



The Patriot

One who loves his country
and zealously supports its
authority and interests



September - October 2024

Commander's message

Dear Comrades,

Saying goodbye to summer is hard! Now begins the ritual of programs for the VFW. I ask that you volunteer to get the word out for Patriots Pen and Voice of Democracy. Our school system is no longer pursuing to push Patriot themed essays, so it is up to us to deliver the message.

I want to announce that Steak Night is coming back! Help us make it a successful event that brings comradery to our post. Along with Taco Tuesdays and Potluck on Sundays there will always be a time to catch up with fellow veterans.

The next big holiday we will be participating in will be Town of Garners Halloween. Be a part of bringing a smile to a child. Keep your ears open as it looks like the Veterans Day parade is back on! Contact Terry Chatfield for the most up to date information.

Finally, several members want the NFL package at our post with donations gathered. You can leave the donation at the Post addressed to me or Mike Todd.

Respectfully,
Jesse Mendoza, Commander

From the Auxiliary President

To our members,

Fall is in the air and it's time to rev up for our busy time of year. Essay themes are now available online. Please tell your family and friends with middle and high schoolers. There are also programs for teacher and scout of the year.

There are several events going on in September. Come by the Canteen and see what is on the calendar. The Auxiliary will be hosting Steak Night 9/28/24, serving from 4-8 pm, eat in or take out. All meals are preorder and prepay with deadline to order and pay 9/21/24 at 12.00 pm. Best deal around for \$20.00. The Post and Auxiliary will be participating in the town Halloween Event. VA visits have resumed. Contact Jeff Hicks or Helen. Carter for dates and time.

Election time will soon be here. Do your homework on all of the candidates in order to make an informed decision when you go to the polls.

Happy Fall Ya'll.

Teena Barbour
Auxiliary President

2024-25 Officers

VFW

Commander	Jesse Mendoza
Sr. Vice	Matt Cross
Jr. Vice.	Chris Vilano
QM	Terry Chatfield
Chaplain	Bob Carter
Judge Adv.	Terry Chatfield
Surgeon	Jerry Mark Jackson
Adjutant	Terry Chatfield
Trustees	J. Mark Jackson, Marc Povondra, Kevin Plewniak

Auxiliary


President	Teena Barbour
Sr. Vice	Stan Adamczyk
Jr. Vice	Gail Creech
Treasurer	Theo Povondra
Chaplain	Etta Ball
Conductress	Tina Creech
Guard	Joy Clifton
Secretary	Helen Carter
Trustee	Etta Ball, Joy Clifton, David Ball

Newsletter Editor: Helen Carter (919 801-4524) Post Home: 919-779-6314 Post email Garnervfw@yahoo.com

Facebook Page: www.facebook.com/vfw10225 House Cmte: John Fabian, Bob Carter, Matt Cross

2024 VFW Legislative Goals

Below is the list of the Legislative Goals and focus items for 2024 that the VFW has asked us to help get passed by Congress. Although the categories are the same, the individual focus items in each category change each year. The categories are:

- Budget
- Educ, Employment & Transition Assist
- Disability Assistance and Memorial Affairs
- **Health Care** 
- Military Quality of Life
- Nat'l Security, Foreign Affairs & POW/MIA

To ensure service members and veterans receive timely access to high-quality health care without increasing cost shares, Congress, VA, and DOD must:

- Eliminate service member and veteran suicide by addressing both clinical and non-clinical needs.
- Strengthen care and research for mental health and traumatic brain injuries.
- Improve oversight of Vet Centers to ensure adequate staffing, resources, and funding.
- Enhance programs and services for women and underserved veterans.
- Eliminate copayment requirements for preventive health care and medications.
- Research the efficacy of medical cannabis and other alternative therapies.
- Preserve the integrity of TRICARE.
- Properly implement VA and DOD health IT systems.
- Expand nursing home eligibility and long-term care options.
- Enhance services for veterans outside of the United States.

