



“No Veteran asks for a thank you”

NUMBER 9

403 Lee Jackson Highway
(540) 886-8112

FAX: 866-416-0586
Website: www.vfwva.org
Email: statehq@vfwva.org

March 1, 2024

Staunton, Virginia 24401
In Virginia 800-888-3521

Articles are listed by number not by pages:

- | | |
|------------------------------------|--|
| 1. Commander’s Message | 13. Important Dates |
| 2. Active Membership | 14. Legacy Life Membership |
| 3. Audits | 15. Membership |
| 4. Awards | 16. National Convention |
| 5. Buddy Poppies | 17. Office Closure |
| 6. By-Laws and Manual of Procedure | 18. Post Elections |
| 7. Calendars | 19. Posts in Arrears for Financial Obligations |
| 8. District Convention Meeting | 20. Reporting |
| 9. General Orders | 21. Roster Changes |
| 10. Delinquent | 22. Special Order No. 194 |
| 11. E-Mail Account Access | 23. State Surgeon |
| 12. District Meetings | |

1. COMMANDER’S MESSAGE:

Happy Saint Patrick's Day to all!

I am delighted to share some exciting news with you. As we step into March, a month full of new challenges and opportunities, I am thrilled to announce that our Department has successfully reached 95% of our target. This incredible achievement is a testament to the dedication and hard work of everyone in our team.

I am confident that with our collective efforts and determination, we can surpass this milestone and reach 99% by May 1st. Together, we are a powerhouse within the Southern Conference, consistently setting the bar high and leading from the front.

I want to express my gratitude to each one of you for your unwavering commitment and exceptional performance. You all make my job a joy, and I am truly grateful for the opportunity to work alongside such a talented and dedicated team.

Let's continue this momentum and strive towards our next goal with enthusiasm and teamwork. I have no doubt that together, we will achieve great things.

Today, Todd Taylor provided me with an insightful update on our current performance metrics, shedding light on both our successes and areas that require attention.

Here's a snapshot of what we have achieved:

- 23 Posts boasting engagement levels exceeding 100%
- 19 Posts maintaining an impressive engagement rate of over 95%
- A total of 68 Posts garnering engagement above 88%

On the flip side, Todd also highlighted areas that need improvement:

- 22 Posts, have not resulted in recruiting a new or reinstated member
- Approximately 14 Posts are falling short with less than an 80% membership engagement rate

While there are aspects that demand our focus, it's essential to recognize the positive momentum we have built. With four months left until June 30th, we have a clear target - bridging the gap by achieving a cumulative growth of 7% to reach our goal of 102%.

Let's channel our collective efforts towards optimizing our content strategy and enhancing member recruitment initiatives. By working together diligently, I'm confident we can overcome these challenges and propel ourselves towards success.

Our dedicated membership team is here to support you in your recruiting efforts! Let's kick things up a notch by taking out some applications and organizing a poppy drive to attract new members. Remember, there are plenty of individuals out there eager to join our cause and contribute their skills.

Don't forget about your unpaid list! Reach out to those members who may have been out of touch for a while. Rekindle the connection and remind them of the valuable role they play in our organization.

Your membership team is ready to assist you every step of the way. Let's make this drive a success together! They are here for us all.

I just wanted to take a moment to express my heartfelt gratitude to each one of you. Your dedication, hard work, and unwavering support have been the driving force behind our success, and I am truly grateful for everything you do. Tommy and the Membership Team, your commitment and tireless efforts do not go unnoticed. The sacrifices you make, the hours you put in, and the miles you travel - it all speaks volumes about your dedication to our cause. Thank you for going above and beyond every single day.

To my dear friends Ed, Mitch, Doug, Mark, Charles, and now Randy - your camaraderie and support mean the world to me. Your willingness to step in when needed, cover my shortcomings, and always have my back is something I deeply appreciate.

Together, we make a formidable team. Each one of you brings something unique to the table, making us stronger. I am grateful for your hard work, passion, and loyalty.

Let's continue this journey together with renewed energy and enthusiasm. Your contributions do not go unnoticed or unappreciated.

As we navigate through our daily duties and responsibilities, it's important to take a moment to appreciate every single individual who contributes to the success and smooth operation of our Department. Whether you hold the distinguished titles of Commander, Sr. Vice, Jr. Vice, Adjutant, Quartermaster, or are simply an extraordinary member like Joe, your dedication and hard work do not go unnoticed.

Special Shoutout to Our Service Officers:

A heartfelt thank you goes out to our dedicated Service Officers at both the Department and Post levels. Your commitment to serving our community and supporting our fellow members is truly commendable. Your tireless efforts in helping and guidance make a significant impact on the lives of those we serve.

To each one of you, thank you for your unwavering dedication, passion, and service towards our shared goals. Together, we form a strong bond that propels us forward towards greater achievements.

In closing, as we enter the most promising phase of the year, I am confident that we can exceed expectations and achieve remarkable success. While aiming for a 102% target may seem ambitious, I see it within reach. Let's rally together and conclude this chapter in a manner that reflects the excellence Virginia is renowned for.

Wishing each of you a fantastic month ahead! I look forward to the opportunity of crossing paths with you along this journey because meeting all of you is always a highlight for me.

Warm regards,
Gary Adams

2. ACTIVE MEMBERSHIP:

The National Bylaws provide for only one type of membership: active membership. There are no provisions in the National Bylaws, nor is there any authority or justification for issuance of Club Membership cards, Associate Member cards, Honorary Membership cards, Courtesy Membership cards or any other special type of cards. Any Post issuing such unauthorized cards, or conducting club operations open to the general public, endangers its standing with the Internal Revenue Service as a non-profit organization. Officers signing outlaw cards admitting non-members to VFW premises are subject to disciplinary action. National and Department officers cannot defend practices that conflict with VFW Bylaws or procedures.

3. AUDITS:

Attention of Post Commanders is directed to Section 218 (a)(11) of the National Manual of Procedure, Officers: Duties and Obligations. Trustees Report of Audit must be prepared in detail within thirty (30) days from the end of each quarter, one of which ends March 31.

4. AWARDS:

MEMBERSHIP PLAQUES

Membership plaques will be presented at the State Convention to the Post with the largest numeric membership increase in each category. The judging will be based on Membership as of Friday, May 10, 2024.

- Category A – Posts with Membership of 10 thru 75
- Category B – Posts with Membership of 76 thru 150
- Category C – Posts with Membership of 151 thru 250
- Category D – Posts with Membership of 251 thru 500
- Category E – Posts with Membership of 501 or more

LIFE MEMBERSHIP INCREASE AWARD

A Life Membership increase award and \$200.00 will be awarded at the State Convention to the Post with the greatest increase in Life members (must be at least 3 new Life members) in each category. The judging will be based on Life Membership as of Friday, May 10, 2024.

- Category A – Posts with Membership of 10 thru 75
- Category B – Posts with Membership of 76 thru 150
- Category C – Posts with Membership of 151 thru 250
- Category D – Posts with Membership of 251 thru 500
- Category E – Posts with Membership of 501 or more

MEMBERSHIP RENEWAL AWARD

A Membership Renewal Award will be awarded to each Post that renews ALL viable Annual Members on its unpaid list who were Annual Members the previous year by membership goal by Friday, May 10, 2024. Deceased members and conversions to Life Membership will not count against total.

POST 100% MEMBERSHIP AWARD

In addition, the respective Post Commander and Quartermaster will receive 102% Membership Pins and Tumblers if the Post meets its 2023-2024 102% membership goal by Friday, May 10, 2024. These awards will be presented at the Posts' respective District meetings.

2023-2024 POST ALL-STATE REQUIREMENTS

There is no limit on the number of Posts that can be All-State.

All State Post Requirements:

1. The Post must meet their 102% Membership Quota by June 30, 2024, and recruit Five (5) New and or Reinstated members. **You must recruit at least 1 new member.**
2. All people with access to the assets must be bonded.
3. The Post must have been inspected and the Inspection Reports must be received by State Headquarters no later than 4pm on December 15, 2023, also with all documented discrepancies corrected by Friday, May 10, 2024, to complete this requirement.
4. The Post Commander, Quartermaster, and Adjutant must sign into the dept email and send 1 email to gadams@vfwva.org no later than Sept 16th, 2023.
5. At least one of the following must attend each District meeting. Post Commander, Senior Vice Commander, Junior Vice Commander, Quartermaster or Adjutant.
6. The Post Commander, Senior Vice Commander, Junior Vice Commander, Quartermaster or Adjutant must attend the School of Instruction.
7. The Post must send a Post Member to the State Recruiting School (preferably a member from the post recruiting team).
8. All Audit Reports must be turned into State Headquarters as required by Section 218 of the National By-Laws and Manual of Procedure. Posts may not have more than one late report out of the four required.
9. The Post must purchase 500 Buddy Poppies per 100 members or fraction thereof.
10. The Post must donate to the Department Virginia Veterans Foundation (VVF) Posts with:
 - 99 members or less - \$50.00
 - 100 to 399 members - \$75.00
 - 400 or more members - \$100.00
11. All posts must submit the following reports at least **once a quarter** by Sept 30, 2023, Dec 31, 2023, Mar 31, 2024, and June 30, 2024.
 - Hospital Report
 - Americanism Report
 - Community Activities Report
 - Safety Report
 - Youth Activities Report
12. The Post must participate in at least 2 of the 3 following programs:
 - Voice of Democracy Program (must submit a student to the District level for District judging). Entries must be turned into the Post by Tuesday October 31, 2023. Post must submit to the district no later than Wednesday, November 15, 2023.
 - Patriot's Pen Program (must submit a student to the District level for District judging). Entries must be turned into the Post by Tuesday October 31, 2023. Post must submit to the district no later than Wednesday, November 15, 2023.
 - Teacher of the Year Program (must submit at least one Teacher to the District Level for District judging)
13. The Post must **102% on Memstats by June 30th.**
14. **You must recruit at least 1 new member.**

Note 1: Five (5) additional points towards the Captain of the All-State Team will be awarded to Posts submitting entries in all three programs.

