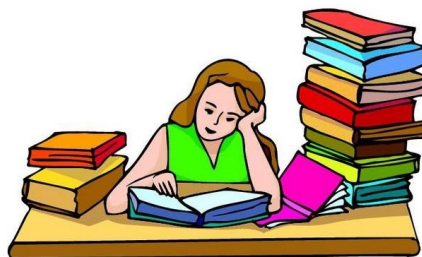
September 2023

School is well in progress and well you just know that teacher could use another assignment for her students. Well lets get in to the schools and let them know about the Patriots Pen contest and the Voice of Democracy contest. Our promotion of these two great assignments might just be what the teacher ordered. Remember you are giving a child a chance for a scholarship.

Patriots Pen Contest
HOW ARE YOU INSPIRED BY AMERICA
GRADES 6-8



Voice of Democracy Audio –Essay Contest
WHAT ARE THE ATTRIBUTES OF OUR DEMOCRACY
GRADES 9-12



Approved By:
Department President
Teresa Bachand

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DEPARTMENT PRESIDENT SPECIAL PROJECT

Volume 23 Issue 3

September 2023

Pumpkin Season



Hone your pumpkin decorating skills as we will be having a pumpkin decoration contest/raffle at Fall Conference. There are some restrictions:

1. Only **1 pumpkin** decoration per District. (How the District decides is up to them)
2. **Real pumpkins** must be used.
3. Decoration can be not larger than **18"** in any direction.
4. Best pumpkin decoration will receive \$25 gift card. (Judges will determine best pumpkin decoration.)
5. Pumpkin decorations will be **raffled**.
6. All proceeds will go the **Department President's Special Project**.



Start Planning

Military Sexual Trauma Awareness Week

The VA works to raise awareness for Military Sexual Trauma Awareness not only during April which is Sexual Assault Awareness Month but every day of the year. So we have designated February 11-17, 2024 as VFW Auxiliary Military Sexual Trauma Awareness Week.

We are asking each Auxiliary to hold a function involving the community with proceeds to the Department President's Special Project.

Involve the community with events such as:

- Motor cycle runs
- Distance Walk/run
- Rock-a-thon or bowl-a-thon

Let the community participate by riding, walking, etc. Have participants get donors for each mile rode, walked, time rocked, frames bowled, etc. Get sponsors to help offset cost of the event so the proceeds can go to the Special Project. Start planning now!

Approved By:
Department President
Teresa Bachand

Jodi Nerney
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YOUTH ACTIVITIES

“STAND UP, SPEAK OUT”
VOLUME 23, ISSUE 4

“BANDING TOGETHER FOR OUR VETERANS”
SEPTEMBER 2023

PATRIOTISM THROUGH LITERACY

Promote and support reading among youth with this simple, fun and potentially free (use your local library) initiative. Introduce youth to historical figures and teach them about events in our nation’s history while fostering a love of reading that can lead to a lifetime of learning.

Benefits of Patriotism through Literacy:

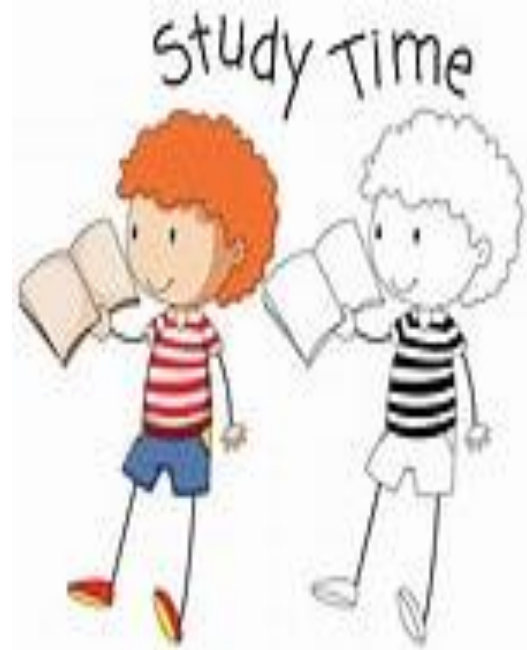
- Teach kids about various times in American history. Promote empathy and expose students to experiences unlike their own.
- Foster a love for books that leads to a lifetime of learning.
- Spend time with kids in your community in new, creative ways.
- Help youth gain better understanding of American history through nonfiction.