All these issues are explained on the VFW website at: www.vfw.org/advocacy/national-legislative-service, which includes a tool that will show the text of any bills which address them, who introduced it and who supports it. Press a button and an email will be drafted to your legislators asking them to support or oppose that bill. Use their words or modify them to add your own text. If you modify the text, there is a higher chance that it will be read, because it is different from other letters. For example, start the letter by including words about how this law impacts your life directly.

Thanks to our volunteers!

It is a good thing when we have so many members to thank for their contributions that we cannot list them all here. We try to also add thanks to our "thanks" page on our website where a full list of all who helped with various events. But here are a few extra special thanks this month:

Thanks

- Thanks to Stan Adamczyk who is coordinating and cooking the Auxiliary's stake dinner in September. Please support this event and enjoy the steak, salad, potato and dessert.

POW-MIA search

The search for the remains of over 1,500 veterans of the Vietnam war are getting harder to find and identify due to the acidic soil there, versus that of other war battlefields throughout the world. And funding for this mission is held up by the government, just when they need to press on with the mission before remains are lost.

Welcome new members

Please say welcome to the following members who joined our local family over the past few months:



Post:

Michael Todd
Thomas Sager
Frederick Sheffield

Auxiliary:

Jacqueline Sheffield

Steak Dinner by the Auxiliary

The Auxiliary is sponsoring a steak dinner on Saturday Sept 28 at the Post. Dinner will be served from 4:00 – 8:00 PM. Reservations and payment are required ahead of time (by Sept 21 - one week before) so we can have enough steaks. Take out is available, but most may be eating in. Presales must be ordered and paid ahead of time. We ask that desserts be donated by our members. Cost for the dinner is \$20.

Visiting our veterans

The Durham VA has moved our visits to patients for Bingo parties in the CLC to the third Wednesday of the odd numbered months (Jan, Mar, May, July, Sept and Nov). We begin at 1:30 ^{PM} in the smaller meeting room near the door to the CLC's patio area. Jeff suggested that members from Garner meet at his house by 12:00 ^{noon} and share rides for the trip to Durham, or you can meet us there.

The Nursing Home visits remain on either the second or third Saturday (depending on other events on the calendar) of the even numbered months (Feb, Apr, June, Aug, Oct, and Dec) at 10:00 ^{AM}. We start at Lawndale Manor, where we split up into groups to cover all 5 Garner nursing homes. The visit for August will be on August 13.

Taco Nights



Please remember that due to the cost of ingredients, the price of our tacos is now **\$1.50 each**, which went into effect on July 1st. This price is across the board, no matter which of our organizations is hosting the event. course, Taco Tuesdays are held each week from 5:00-7:00 ^{PM}. Come and join us for the \$1.50 tacos made to order for you, eat in or take out.

Chaplain's message

To our members,

Well, here we are again. Where has the time gone? Let me guess – do we waste time worrying about things we can not change, when we should be helping to change the things we can change – like visiting the sick, helping the needy, talking with the lonely. These things will make our little part of the world better. And that's a good start.

So, please take the time to vote. We don't care who you vote for. Remember, it is YOUR vote, not mine. So let's make our part of the word better – one fried at a time.

Bob Carter, Chaplain

Student and teacher competitions

Each year, the national VFW and Auxiliary sponsor several competitions for students and teachers. The deadline for all of these is Oct 31 to the Post. See the full rules on the VFW [website](#).

- Voice of Democracy – open to HS students where they must write and record an audio essay on the assigned topic. This year's topic is: "Is America Today Our Forefathers' Vision?"
- Patriot's Pen – open to Jr. HS students (6-8 grades) where they write an essay on the assigned topic. This year's topic is: "My Voice in America's Democracy?"
- Teacher of the Year – open to elementary, middle, and high school teachers who promote civic responsibility, flag etiquette and patriotism who are prime candidates for this award.