Note 2: Five (5) additional points for each of the submission of an entry for EMT, Fireman, Law Enforcement, 911 Dispatcher, and/or Scout of the Year.

Note 3: Posts will receive additional points towards the Captain of the All-State Team for membership. One fifth (1/5) of one (1) point will be assigned for each member above 102%.

Note 4: Posts with less than 50 members are now eligible for the All-State Team.

POST ALL STATE TEAM AWARDS

1. All-State Post Commanders who have met all the criteria, including membership, by Friday, May 10, 2024 (and have not received an All-State cap for this level of leadership since June 2019) will receive an All-State cap, an All-State pin and citation during the State Convention. Additionally, a check in the amount of \$300.00, to assist in payment of expenses while attending and participating at the State Convention will be

- presented to those Post Commanders who achieve the All-State award by Friday, May 10, 2024, and attend all required events at the State Convention. Time of payment will be at the discretion of the Department Commander. All-State Commanders meeting the criteria except for membership by Friday, May 10, 2024, and then meet the membership criteria by Sunday, June 30, 2024, will receive a citation and an All-State pin at their next District meeting but will not receive any monetary award nor a cap.
2. All-State Post Quartermasters who have met all the criteria, including 102% membership, by Friday, May 10, 2024 (and have not received an All-State cap for this level of leadership since June 2019) will receive an All-State cap, an All-State pin and citation during the State Convention. Additionally, a check in the amount of \$300.00, to assist in payment of expenses while attending and participating at the State Convention will be presented to those Post Quartermasters who achieve the All-State award by Friday, May 10, 2024, and attend all required events at the State Convention. Time of payment will be at the discretion of the Department Commander.
 3. All-State Quartermasters meeting the criteria except for membership by Friday, May 10, 2024, and then meeting the membership criteria by Sunday, June 30, 2024, will receive a citation and an All-State pin at their next District meeting but will not receive any monetary award nor a cap.
 4. From the All-State Team, the Post with the highest points in the All-State judging on Friday, May 10, 2024, will be designated as the Outstanding Post of the Year 2023-2024. The Commander and Quartermaster of that Post will be the Captains of the All-State Team.
 5. The Awards and Citation Committee will break all ties and their decision will be considered the recommendation to the State Commander.
 6. The State Commander shall make the final decision for all recommendations of awards and the decision shall be final.

2023-2024 DISTRICT ALL STATE REQUIREMENTS

There is no limit on the number of Districts that can be All-State**

All State District Requirements:

1. The District must meet their 100% Membership Quota by Sunday, June 30, 2024.
2. All Posts in the District and the District must be inspected; State Headquarters must receive the Inspection Reports no later than Friday, December 15, 2023, with all documented discrepancies corrected by Friday, May 10, 2024, to complete this requirement.
3. The District Quartermaster and anyone with access to money must be properly bonded.
4. The District Commander, Sr Vice Commander, Quartermaster, and Adjutant must sign into the dept email and send 1 email to gadams@vfwva.org no later than Sept 16th, 2023.
5. All Audit Reports for the District must be turned into State Headquarters as required by the National By-Laws and Manual of Procedure.
6. All posts in the district must have submitted the following reports at least **once a quarter** by Sept 30, 2023, Dec 31, 2023, Mar 31, 2024, and June 30, 2024
 - Hospital Report
 - Americanism Report
 - Community Activities Report
 - Safety Report
 - Youth Activities Report
7. The District must conduct a District School of Instruction by the end of Sunday, October 1, 2023. Department led School of Instruction meets the requirement of the terms stated above.
8. The District must donate \$100.00 to the Department's Virginia Veterans Foundation (VVF).

All-State District Awards

1. All-State District Commanders who have met all the criteria including membership by Friday, May 10, 2024 (and have not received an All-State cap for this level of leadership since June 2020) will receive an All-State District Commander's cap, an All-State pin and an All-State Citation during the State Convention. All-State Commanders meeting the criteria, except for membership, by Friday, May 10, 2024, and then meet the membership criteria by Sunday, June 30, 2024, will receive an All-State pin and Citation at their next District meeting but will not receive an All-State cap.
2. All-State District Commanders will receive a VFW jacket if all Posts within their District are 100% or more in membership by Friday, May 10, 2024.

INDIVIDUAL MEMBERSHIP AWARDS

1. All individual recruiting awards will be awarded by using the National Recruiter Reports dated Friday, May 10, 2024. These awards will be presented at the State Convention. Annual members recruiting five (5) New or Reinstated Members will receive:
 2. Their Annual Dues (National and Department portions) paid by the Department for the current year.
 3. Their name and membership number will be entered in a drawing for a Life Membership.
 4. For each additional five (5) members recruited, an additional entry will be made in the Life Membership Drawing.
 5. The drawing for the Life Membership listed above will be conducted on the day of awards judging.
 6. Life Members recruiting 5 New or Reinstated Members will receive:
 - a. Name and membership number will be entered in a drawing for one level of Legacy Life membership equal to \$400.00 or \$200.00 cash if already a gold member.
 7. For each additional five (5) members recruited, an additional entry will be made in the drawing.
 8. The drawing for the Legacy Life Membership award listed above will be conducted on the day of awards judging Friday, May 10, 2024.
 9. Members recruiting five (5) New or Reinstated Members will be entered in a drawing for round trip airfare to the 125th National Convention, and an expense check in the amount of for \$599.00 to help defray expenses. Additionally, the winner will receive either the cost of round-trip airfare for one person or the actual cost of gas, not to exceed the cost of round-trip airfare for one person.
 10. For each additional five (5) members recruited, an additional entry will be made in the drawing. The drawing for this award listed above will be conducted on the day of awards judging Friday, May 10, 2024

INDIVIDUAL RECRUITER AWARDS

Individual recruiters will also receive for:

1. 20 New or Reinstated Members – a Pen and Key Chain Set
2. 35 New or Reinstated Members – Pen and Key Chain & Commander's Challenge Coin
3. 50 New or Reinstated Members – a Department Aide-de-Camp Recruiting cap & citation
4. 75 New or Reinstated Members – State Commander's "Top State Recruiter" shirt

Pens, Keychains, and coins will be presented at the next district meeting after the convention.

Note: Recruiters who have previously received an Aide-de-Camp cap will only receive a citation.

THE SAMUEL B. DeVAUGHAN MEMBERSHIP AWARDS

First Place: The Samuel B. DeVaughan Membership Award is presented to the member who recruits the most - new and/or reinstated members of the 2023-2024 Membership Year. They will receive the following:

- A check in the amount of \$300.00.
- A Department citation.
- A distinctive cap and name badge
- A large trophy

There will be 2nd and 3rd place winners awarded in this competition. The recruiters who finish in second and third place in new and/or reinstated member competition of the 2023-2024 Membership Year will receive the following:

- A Department citation.
- A large trophy

THE GEORGE E. McCracken Honor Guard/Color Guard Award

The George E. McCracken Honor Guard/Color Guard Award is presented to the most outstanding Post Honor Guard/Color Guard. Deadline for submission to State Headquarters is by the day prior to awards judging Friday, May 10, 2024. This award will be presented at the State Convention.

THE W. I. WOODDELL MEMORIAL POST QUARTERMASTER AWARD

The W. I. Woodall Memorial Post Quartermaster Award is presented to the Post Quartermaster who has shown outstanding dedication to his Post and the Department. The Post Commander must send in a nominating letter on why the Post Quartermaster should be considered for Quartermaster of the year. Submission must be received the day prior to the awards judging Friday, May 10, 2024. The recipient is to be selected by a committee headed by the State Quartermaster. The award will consist of a custom lettered citation, plus a check in the amount of \$200.00 from the Department. This award will be presented at the State Convention.

SCOUT OF THE YEAR AWARD

The Scout of the Year Award is presented to the State Scout of the Year winner. A plaque and a \$500.00 monetary award will be presented. This award will be presented at the State Convention. In addition, each Post participating in the Scout Program will receive a citation.

COMMUNITY SERVICE RECORD BOOK

The Community Service Record Book should be kept from May 1, 2023, to April 30, 2024, for State judging. Plaques will be awarded to the top three (3) entries at the State Convention. Special Citations will be awarded to the fourth through tenth places. Electronic submissions will be accepted this year. Electronic entries must be submitted on a thumb drive. It is not a requirement to be All-State.