Involve Youth in Auxiliary Programs

Youth play such an important role in our future. Encourage involvement from an early age in all auxiliary programs.

Teach youth about Auxiliary efforts to:

- ✓ Respect and take pride in our country.
- ✓ Serve hospitalized veterans.
- ✓ Elect leaders who appreciate our military.
- ✓ Pass legislation that secures benefits for our veterans, and many other worthy efforts.



Approved By:
2023-2024 Department President
Teresa Bachand

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Veterans & Family Support

Volume 23-24

Issue 3

September 2023

SUCIDE PREVENTION AWARENESS MONTH

How you can help as an Individual



As an Auxiliary

Check out VA Suicide Prevention
Tool Kit for Caregivers

Download a SAFETY Plan

Take the VA S.A.V.E. Training Course

This free, online VA S.A.V.E. Training video was designed in partnership with PsychArmor Institute to help viewers learn how to identify when a Veteran may be at risk for suicide and to empower them to play a vital role in suicide prevention. Visit www.psycharmor.org/courses/s-a-v-e.

S. A. V. E.

#BETHERE

S = Signs ~ Learn to recognize the signs

A = Ask ~ the important???

V = Validate ~ a Veterans experience make her/him feel understood & supported

E = Encourage ~ Vets to get treatment

Expedite ~ Vets to getting HELP

START THE CONVERSATION ~ OFFER SUPPORT

Know the NUMBERS



or Text [838255](https://text.838255.com)

1-800-273-8255 **PRESS 1** Still Works

September :

National Suicide Prevention Awareness Month

Gold Star Mother's & Family Day ~ 24th Sept.

VFW Birthday ~ 29th Sept. {Estab~1899}

Coming in October :

Fall Conference Oct 20-22

Approved By:

2023-2024 Department President

Teresa Bachand

Jean Lockwood

VFS Chairman

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MENTORING FOR LEADERSHIP

A good day from the desk of Maggie Gilchrist

*Department of Florida
Mentoring Program Chairman*



*As has been stated before, We all are Mentors. Mentoring happens best when it is one on one!
Some of the best mentoring comes when We least expect We are doing so!*

"Mentoring" What can that do?

- IT CAN MAKE A NEW MEMBER FEEL "WELCOME"
- IT CAN MAKE "MEMBERS" ASKING QUESTION FEEL AT EASE
 - WHEN WE GREET MEMBERS WITH A SMILE & A HELLO THEY FEEL BETTER
- IT CAN MAKE OLDER MEMBERS FEEL WELCOME
 - **IT COULD POSSIBLY PREVENT A SUICIDE**

IS IT EASE TO MENTOR ? YES

KEEP A SMILE, ALWAYS MAKES PEOPLE AT EASE

MAKE EYE CONTACT, START A CONVERSATION " SAY HELLO"

INTRODUCE YOURSELF AND LISTEN

ALL KINDS OF GOOD THINGS CAN COME FROM *"Mentoring"*

ALWAYS BE GENTLE & KIND

LEGISLATIVE

Volume 2023

Issue 4

September 2023



How many Representatives are in Florida? The house is composed of 120 members, each elected from a single-member district with a population of approximately 180,000 residents, Legislative districts are drawn on the basis of population figures, provided by the federal census.

<https://ballotpedia.org/> **Educate yourself on your state of Florida.**

What is a Representative? Also referred to as a congressman or congresswomen, each representative is elected to two-year term serving the people of a specific congressional district. Among other duties representatives introduce bills and resolutions. Offer amendments and serve on committees.



How many POW/ MIA are still missing?