Fall State meeting – Oct 4-6

The fall Council meeting will be held at the Embassy Suites in Greensboro on Friday and Saturday, and the Council of Administration will meet on Sunday morning for those who are members of the Council. There will be training on Friday and Saturday, followed by dinner and dance on Saturday evening. The theme of the dance will be the 1950's, so dress accordingly. Tickets are available for the lunch on Friday and Saturday and for the dinner and dance need to be purchased ahead of time. Watch the State website or Department mail for information, or call HQ at 919-828-5058 to reserve yours.



Veterans of Foreign Wars & Auxiliary
South Wake County Post 10225



National POW/MIA Recognition Day

The 3rd Friday in each September is set aside as Prisoner of War (POW) and Missing in Action (MIA) Recognition Day. As of the latest update on Aug 23, 2024, updates by the DPAA, there are more than 81,000 U.S. service members still missing from World War II, the Vietnam War, the Korean War, the Cold War, and the Gulf Wars. More than half of those missing are in the Indo-Pacific region; more than 41,000 of the missing are believed to be lost at sea (such as ship losses and known aircraft water losses).

Still missing and unaccounted for:

Middle East/Africa - 6
Cold War Missions - 126
Vietnam War – 1,575
Korean War – 7,463
World War II – 72,038

During September, our Post home will be decked out in yellow ribbons, to remind us of the plight of the missing and their families. As usual, our Post & Auxiliary will sponsor a special ceremony at 7:00 ^{PM} on Friday, Sept. 16, to honor the POWs and MIAs from all wars. Please come and join us for this special service. The public is welcome.

Also, the Legion Riders holds a public ceremony at noon on the 1st Saturday of each month at the Vietnam Memorial at Capitol Square in Raleigh to honor the NC POWs and MIAs who are still missing from that conflict. This service has been held each month since 1987 when the memorial was dedicated and will continue until the last man has been accounted for and or returned. Please join us each month if you can.

And now would be a good time to contact your legislators and press them to keep up the search for answers. This is an important program to support, for if we do not press our legislators, who will?

For the latest news on POWs and MIAs, check out the US Defense Department's POW/MIA Accounting Agency's website at <http://www.dpaa.mil>. This site is updated each Friday.

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Karaoke Night 5:00-8:00 PM	3 House Cmte 7:00 PM <i>Taco Tuesday</i>	4	5	6	7 POW/MIA Ceremony 12 Noon @ Capitol
8	9	10 <i>Taco Tuesday</i>	11 VFW & Aux Meeting 7:00 PM	12	13	14
15	16 Karaoke Night 5:00-8:00 PM	17 Sons of the Amer Legion - 7:00 PM <i>Taco Tuesday</i>	18 VA Hosp Visit 1:15 PM	19	20 POW/MIA Service 7:00 PM	21
22	23	24 Blue Star Moms Mtg - 7:00 PM <i>Taco Tuesday</i>	25	26	27	28 Spaghetti dinner 4:00 – 8:00
29	30	27 <i>Taco Tuesday</i>	28	29	30 Legion Riders Mtg 7:00 PM	

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 House Cmte Meeting - 7:00 PM <i>Taco Tuesday</i>	2	3	4	5 POW/MIA Ceremony 12 Noon @ Capitol
6	7 Karaoke Night 5:00-8:00 PM	8 <i>Taco Tuesday</i>	9 VFW & Aux Meeting 7:00 PM	10	11	12 Visit to Garner Nursing Homes - 10 AM
13	14	15 Sons of the Legion Mtg - 7:00 PM <i>Taco Tuesday</i>	16	17	18	19
20	21 Karaoke Night 5:00-8:00 PM	22 <i>Taco Tuesday</i>	23	24	25	26
27	28	29 <i>Taco Tuesday</i>	30	31 Garner Halloween Event 3:00 – 6:00 PM		