5. BUDDY POPPIES:

The new price for the original buddy poppies (red ones) are \$160.00 per 500. The price for the new metal poppies is \$70.00 per 500. As a reminder, poppies must be paid for before they can be shipped.

A Buddy Poppy order form is enclosed.

6. BY-LAWS AND MANUAL OF PROCEDURE:

All officers should obtain current 2024 copies of the podium edition of the Congressional Charter, Bylaws, Manual of Procedure and Ritual. Copies of the revised edition of the Congressional Charter, Bylaws, Manual of Procedure and Ritual are available through the VFW Store at National Headquarters. The 2024 revised edition reflects the amendments adopted by the 124th National Convention, which becomes effective on August 20, 2023.

7. CALENDARS:

All unsold calendars, money and calendar stubs are due by to State Headquarters by March 20, 2024.

Doug Hoffman
State Junior Vice Commander

8. DISTRICT CONVENTION MEETINGS:

Section 222 of the National Bylaws and the Manual of Procedure provides that delegates and alternates for the District Convention and meetings, Department and National Conventions shall be elected at a regular meeting in April. Posts are entitled to one (1) delegate and one (1) alternate for each thirty (30) members or fraction thereof in good standing in the Post as of March 31.

Pursuant to Section 403 of the National Bylaws and the Manual of Procedure, each District shall hold an annual District Convention for the purpose of electing District officers, such convention to be held not less than ten (10) days nor more than seventy-five (75) days prior to the convening of the Department Convention. Pursuant to Section 403 of the National Bylaws – Regular Meeting, Districts shall hold at least two (2) regular meetings each year for purposes of transacting business and conducting schools of instruction. Pursuant to Section 417 of the National Manual of Procedure, District officers shall not assume the duties of their office until the Department Commander is installed. District officers shall not be installed or assume the duties of their office until proof of eligibility has been submitted and properly reviewed in accordance with Section 416 of the Manual of Procedure.

9. GENERAL ORDERS:

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

10. DELINQUENT:

Dist.	Post	Fees	Audits	Bonds	Dist.	Post	Audits
2	2296	6.00	December	Bond	5	7854	December
3	2239		December		7	8613	Sept, Dec
3	7167		December		7	9292	Sept, Dec
3	8529		September				
3	10387		December		9	4667	Sept, Dec
4	8446		Sept, Dec		12	4301	December
					12	9600	Sept, Dec

11. E-MAIL ACCOUNT ACCESS:

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

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

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

For Post Officers, your address will be cdrrpost176@vfwva.org where the 176 is you replace it with **your** Post number.

adjpost176@vfwva.org
qmpost176@vfwva.org

For District Officers your address will be cdrrdist1@vfwva.org for Districts other than the first just replace the 1 with your district # **Please note District Senior Vice Commander's now have an email address**

srvdist1@vfwva.org
adjdist1@vfwva.org
qmdist1@vfwva.org

12. DISTRICT MEETINGS:

1 st	Date:	TBD	3 rd	Date:	5/4/24
	Meeting:	11:00 AM		Meeting:	10:30 AM
	Location:	TBD		Location:	Post 9808 Mechanicsville 7168 Flag Lane
	Rep:	State Commander Gary Adams		Rep:	State Surgeon Charles Bush
2 nd	Date:	5/11/24	4 th	Date:	4/13/24
	Meeting:	9:00 AM		Meeting:	1:00 PM
	Location:	VFW Post 4809 5728 Bartee Street		Location:	Post 7166 South Hill 1472 N Mecklenburg Ave
	Rep:	State SVC Mitch Rubenstein		Rep:	PSC Geoffrey Lyster

5 th	Date: 5/18/24 Meeting: 10:00 AM Location: Post 4637 Martinsville 1425 Greensboro Road Rep: State Inspector Randy Coker	9 th	Date: 5/11/24 Meeting: 10:00 AM Location: Post 1115 Hillsville 701 W Stuart Drive Rep: State Commander Gary Adams
6 th	Date: 4/6/24 Meeting: 11:00 AM Location: Post 1264 Roanoke 4930 Grandview Avenue NW Rep: State Surgeon Charles Bush	10 th	Date: 3/9/24 Meeting: 10:30 AM Location: Post 1503 Dale City 14631 Minnieville Rd Rep: State Inspector Randy Coker
7 th	Date: 5/11/24 Lunch: 11:30 AM Meeting: To follow lunch Location: Post 9660 Broadway 14550 Runion Creek Road Rep: State JVC Doug Hoffman	11 th	Date: 4/13/24 Meeting: 10:00 AM Location: Post 8644 Bridgewater 118 Dry River Road Rep: State Judge Advocate Mark Maggio
8 th	Date: 4/6/24 Meeting: 10:00 AM Location: Post 3103 Fredericksburg 2701 Princess Anne Street Rep: State Inspector Randy Coker	12 th	Date: 3/9/24 Meeting: 11:00 AM Location: Post 9830 Damascus 23489 Mountain City Rd Rep: State Commander Gary Adams
		13 th	Date: TBD Meeting: 11:00 AM Location: TBD Rep:

13. IMPORTANT DATES:

- June 12 – 16, 2024 State Convention, Fort Magruder Hotel and Conference Center, 6945 Pocahontas Trail, Williamsburg, VA: phone 757-220-2250. Room Rates are \$139.00 per night.
- July 27 - Aug 1, 2024 National Convention, Louisville, Kentucky
- August 9 - 14, 2025 National Convention, Columbus, Ohio

14. LEGACY LIFE MEMBERSHIP:

LEGACY LIFE MEMBERSHIP CHECK OUT OUR LEGACY LIFE VIDEO! Go to vfw.org, click on JOIN, and scroll down to Legacy Life Membership and then click on the video on the right. This prestigious program is available to all Life members and is now available in memoriam for past Life members. There are three levels of membership; each offers their own package of exclusive member benefits. Financial contributions to the Legacy Life member program are tax deductible to the maximum extent allowed by law.

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

What will your Legacy be?

15. MEMBERSHIP:

Comrades and Commanders,

I would like to thank all the Post and Districts that are at or above 100% Membership so far this year. However, we have quite a few Post that have no new, or reinstated members yet. This is an area that we need to correct, as you know our goal is 102% this year, set by the National Commander, and we need all Posts to be contributing to the effort. I, and any member of the membership team and our Line Officers will be glad to assist you, but you have to ask. Please don't be too proud to ask if you want assistance, we are a team in Virginia and look forward to working with you. The weather is getting warmer, and the Spring Events are just around the corner. As a team we will be successful and make Virginia the State that all other Departments wish to be like. This is all because we have the best Posts in the organization and have made us an All-American Department Eight years in succession. Another area we need to improve is contacting our annual members that haven't renewed and make sure they are not having difficulty paying their dues. Nothing is more rewarding than getting out on a Saturday afternoon and visiting lapsed members with a few friends from the Post. Let's all pitch in and make this a great year for Commander Adams and the State of Virginia.

Tom Hines PSC
Membership Team Chairman

16. NATIONAL CONVENTION:

VFW NATIONAL CONVENTION HOUSING CHANGE – 125th National Convention housing will open, Monday, March 18, 2024. Housing reservation information will be located on the convention website accessed through the main VFW website at vfw.org/convention. The convention website will also have general convention information including the registration form and links to other convention related information for Louisville, Kentucky – July 27-Aug. 1, 2024, and a tentative agenda.

CONVENTION REGISTRATION – Section 222 of the Manual of Procedure states each Post will pay, in advance, a National Convention registration fee of twenty-five dollars (\$25) which shall entitle the Post to a packet of convention information and materials, and one identified registered delegate for the VFW National Convention. Each additional delegate attending the National Convention will pay a ten-dollar (\$10) delegate fee provided the Post has paid the mandated \$25 advance registration fee. All advance registrations should be mailed to the VFW National Headquarters, 406 W. 34th Street, Kansas City, MO 64111. ATTN: Convention 4 Registration, Quartermasters are strongly encouraged to register delegates utilizing the on-line membership system (OMS).

17. OFFICE CLOSURE:

State Headquarters and the Service Officer Offices in Dale City, Norfolk and Smithfield will be closed March 29, 2024, in observance of Good Friday.

The Adj/QM will be available by phone and email for any issues that may arise.

18. POST ELECTIONS

Attention is directed to Section 217 of the National Bylaws and the Manual of Procedure covering the nomination, election and installation of Post Officers. Post Election Report forms are being mailed to Post Quartermasters with instructions that they complete the form online through the Online Membership System (OMS) or they can complete the form and return directly to National Headquarters immediately following the election of Post Officers but not later than June 1.

19. POSTS IN ARREARS FOR FINANCIAL OBLIGATIONS:

Attention is directed to Section 213 of the National Bylaws concerning any Post in arrears for any financial obligations to County Council (if applicable), District, Department and National for fees, dues, poppy money, supply money, failing to have the office of Quartermaster properly bonded in accordance with Section 703, failing to ensure that the Post is properly insured in accordance with Section 709, failing to submit properly completed quarterly Post Trustees Report of Audit, Post Election Report for the ensuing year, or other obligations, shall be deprived of all representation in County Council and District meetings; County Council, District, Department and National Conventions. Such representation shall be restored promptly upon proper adjustment of such deficiencies.