81,000 Americans

Never Forgotten



Our research and operational missions involve coordination with hundreds of countries and municipalities worldwide. As of the latest update on **5.22.2023 more than **81,000 Americans** remain missing from, **WWII, the Korean War, Vietnam War, Cold War, and Gulf Wars/other conflicts.****

BE AN ADVOCATE BE INFORMED BE ENGAGED

Approved By:
2023-2024 Department President
Teresa Bachand

Jeanne Laurine
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HOSPITAL PROGRAM

VFW Auxiliary Department of Florida

September 2023 Volume 23 Issue 3

Women's Veterans Health Care

- Encourage members to learn about the Women Veterans Call Center (WVCC) calling **1.855.829.6636** for information on: VA Health Care if not already, answering questions about eligibility for disability and other VA benefits, enroll in email messages for information to share.
- Help educate women veterans in your area including your VFW Post members by hosting a community educational seminar, for more information go to the website: www.womenshealth.va.gov, where more information is available.



"Stand Up, Speak Out"

Dept. President, Teresa Bachand's, 23/24 special project: share and make members aware: MST – Military Sexual Trauma - Sexual trauma experienced while in the military service affects both men and women—with serious and long-term consequences. According to the Department of Defense, more than 7,600 individuals reported a sexual assault in fiscal year (FY) 2018, which is the most recent data available.² This statistic is an increase of about 12.6 percent from 2017. Understandably, many veterans who have experienced MST are reluctant to report the sexual assault either at the time of its occurrence or even much later. It is vital that VA makes every effort to properly communicate available MST services to veterans and that both VHA and VBA staff work expeditiously and with sensitivity to ensure the provision of needed care, treatment, and benefits.

Suggest you reach out to your local VA Medical facilities and ask for contact MST counselor for veterans to be a guest speaker at one of your monthly meetings.

"It's Nice to be Nice"

See someone without a smile, share yours with them! make both your days better, especially if you know they are a Veteran.

Approved By:
2023-2024 Department President
Teresa Bachand

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HISTORIAN MEDIA RELATIONS

“STAND UP, SPEAK OUT”

- Our Auxiliary Historians can do amazing things.
- Let’s put a spotlight on our pride and the work we do today, and for generations to come.
- Be an inspiration to your Auxiliary by documenting their story through pictures, videos, and writing.
- Create a Face Book PAGE for your Auxiliary. It is our paperless newspaper! Detailed instructions are found in Malta.
- Reach out to your local newspaper, tv, or radio reporters. Send them a personal email describing what you want and include your contact information.



“LET YOUR STORIES BE SEEN in a
KIND and BEAUTIFUL WAY”



Be Courteous and

#SNAP

“Stop Now Ask

Permission”



Approved By:
2023-2024 Department President
Teresa Bachand

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Extention & Revitalization Program



A good day from the desk of
Maggie Gilchrist
This year's 2023-2024 Chief of Staff
For the Department of Florida



Now that we have been introduced to President Teresa 's "Stand-Up Speak out" we need to put those words to action. We need to ensure the legacy of our great organization stay healthy and strong!



We "Speak Out" when we know, Maintain and Strengthen our Auxiliaries:

- By the Use of information provided in "Building on the Foundations"
 1. This information booklet can be found on **M.A.L.T.A**
 2. This helps to understand the use of **Standing Motions**
 3. As has been stated before These are some establish guide lines for specified Operations, Activities, events, and expenses disbursements between Auxiliary meetings
 4. Using Standing Motions help keep the meeting moving by not having to Vote on things done by the Aux monthly. They can be amended at any meeting and voted on.

We "Stand Up" when we know and use the information in

Our PODIUM EDITION Bylaw's and Rituals Book
 Have you read the Preamble?
 Do you know the Authorization?
 Have you read the Objects?
 Have you read the BYLAWS ?
 Article's I through XII? (Pages 5-109)
 Booklet of Instruction for Discipline & Discipline actions? (Pages 111 -130)
 Booklet of Instructions? (Yellow pages)

Ritual Auxiliary
 General Instructions
 Back of the book White pages
 Pages 1through 140



Our Program Goals:

- Maintain and Strengthen Current Auxiliaries
Suggestion 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

Remember: We don't know what we don't know! We need to keep reading, it's there.