20. REPORTING:

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

21. ROSTER CHANGES:

VFW Post 4411 Meeting
3rd Thursday only at 7:00 pm

VFW Post 4667 Cmdr
Lester B. Owens
4598 Lee Hwy
Marion, VA 24354
276-759-4876

VFW Post 4667 SVC
Claude A. Heath
212 Walton Rd
Marion, VA 24354
276-783-4028

VFW Post 4667 JVC
Samuel L. Boothe
109 Apache Ln
Marion, VA 24354
276-759-3938
wonderingtimes@gmail.com

VFW Post 8243 Cmdr
Raymond T. Waller
2219 Golden Leaf Rd
Nathalie, VA 24577
434-3496-6403
cdrpost8243@vfwva.org

VFW Post 8243 JVC
Richard W. Fallen
PO Box 802
Halifax, VA 24558
434-476-2812

VFW Post 8469 JVC
Karen Cosgrove
5241 Nottinghill Ln
Fairfax, VA 22032
609-694-9293
kcmattysmom@gmail.com

VFW Post 9600 Cmdr
James T. McCoy
PO Box 1416
Pound, VA 24279
276-796-5470

VFW Post 9600 SVC
William C. Gilliam
8743 Clintwood Hwy
Pound, VA 24279
276-708-1575

VFW Post 9600 JVC
Danny R. Boggs
PO Box 214
Pound, VA 24279
276-796-1118

VFW Post 9600 QM
Ezra R. Powers
PO Box 604
Pound, VA 24279
276-337-8588

VFW Post 12225
Meeting Location/Time
Old W.T. Sampson School – Classroom A7
(Behind Windjammer)
Guantanamo Bay, Cuba
1st Wednesday at 6:00 pm

VFW Post 12225 Cmdr
Matthew M. Mayer
PSC 10005 Box 5918
FPO, AA 34009
269-532-333
cdrpost12225@vfwva.org

VFW Post 12225 SVC
Jorge E. Ruiz Chang
PSC 201 Box 6784
FPO, AA 34010
804-821-4105
soldiere-71st@hotmail.com

VFW Post 12225 JVC
Benjamin J. Ingersoll
1977 14 Mile Road NE
Sparta, MI 49345
616-889-5112
benjaminjingersoll@gmail.com

VFW Post 12225 QM
Jamie D. Joseph
7680 Hillshire Ct
Saginaw, MI 48609
979-390-2642
qmpost12225@vfwva.org

22. SPECIAL ORDER NO. 194:

In accordance with the provisions of Section 212 of the National Bylaws and upon the recommendation of the Commander, Department of Virginia, while under suspension, due to their failure to establish a meeting quorum, the charter of Harold Treacle Memorial Post No. 993, Portsmouth, Virginia mustered November 10, 1922, is hereby cancelled and the Post declared defunct. Such cancellation includes a revocation of the right to use all trademarks and service marks, including the name, emblems/insignia, seals and logos, of the Veterans of Foreign Wars of the United States.

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

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

23. STATE SURGEON:

Hello, Comrades and Auxiliary members of the VFW Virginia; we wish you and your family a promising March time of the year. Let's keep ourselves active and alert to the causes and effects of **Cancer**.

But first, let's recognize and congratulate the names listed below. Please assist me in giving them a hearty round of applause. Keep up the excellent work!

The below comrades of distinction are working hard and doing an excellent job supporting the wellness of their Post, District, and community. Congrats to you all; you have set the pace and standard.

Post(s):

Post 2123, Post Surgeon, Comrade Claudia Bell, District 7 (August 2023)
Post 621, Post Surgeon, Comrade Dave Wittich, District 7 (November 2023)
Post 1177, Post Surgeon, Comrade Steven Hood, District 10 (January 2024)
Post 392, Post Surgeon, Comrade Theresa Parisi, District 2 (February 2024)

Post 3103, Post Surgeon, Comrade Paul Stier, District 8 (February 2024)
Post 1115, Post Surgeon, Comrade Richard Newell, District 9 (February 2024)

District(s):

District 8 Surgeon, Comrade Kevin Corbett, Post 3103 (August 2023)
District 10 Surgeon, Comrade Nancy Springer, Post 3150 (September 2023)

Two questions to all Post and District Surgeons:

1. Are you providing helpful health information and medical awareness to your comrades and Aux members?
2. Are you working with the Chaplain, Aux, MOC, and the Service Officer to support the Post and community?

If you are doing good work, send me a report, thanks

In the attachments are two pages of information provided on the challenging subject of **Cancer**.

Let's keep moving forward and enjoy our springy days ahead!

Thank you
Comrade Charles Bush
VFW VA State Surgeon

Official:



Ed Mann
State Adjutant

By Order of:



Gary W Adams, Jr.
State Commander



Scout of the Year - 2023-2024

Annually, the Veterans of Foreign Wars of United States recognizes youth who are: Eagle Scouts, Girl Scout Gold Award recipients, Venture Summit Award recipients and/or Sea Scout Quartermasters who have risen above their peers in exemplifying the qualities of that rank.

WHO CAN ENTER

Scouts who are registered, active members of a Scouts BSA (Boy or Girl) Troop, Girl Scout Troop, Venturing Crew, or a Sea Scout Ship who have received the Eagle Scout Award, Girl Scout Gold Award, Venture Summit Award, or Sea Scout Quartermaster Award.

There is no minimum age requirement for applicants as long as all other eligibility criteria has been met.

The maximum age requirement for applicants is 18 years old and if an applicant reaches their 18th birthday during the nomination year they remain eligible as long as they are still in high school at the time of the submission deadline.

HOW TO ENTER

Scouts should download and submit a completed VFW Scouting Scholarship form, photo, resume of high school activities, scouting record, community service record and letters of recommendation to a local VFW Post no later than 1 March. (NOTE: A Scout can enter through ONE VFW Post ONLY).

HOW IT WORKS

Local VFW Posts submit their winning candidates with full entry criteria to their respective VFW District Commander by 15 March. VFW District Commanders must submit the winning Scout to the VFW Department (State) Scout Chairman by 1 April (see below). Ensure that the District judging takes place in a timely manner so enough time is allotted to ensure that the Department receives the entry by 1 April. From there, the VFW Department Scouting Team selects a winner and forwards the entry to the VFW National Headquarters by 1 May for National recognition.

[Click here for the Brochure and Entry Form](#)

[Click here for the Rules and Eligibility](#)

Mail Packets To:

Bob Fenlason
15504 Ridgecrest Drive
Montclair, VA 22025

If you have any questions contact Bob Fenlason at:

elangomat3@gmail.com or (703) 730-5414

102ND ANNUAL CONVENTION
 DEPARTMENT OF VIRGINIA
 VETERANS OF FOREIGN WARS OF THE UNITED STATES
 FORT MAGRUDER HOTEL AND CONFERENCE CENTER
 WILLIAMSBURG, VIRGINIA
 JUNE 13 - 16, 2024

Kathy Goodall
 Convention Chairman

Sandra Terry
 Convention Vice Chairman

Tentative Subject to Change

All State Post Commanders and All State Post Quartermasters **Must attend AND sign in** to all highlighted Meetings on the Convention Agenda to receive the \$300.00 stipend.

Thursday,

June 13, 2024

11:00 AM	NOON	COUNCIL OF ADMINISTRATION MEETING	AMPHATHEATER
10:00 AM	4:00 PM	REGISTRATION, VFW	WILLIAMSBURG ROOM
12:30 PM	2:00 PM	VIRGINIA VETERANS FOUNDATION MEETING	NEWMARK
2:30 PM	4:00 PM	JOINT MEMORIAL SERVICES	RICHMOND
6:00 PM	9:00 PM	JOINT PRESENTATION OF AWARDS	RICHMOND

Friday,

June 14, 2024

7:30 AM	8:30 AM	PAST STATE COMMANDERS/PRESIDENTS BREAKFAST	ROUND ROOM
8:00 AM	5:00 PM	REGISTRATION, VFW	WILLIAMSBURG ROOM
9:00 AM	11:00 AM	OPENING SESSION	RICHMOND
12:30 PM	3:30 PM	BUSINESS SESSION	PETERSBURG
		(NOMINATION OF STATE OFFICERS	
4:00 PM	5:30 PM	WOMEN VETERANS FORUM	AMPHATHEATER
6:00 PM	7:00 PM	VENDOR APPRECIATION	NEWMARKET
7:30 PM	9:30 PM	MOC DEGREE WORK	AMPHATHEATER

Saturday,

June 15, 2024

8:30 AM	10:30 AM	REGISTRATION, VFW	WILLIAMSBURG ROOM
9:00 AM	11:00 AM	BUSINESS SESSION	PETERSBURG
11:30 AM	1:00 PM	COMMANDERS CLUB LUNCH	
1:30 PM	3:00 PM	ELECTIONS AND INSTALLATION OF OFFICERS	PETERSBURG
3:15 PM	4:30 PM	MOC SCRATCH	AMPHATHEATER
4:00 PM	5:00 PM	VFW RIDERS MEETING	PETERSBURG
6:30 PM	9:00 PM	COMMANDERS RECEPTION	RICHMOND

Sunday,

June 16, 2024

9:00 AM	9:30 AM	JOINT DEVOTIONAL SERVICE	PETERSBURG
9:30 AM	12:00 PM	NEW COUNCIL OF ADMINISTRATION SCHOOL	AMPHATHEATER
12:00 PM	1:00 PM	COUNCIL MEETING IMMEDIATELY FOLLOWING DISTRICT COMMANDER'S SCHOOL	AMPHATHEATER

Registration \$3.00 (All VFW members are required to register in advance as delegates from their Post)

SATURDAY RECEPTION/DANCE WILL BE FREE TO ALL ATTENDING THE STATE CONVENTION

HOSPITALITY ROOMS

Department – Williamsburg Room
 Tenth District – Third Floor



ASAP'S NEW ANTHOLOGY

Call for Poetry, Prose, and Visual Art

Share your polished short stories, creative nonfiction, humor, poetry, photography, or visual art for publication in a book of creative work by military-connected artists.

Who is eligible to submit?

- Veterans
- Service Members
- Military Spouses
- Military Family Members
- Military Caregivers

The deadline to submit is March 1, 2024.

A cash prize of \$500 will be awarded to the Editors' Choice Grand Prize winner. The finalists in each genre of poetry, prose, and visual art will receive \$250.

Theme: Partnerships, The Untold Stories

Partners are an integral aspect of military life, at home and afar, during deployment and after homecoming. Partnerships drive military action and extend beyond being a battle buddy, wingman, or crew member. Some are planned while others arise in unexpected ways. Spouses, family, old or new friends, community, faith leaders, and medical specialists all support the military community.

Despite their importance, the stories of these partnerships often go untold. This anthology aims to correct that: use this space to highlight the nuances, surprises, joy, sorrow, heroism, tears, healing power, or ache of your own partnerships. Submit a piece of art that embodies the partnerships from your journey, and we'll help you tell that story.

SUBMIT BY MARCH 1, 2024



**Veterans of Foreign Wars
Department Commander Shirt
2024-2025**



For anyone needing a shirt 4XL, 5XL, or 6XL, I am sorry but the shirt that was displayed at the Mid-Winter Council is not available in those sizes. However, we can order those sizes in this shirt. Sorry for the inconvenience.

Pre- order forms must be sent to **Department Headquarters**
no later than March 22nd, 2024 for VFW members

Additional Shirts for the VFW members will be available to order at the 2024 June Convention.

Cost: 4XL: \$38.00 5XL: \$39.00 6XL: \$40.00

Name: _____ Size: ____ Number of Shirts: _____

Address: _____

Phone: _____ Post # _____ District # _____

If you are unable to pick up your shirt at June 2024 Department Convention and have not made prior arrangements to have it picked up. Please add \$9.00 for shipping.

Make checks Payable to: Department of Virginia VFW
For: Commander Shirt 2024-2025

Send Form to: Veterans of Foreign Wars
Department of Virginia
403 Lee Jackson Hwy
Staunton, VA 22401



**Veterans of Foreign Wars
Department Commander Shirt
2024-2025**



Pre- order forms must be sent to **Department Headquarters**
no later than March 22nd, 2024 for VFW members

Additional Shirts for the VFW members will be available to order at the 2024 June Convention.

Cost: Small – Extra Large: \$35.00 2XL: \$36.00 3XL: \$37.00

Name: _____ Size: ____ Number of Shirts: _____

Address: _____

Phone: _____ Post # _____ District # _____

If you are unable to pick up your shirt at June 2024 Department Convention and have not made prior arrangements to have it picked up. Please add \$9.00 for shipping.

Make checks Payable to: Department of Virginia VFW
For: Commander Shirt 2024-2025

Send Form to: Veterans of Foreign Wars
Department of Virginia
403 Lee Jackson Hwy
Staunton, VA 22401

CHIMNEY ROCK VFW POST 9660 COMMANDERS CUP MAY 8, 2024

LAKE VIEW GOLF COURSE

**4 PLAYER TEAMS
SHOTGUN START 9AM**

**PROCEEDS TO BENEFIT THE POST HOME
AND SUPPORT LOCAL VETERANS**

Registration Deadline: April 24, 2024

**Team of 4: \$500
includes Green fees, cart rental,
goodie bag and lunch.**

**CONTACT
POST COMMANDER, WAYNE SAYLOR
540-435-7617
OR
AUXILIARY PRESIDENT, KAY KIBLER
540-820-2331**

Veterans of Foreign Wars
Department of Virginia
403 Lee Jackson Highway
Staunton Virginia 24401

Buddy Poppy Order Form

Post Number _____

Ship To Address _____

Date Ordered _____

Date of Sale _____

Name on Card _____

Credit Card Number _____

Exp Date _____

Zip Code _____

Card Type (Circle One) Visa Master Card Discover American Express

Make checks payable to: Department of Virginia, VFW with buddy poppies on the memo line.

State Headquarters now has Buddy Poppies (old or new) in stock. The new price for the original buddy poppies (red ones) \$160.00 per 500. The price for the new metal poppies is \$70.00 per 500. As a reminder, poppies must be paid for before they can be shipped.

POSTS MUST ORDER FIVE POPPYS PER MEMBER MUST BE ORDERED IN ORDER TO MEET ALL STATE/ALL AMERICAN REQUIREMENTS.

Quantity of Boxes (500 Per Box) _____ Total Number of Poppies _____

Total amount paid _____

***Example: If a post has more than 100 members but less than 200, then 1000 poppies must be ordered to meet the five poppy per member requirement, due to the fact they only come in boxes of 500.

Name _____ Commander or Quartermaster

Signature _____

OUTSTANDING COMMUNITY SERVICE POST

RECORD BOOK ENTRY FORM

1. This form must be filled in and attached to the inside cover of the Community Activities Record Book that your Post enters in the Department Community Activities Record Book Contest.
2. This form must be signed by the Post Commander.
3. After judging the Record Book, books can be picked at State Headquarters. Any Record Books left will be taken to the State Convention where it must be picked up. **NO** Record Books will be brought back from the State Convention.

CATEGORIES FOR RECORDING PROJECTS

The Community Activities Program is divided into seven general categories:

- | | |
|---|---------------------------------|
| 1. Community Involvement | 4. School and Church Assistance |
| 2. Cooperation with other organizations | 5. Safety |
| 3. Aide to others | 6. Americanism |
| | 7. Youth and Voice of Democracy |

Post No. _____ City _____ State _____

Total Projects Since 5/1/23 Total Hours (Volunteered)

Total Funds Used/Donated

Total Post Members as of 4/1/24

Total Auxiliary Members as of 4/1/24

City Population

COMMUNITY ACTIVITIES CHAIRMEN

Post _____ Auxiliary _____
(Name of Chairman) (Name of Chairman)

JUDGES, NOTE THE FOLLOWING LEADING PROJECTS

Page _____, _____

Page _____, _____

Page _____, _____

Page _____, _____

Books must be picked up at State Convention

Signature - Post Commander _____

Post Commander's Name (Print) _____

COMMUNITY ACTIVITIES RECORD BOOK GUIDELINES

1. Record books should contain community service projects that are completed during the period May 1, through April 30.
2. FASTENER and COVER: If books have metal posts, steel is preferable to brass or aluminum. If covers have decals, place self-adhesive clear plastic over the decals so they will not be damaged during shipping and handling. Please use superior quality page dividers and index tabbing; the extensive handling that the record books experience must be considered.
3. CLIPPINGS AND PHOTOGRAPHS: Show dates and captions. Include supporting information.
4. ACCOUNTING OF EXPENSES: In a brief statement show how money was spent for each category (one or two pages at the most for each category).
5. ARRANGEMENT OF BOOK: Enter each project by category. (Chronological or month by month listing makes your entry more difficult for the judges to evaluate.)
6. ENTRY FORM: Complete and fasten inside front cover of volume one.
7. MAIL OR SHIP RECORD BOOK ENTRY FOR THE DEPARTMENT CONTEST to your Department Headquarters or the address they designate.
8. Avoid non-community service related items in your record book entry. Pictures of Post Officers, installation of officers, meeting, etc., will not be credited.

(This material should be assembled in a separate section and kept by the Post until the record book is returned after the competition, then it can be added to the record book for permanent reference).

PREPARING A RECORD BOOK

Posts and Auxiliaries carry on many projects which are of public service. The best way to tell the story of your Post and Auxiliary's work in the community is through a Community Activity record book that contains evidence of the many projects and programs your Post and Auxiliary perform.

The contents of your record book should be arranged and in such detail that it tells the story of each project, clearly and completely, to those who may read and judge it.

Posts and Auxiliaries should combine their community activity programs into one book or one set of books the Post and its Auxiliary are judged as a unit.

When making up a record book it is advisable to group your projects and programs into one of the seven categories. If a project qualifies for more than one category, select and list it under one category. It will be given credit, regardless of whether it is listed under the proper category.

For example:

Lite-a-Bike could be listed under categories five or seven.

Do not duplicate your efforts by placing them in each of the categories.

Remember, when compiling your community service record book you are telling a story of your work to judges who generally are not familiar with your efforts or community. The easier it is for the judges to read the facts, the easier it is for them to evaluate your work.

Some Community Activity record book entries have an additional index for each category which lists the subgroups within the categories. Some entries have an index only in the front of volume one.

Remember, also if you enter your record book in other competitions, the judges will be less likely to know about the VFW Community Activities Program. Just like composing a good letter, let your record book present the story so there will be no misunderstanding.

**GEORGE E. McCracken HONOR GUARD/COLOR GUARD PLAQUE
ENTRY FORM**

George E. McCracken served for over 30 years as the State Honor Guard Captain and -knew of the many hours, out-of-pocket funds given by these truly special groups, who serve with pride, dignity, and honor throughout the state, representing their Post- and the Veterans of Foreign Wars.

This contest runs from July 1 to the following April.

To enter, a Post must submit a complete detailed report of the participation and activities of their Post Honor/Color Guard, including the following:

Post Number: _____ **Post Name:** _____

Number of Parades:

Number of Funerals:

Number of Flag Raising Ceremonies:

Number of Members Participating:

Other Activities:

**This report must be submitted to STATE HEADQUARTERS by 4:00 p.m.,
May 10, 2024 for the STATE AWARD JUDGING.**



MAY THE FOURTH BE WITH YOU



SGT Nicholas C. Mason Memorial
VFW Post 12202 and
King George Parks and Recreation
present

**3rd Annual Post Celebration and
King George Family Day**

MAY 4, 2024
1pm-7pm

Special
appearance from
the 501st Legion



Food Trucks,
Local Beer and Wine Vendors
Crafts, Live Music
Kids Games and More!



AT SEALSTON SPORTS COMPLEX
11050 Fletchers Chapel Road
King George, VA

Department of Virginia Commanders Club

Commanders and Seam Squirrels join the Department of Virginia Commanders Club

We promote the interest of the Veterans of Foreign Wars in accordance with the By-Laws of the Department of Virginia and in addition to fostering esprit de corps provide additional scholarships for youth (VOD/PP/SOY).

All Past, Present, and Elected Post, District, Department, and National Commanders, Seam Squirrels, Grand Commanders, and Supreme Commanders are eligible.

If you are a current member of the Department of Virginia Commanders Club please assist me by sending your Roster information to treasurerclub@vfwva.org.

Life Member Dues are \$35.00

MAKE CHECK PAYABLE TO: Department of Virginia Commanders Club

MAIL CHECK TO: Ken Shannon
Commanders Club Treasurer
152 Old Carriage Way
Williamsburg VA 23188

OR PAY ONLINE AT EVENTBRITE WITH A SERVICE FEE:

<https://www.eventbrite.com/e/department-of-virginia-commanders-club-lunch-tickets-840793314437?aff=oddtcreator>

PLEASE SEND THIS COMPLETED FORM ALONG WITH YOUR CHECK

NAME _____

Post or Pup Tent _____

Dates as Commander or Seam Squirrel _____

Address _____

Personal Email _____

Phone Number _____

Grand Pup Tent of Virginia

Military Order of the Cootie of the United States

Invites you to join our illustrious Order

The Military Order of the Cootie is the “HONOR DEGREE” of the Veterans of Foreign Wars and serves our Veterans through Hospital Visits and helping Veterans. We would like you to help us provide more support to our Veterans in need throughout the State.



Currently this Cootie Year our Grand of Virginia has performed over 800 visits of 6,000 hours with a value of \$230,000 in service to our Veterans in the VA Hospitals, Nursing Homes, Veterans in need, and our VFW Members.



To join us please fill out the Membership Application attached and have your Post certify your VFW Certificate of Eligibility. The Eligibility can be accomplished in three ways by serving six months as a Post Officer, Post Committee, or Post Duties.

Forward you completed application to our Grand Adjutant at grandadj@vfwva.org and we will coordinate with a Pup Tent for your acceptance into our Order. We plan on conducting a Grand Scratch on Friday June 14 at the State Convention in Williamsburg for the conference of degrees.



For any questions please contact Ken Shannon, Grand SVC at PupTent18@vfwva.org





MILITARY ORDER OF THE COOTIE

MEMBERSHIP APPLICATION



New Cootie Reinstated Cootie

Date: _____ Cootie No. _____ Recruited By: _____
Recruiter VFW Member #: _____

Pup Tent Name, Number and Location

Applicant's Name (Print): _____

Address: _____, _____, _____, _____
Street Address City State Zip

Phone: _____ Email: _____

DOB: _____ VFW Member #: _____ Hat Size: _____

VFW Post Name and Number

Located in: _____, _____, _____
City State Zip

<p>I certify that I am an active member of the VFW of the U.S. and am desirous of becoming a member of the MOC – "The Honor Degree of the VFW".</p> <p>_____ Applicant's Signature</p>	<p>Recommended and Verified (PRINTED) by: _____ Cootie No: _____ _____ Cootie No: _____</p> <p>Accepted into Pup Tent on Date: _____ 1st Degree accepted Date: _____ 2nd Degree accepted Date: _____ 3rd Degree received and title of Cootie bestowed on this Date: _____</p>
--	--

VFW CERTIFICATE OF ELIGIBILITY

_____, _____ Located in _____
Post Name Post No. City, State and Zip

This is to certify that Comrade _____
Name of Applicant

Has been a member of the VFW for the preceding six (6) months, and that he has fulfilled one of the following qualifications as indicated:

- (1) Held the following Office in the Post: _____
OR
- (2) Served on the following Post Committee: _____
OR
- (3) Satisfactorily performed Post duties: _____

Certified to by a majority of the members present at a meeting of this Post held on (Date): _____

Attest:

Post Adjutant (PRINT)

Post Commander (PRINT)

Post Adjutant (Signature)

Post Commander (Signature)

All previous application forms are void and will no longer be accepted after 31 December 2022

Cancer Awareness Month (the top five common cancers in men and women).

To bring awareness to the severe disease called **Cancer**. After heart disease, **Cancer** is the second most common cause of death in the United States.

What is cancer? **Cancer** is a disease that occurs when changes in a group of normal cells within the body lead to uncontrolled, abnormal growth, forming a lump called a tumor; this is true of all cancers except leukemia (cancer of the blood). If left untreated, tumors can grow and spread into the surrounding normal tissue or to other parts of the body via the bloodstream and lymphatic systems. They can affect the digestive, nervous, and circulatory systems or release hormones that may affect body function. Cancer tumors can be divided into **three groups**: benign, malignant, or precancerous. More is known about cancer than ever before!

According to the National Cancer Institute, men have a one in two chance of being diagnosed with cancer during their lifetimes; for women, the chance is one in three. Learn more about ways you could reduce your chance of developing cancer. At least 1/3 of cancers are preventable. Not every risk factor is changeable, but there are many ways to lower your risk. Below are a few.

The five most common cancers among men include: (more information is listed in reference)

1. Prostate cancer
2. Lung cancer
3. Colorectal cancer
4. Bladder cancer
5. Melanoma: a form of skin cancer

How to reduce your risk

- Get screened as recommended by your doctor
- Know your family history
- Choose a healthy lifestyle, stay hydrated, and eat a balanced diet.
- Maintain a healthy weight and avoid the sun's strongest rays
- Lower your exposure to radon. (with an inexpensive test from the VDH)

The five most common cancers in women: (more information is listed in reference below)

1. Breast cancer
2. Cervical cancer
3. Ovarian cancer
4. Endometrial cancer
5. Lung cancer

Ways to prevent these cancers include:

- Regular screening and mammograms to detect breast cancer early
- Regular Pap tests to detect and HPV vaccination to prevent cervical cancer early
- Virginia's Every Woman's Life program offers free breast and cervical screenings.
- Oral contraceptives to reduce the risk of ovarian cancer
- Maintain healthy weight and exercise regularly to reduce the risk of endometrial cancer
- Quitting smoking to reduce the risk of lung cancer

Tips for making healthy lifestyle changes

- Set SMART goals (Specific. Measurable. Achievable. Realistic. Time-bound) and write them down. Check your progress regularly.
- Share your goals with a buddy who'll hold you accountable. Set up a weekly time to call or text to update them on your progress. Setting deadlines will help keep you on track.
- Make small, gradual changes to increase your chances of success. An easy way to get started is a short walk or exercising to an online video for five to 10 minutes a day.
- Change your mindset. Instead of focusing on what you shouldn't eat, drink, or do, think of yourself as someone who wants to be healthy and live a full life.
- Try "habit stacking." Identify a current habit you already do each day and stack your new behavior on top. For example, when you sit down to dinner, always put veggies on your plate first. Or, whenever you see a set of stairs, take them instead of using the elevator.
- Use a mobile health app or free food and exercise trackers or a fee-based lifestyle approach. A mobile app may provide the feedback and encouragement you need to make healthy, sustainable lifestyle changes.

Disclaimer:

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

Reference (s):

1. Leading cause of Death <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>
2. Curable cancers? <https://www.medicalnewstoday.com/articles/322700>
3. The 20 Most Ignored Cancer Symptoms in Women and Men (msn.com)
4. Common cancers in women and how to prevent them
<https://en.tempo.co/read/1689021/common-cancers-in-women-and-how-to-prevent-them>
5. Top 5 common cancers in women
<https://www.medclique.org/cancer/most-common-cancers-women/>
6. Learn more-World Cancer Day <https://www.worldcancerday.org/what-cancer>
7. World Cancer Day <https://www.vdh.virginia.gov/blog/2024/01/31/world-cancer-day/>
8. Commonly ignored signs of cancer in both men and women.
<https://www.prevention.com/health/g42690515/18267732/>
9. Prostate <https://www.cancercenter.com/community/blog/2022/02/men-and-cancer-risk#Q1>
10. Lung <https://www.cancercenter.com/community/blog/2022/02/men-and-cancer-risk#Q2>
11. Colorectal <https://www.cancercenter.com/community/blog/2022/02/men-and-cancer-risk#Q3>
12. Bladder <https://www.cancercenter.com/community/blog/2022/02/men-and-cancer-risk#Q4>
13. Melanoma <https://www.cancercenter.com/cancer-types/melanoma>

Yours in Comradeship and Peace. Thank you,

R/S, Comrade Charles Bush, VFW VA State Surgeon.



The Virginia Veterans Memorials, Inc. (VVM) was established in 2020 as a 501.C3 Non-Profit organization for the purpose of recognizing and preserving the memories and incidents of Virginia citizens who served in the United States Armed Forces with the development of public memorial(s) to honor the service and sacrifices of current and future generations. The memorials are to be located in Huntington Park, Newport News, VA, adjacent to the Virginia Vietnam Veterans Memorial. Our initial project is the building of the Virginia Iraq Veterans Memorial which we are currently raising funds to build. We will follow with an Afghanistan Veterans Memorial.

With the current gaming laws in Virginia, the VVM is a worthy organization to donate your gaming proceeds too. Several Posts, both VFW and American Legion have donated to the VVM with their gaming donations already.

Please visit our website listed below for more information as well as photos of what the memorial will look like. If you have questions, please email info@virginiaveteransmemorial.org and we will get back to you. Our volunteers are made up of all walks of life, young and old. Veterans from every branch of service, from numerous Veteran Service Organization as well as the Gold Star Mothers. If you would like to get involved, please let us know. We currently meet at American Legion Post 25 in Newport News, Va, the first Monday of each month at 6:30PM. This meeting is held on Zoom as well for those out of the area. We currently have not received any government funding and are solely relying on donations. If you know of any person, organization or company who would like to help us fund this memorial, please let us know.

<https://virginiaveteransmemorials.org/>



FOR SALE!

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

interested in buying or questions contact our Department Treasurer Cathy Graham

cg12dc12@outlook.com



LOUISVILLE WEB VERSION PRE-REGISTRATION BROCHURE JULY 27-AUGUST 1, 2024

Note: This information will be updated periodically.

WELCOME TO LOUISVILLE

Welcome to Bourbon City. Yes, Bourbon is a spirit that comes in a glass, but it's also the spirit that defines Louisville's culture, arts & parks, and creative energy. It's the kind of spirit that helped create Louisville itself. It's the spirit of hospitality you feel when you visit Louisville - the home of Muhammad Ali, the Kentucky Derby and the Louisville Slugger.

While you are here, follow the [Urban Bourbon Trail](#)® and discover the city's finest Bourbon cocktail and culinary experiences. Explore Louisville's rich history and architecture along Whiskey Row and Museum Row in downtown Louisville. Enjoy "one of the nations' best local food scenes" as recognized by USA Today. With more restaurants per capita than any other city in the nation, it will not be difficult to find the perfect spot to experience the rich, diverse, Southern culinary heritage unique to Louisville.

CONVENTION LOCATION

Convention activities will take place at the Kentucky International Convention Center located at 221 South 4th Street in Louisville, Kentucky 40202.

LOCATION

Louisville is the place for bourbon and bluegrass music. It is located on the banks of the scenic Ohio River between St. Louis and Cincinnati. Louisville's central location puts it within a day's drive of half of the nation's population. Visit gotolouisville.com to plan your trip to enjoy an entirely different type of Southern experience.

WHAT TO WEAR

A general guideline for attire for the convention is business casual for meetings. For VFW members, it is always appropriate to have your cap on hand for meetings. Jackets are not required unless you are, All American Commanders) and may be on stage to receive your award as photographs are taken during those functions.

AIRPORT

Fly Like a Butterfly in and out of Louisville Muhammad Ali International Airport (SDF), the main airport for the Greater Louisville/Southern Indiana region. It is only 7.6 miles from the Kentucky International Convention Center (approximately 10 minutes from downtown). Whether you are arriving or departing, there are plenty of options for getting to and from the airport, including: rideshare, zTrip, public bus transportation. To review transportation options, visit [Getting To and From the Airport](#). While you are at the airport, check out the award-winning restaurant located in the Main Terminal, Book and Bourbon Southern Kitchen, which boasts 85 world-class bourbons and popular southern menu items.

GETTING AROUND LOUISVILLE

No car, no problem. The downtown area is very walkable. Taxi service is available, with [zTrip](#) being the primary operator. Louisville also offers alternative ridesharing companies, such as Uber and Lyft, as well as scooter rentals. [Getting Around Louisville](#)

PARKING

Check with your assigned hotel for parking availability and costs. Parking information for the Kentucky International Convention Center, along with helpful maps, can be accessed via this link <https://kyconvention.com/attend/maps-parking/>.

REGISTRATION PACKET PICK-UP

See mobile APP for times and locations of registration/packet pick-up. Registration for both VFW and for Auxiliary,

Want to miss the crowds/lines and pick-up your badge and packets early? Try remote registration. Both the VFW and the Auxiliary will have **remote registration** set-up at the Kentucky International convention center. VFW only accepts credit cards on this day.

VFW & Auxiliary Remote "Pre-Registration":

Friday, July 26, 10a-6p

South Pre-Function (Main concourse)

PACKET PICK-UP

VFW - if you are not pre-registered, you will need to go to registration at the convention center on Saturday, July 27 starting at 8a to register and pick-up your convention packet.

MOBILE APP

We will NOT be publishing a convention schedule of events in hard-copy. All events and convention information will be contained in the Mobile APP. Go to www.vfw.org/convention for instructions on how to download the mobile APP which will be available closer to the dates of the convention. The mobile APP provides immediate updates on any changes that may occur during the convention.

SHUTTLES

The hotels in Louisville are in the downtown area and **within walking distance from the convention center**. The Hyatt and the Marriott are **both connected to the convention center**. The Galt House is approximately 1.5 blocks from the convention center. There is an indoor walk-way from the Galt House that ends directly across the street from the Kentucky International Convention Center.

Therefore, the decision has been made that there will **NOT** be shuttle service provided for the 2024 Louisville convention.

HOTEL INFORMATION

Housing opens **3/18/24** and closes **6/10/24**. Go to www.vfw.org/convention. The official convention hotels for the 125th National convention will be listed on the convention web site. A list of convention department housing assignments will be located at that website.

HOTEL PARKING

Check with your assigned hotel regarding parking availability and costs. Parking charges are set by the individual hotels and are not representative of fees charged by the VFW/Auxiliary.

LUGGAGE STORAGE

If you wish to store your luggage at the hotel before you check in, or after checking out before departure, please make arrangements with guest services.

GRATUITIES

You are responsible for all gratuities during your stay. Tipping is personal, as a guideline, we recommend gratuities of \$1 per day for your housekeeper and \$1 per bag for taxicab drivers and hotel bell-staff.

PHONE MESSAGES

Messages may be left with the hotel operator, who will make sure you get them as soon as you return to your hotel. In case of emergency, call the VFW National Headquarters 816-756-3390.

SAFETY TIPS (See hotel information located in room)

SPECIAL SERVICES

First Aid Room Location Kentucky International Convention Center, Main Concourse on the Market Street side of the building near Oak & Brew - Thursday, 7/25-Thursday, 8/1

Emergency--Emergency after hour's numbers provided before convention or call 911.

Scooter rental –Scooter rental information is listed on the convention web page.

If you have not been vaccinated for COVID-19, we encourage you to wear a mask while in attendance of the convention.

RV Park Information - https://www.yelp.com/search?cflt=rvparks&find_loc=Louisville%2C+ky

RELIGIOUS SERVICES

Check with Louisville Tourism for locations of local churches, synagogues, etc. for services. *Check Mobile APP for locations.*

QUIET ROOM

A QUIET ROOM for reflection will be open 24 hours at the Kentucky International Convention Center – *Check Mobile APP for location.*

MOTHERS ROOM

A mothers room will be located on-site at the convention center - *Check Mobile APP for location.*

AGENDA

See tentative web agenda at www.vfw.org 125th VFW National Convention information. A final agenda will be provided within the mobile APP and can be found by downloading the VFW Mobile APP approximately 2 weeks before the convention. Please note a Schedule of Events will **NOT** be printed. If you are unable to download the *Mobile App*. Please pickup a printed copy of the agenda at registration.

VISITOR INFORMATION LOUISVILLE

Save: Inside Track Pass, Louisville's Savings Passport

Take advantage of special offers and discounts from some of the city's most popular sites including retail shops, restaurants, and attractions with the mobile exclusive passport, Inside Track Pass. To get your pass, visit <https://www.gotolouisville.com/meeting-planners/destination-services/plan/inside-track-pass/>. Your passport will be instantly delivered to your phone via text and e-mail and ready to use immediately. When visiting a participating business, simply present the Inside Track Pass on your phone to the staff member to redeem special discounts.

Explore: Downtown's Three Main Districts (Whiskey Row, Museum Row & South Fourth Street)

<https://www.gotolouisville.com/neighborhoods/downtown/>

Experience: Louisville's Unique Neighborhoods

<https://www.gotolouisville.com/neighborhoods/>

North, south, east or west – Louisville offers a wealth of attractions and fantastic historic architecture in every direction. Much like the boroughs of New York City, Louisville’s neighborhoods each have their own distinct personalities.

Shop

<https://www.gotolouisville.com/things-to-do/shopping/>

Dine

https://www.yelp.com/search?find_desc=best+restaurants&find_loc=Louisville%2C+KY

Dine near KICC

<https://www.gotolouisville.com/restaurants-near-kicc/>

Visit Museums & Galleries

<https://www.gotolouisville.com/things-to-do/entertainment-nightlife/museums-galleries/>

Bringing the family? Here are [family-friendly activities](#) sure to be a hit with all ages:

Kentucky Kingdom: <https://www.gotolouisville.com/directory/kentucky-kingdom-and-hurricane-bay/>

Kentucky Science Center: <https://kysciencecenter.org/>

Louisville Slugger Museum & Factory:

Louisville Zoo: <https://louisvillezoo.org/>

Mega Cavern: <https://www.gotolouisville.com/directory/louisville-mega-cavern-mega-zips-all-underground-ziplines-adventure-tour/>

Muhammad Ali Center: <https://www.gotolouisville.com/directory/muhammad-ali-center/>

Main Event <https://www.mainevent.com>

Purchase Attractions Tickets

<https://reservations.gotolouisville.com/attraction/list/6849/m3117>

Purchase Attraction Ticket Bundles

<https://reservations.gotolouisville.com/package/category/6849/3/m3676?customNavLink=1>

VISITOR CENTER

Visit the Louisville Visitor Center at 301 South 4th Street in downtown Louisville. Open Mondays – Saturdays: 10 am – 5 pm, and Sundays: 12 pm – 5 pm. Visitors can also call the Visitor Information Call Center at 1-888-568-4784, Monday – Friday: 9 am – 5 pm (EST) or e-mail info@gotolouisville.com for city information.

DOWNTOWN AMBASSADORS

Downtown’s roving hospitality team is on duty seven days a week starting at 7 am each day. Look for the folks wearing orange shirts when you have a question or need assistance. Some ambassadors are on-foot, some are on bikes. They are very knowledgeable, helpful, & friendly and will be able to provide information about downtown and about Louisville.

Revised: 2/12/2024

TENTATIVE AGENDA

VFW 125th National Convention Louisville, KY Kentucky Convention Center July 27-August 1, 2024

All meetings are held in the convention center unless otherwise noted.

Times for various functions are subject to change.

Meeting rooms will be posted closer to conference dates and are subject to change

Friday, July 26, 2024

10:00 a.m. –6:00 p.m.

Remote registration – VFW/Auxiliary – Convention Center -South Pre-Function – Main Concourse

Saturday, July 27, 2024

8:00 a.m.-4:00 p.m.

VFW Health Fair

8:00 a.m.-4:00 p.m.

VFW/Registration/Exhibits

8:30 a.m.

National Veterans Service Advisory Committee

10:00 a.m.

Budget and Finance Committee

10:00 a.m.-4:00 p.m.

Uniting to Combat Hunger – TBD

1:30 p.m.

National Council of Administration Meeting

4:00 p.m.

Eastern Conference Caucus

4:00 p.m.

Southern Conference Caucus

4:00 p.m.

Big Ten Conference Caucus

4:00 p.m.

Western Conference Caucus

Sunday, July 28, 2024

8:00 a.m.-4:00 p.m.

VFW Health Fair

8:00 a.m.-4:00 p.m.

VFW Registration/Exhibits

8:30 a.m.

Annual Memorial Service

10:00 a.m.

Membership Seminar

10:00 a.m.

VFW Programs, VMS Committee

10:00 a.m.

VFW Riders National Advisory Committee

10:00 a.m.-3:00 p.m.

Cornhole

11:00 a.m.

Update on VFW Legislative Priority Goals

11:00 a.m.

VFW Post Service Officer Training

12:30 p.m.

First Time Attendees Welcome Orientation

1:00 p.m.

VFW Programs Town Hall

Committee Meetings:

2:00 p.m.	National By-Laws, Manual of Procedure and Ritual -
2:00 p.m.	Finance and Internal Organization (200 series)
2:00 p.m.	General Resolutions (300 Series)
2:00 p.m.	National Security and Foreign Affairs (400 series) Sub Committee – POW/MIA
2:00 p.m.	National Veterans Service Resolutions (600 series) Sub-committee – Health Sub-committee – Benefits Sub-committee – Economic Opportunity/Other
4:00 p.m.	Membership Seminar – Post Development
4:30 p.m.	Department Adjutant Quartermasters Association Meeting

Monday, July 29, 2024

8:00 a.m.-4:00 p.m.	VFW Health Fair
8:00 a.m.-4:00 p.m.	VFW Registration/Exhibits
8:00 a.m.	Joint Opening Session <i>(Business session will resume after lunch break)</i>
3:00 p.m.-8:00 p.m.	Cornhole Finals
4:30 p.m.	Department Adjutant Quartermasters Reception <i>(by invitation)</i>

Tuesday, July 30, 2024

8:00 a.m.-12N.	VFW Health Fair
8:00 a.m.-12N.	VFW Registration/Exhibits
8:00 a.m.	VFW Business Session
1:00 p.m.	2024-2025 Department Commanders Luncheon – <i>(by invitation)</i> –
1:00 p.m.	2024-2025 Senior Vice Commanders, Senior Vice Presidents Luncheon <i>(by invite only)</i>
1:00 p.m.	2024-2025 Junior Vice Commanders, Junior Vice President’s Luncheon <i>(by invite only)</i>
1:00 p.m.	Parliamentary Procedure Discussion
1:00 p.m.	Update on Federal Benefits and Services for Veterans
1:00 p.m.	Grant Seeking & Fundraising Ideas for VFW Posts
1:00 p.m.	Chaplains Workshop
5:15 p.m.	Parade Line-up
6:00 p.m.	Patriotic Celebration

Wednesday, July 31, 2024

8:00 a.m. Business Session /Nomination of Officers
1:00 p.m. **All American Commanders Luncheon (ticketed event)**
1:00 p.m. VFW National Home Workshop

Thursday, August 1, 2024

8:00 a.m. Business Session: Election/Installation of National Officers
National Council of Administration Meeting
(Following business session)
3:00 p.m.-5:00 p.m. Commander-in-Chief's and National
President's Reception (ticketed event) – Kentucky
Convention Center

Updated: 2/20/24

Save the Date
August 22-25, 2024
Savannah, Georgia

Al Lipphardt
VFW National Commander Homecoming

Where:

- **Hyatt Regency Savannah**
2 W. Bay Street
Savannah, Georgia 31401

Group Code – G-VFWG
Room rate \$263 per night



Hotel Reservation Link – Available Now
[VFWDG - Commander-in-Chief Homecoming \(hyatt.com\)](https://www.hyatt.com/en/US/hotels/hyatt-regency-savannah)



Activities:

Hands-on Cooking Class
Painting with a Twist
Riverboat Cruise
Golf
Shopping

“Believe In What You Do – Do What You Believe In”



SEPTEMBER 9, 2024

VFW POST 3103 STAR SPANGLED VETERANS GOLF TOURNAMENT

LEE'S HILL GOLF CLUB
10200 OLD DOMINION PARKWAY
FREDERICKSBURG, VA 22408

ALL PROCEEDS TO BENEFIT
FREDERICKSBURG AREA
VETERANS.

INDIVIDUAL PLAYER

\$125

FOURSOME

\$500



Many more sponsorship opportunities available!
For more information go to
<https://www.vfw3103.org/> or use the QR Code
Please contact Jeremy Jones at
joneszjp@gmail.com



SCAN ME!!!

Vote for Experience!

Elect Ken Wiseman

National Judge Advocate General

2026-2027

Ready on Day 1!

Ken became a Paralegal after graduating from The George Washington University. More importantly, Ken has years of experience at all levels of the VFW that has taught him much about our great organization. Ken will be ready to go to work from the moment he is installed.



Years of Experience!

Ken earned All-American honors as a State Commander, State Adjutant/Quartermaster, Post Commander, and Post Quartermaster. He has been a Century Recruiter four times. Ken has led major updates to our bylaws and has experience handling Article 9 cases relating to disciplinary actions. Ken previously served as a VFW employee working on the National Legislative Service staff and he was an accredited Service Officer for the VFW.

Ken is currently the National Council Member and District 10 Commander in Virginia.

Committed to Service!

Having a Judge Advocate General with Ken's experience means having someone with experience in many of the issues our organization faces. Ken will work to help the VFW grow and he is committed to proving that "No One Does More for Veterans" than the VFW.