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As we approach the holidays let's be thinking about what we can do to help Veteran's and their families through tough times. With economic hardships doing family outings are difficult so put on your thinking caps and plan ahead. Listed below are some ideas.

- Host a Veteran's Day Breakfast or Dinner
- Karaoke Night with snacks
- Movie Night with ice cream sundaes
- Cribbage Tournament
- Halloween Party or Drive through Trick or Treat
- Family Skit Night with prizes
- Host a Thanksgiving Dinner or deliver Thanksgiving Baskets
- Game Night (board, cards, puzzles & crafts)

So, what is a STAND DOWN: Stand down is a one-stop shop for veterans and their families to access needed care and supplies from vendors which can include:

- Housing Assistance Specialists
- Counseling Services (V.A.)
- Health & Dental Information
- Employment Services
- Showers & Haircuts
- V.A. Claims (Certified Service Officer)
- Community Resources Information
- Transportation Services
- Clothing/Supplies
- Meal provided

Starting now, you can plan a Stand Down in your area for 2024 reaching out to other entities to help make it happen.

Auxiliaries can make a donation to NVS or VMS supporting the National Programs that give back to the Department of Washington helping Veterans & their families. When you do, your Auxiliary will be entered into a drawing at Mid-Winter & State Convention for a \$50 VFW Store Gift Certificate. The Goal is to exceed last year's donations of 7 Auxiliaries donating \$1,013.

VETERANS MILITARY SERVICES (NVS)

NVS provides a nationwide network of nearly 200 VFW service officers who help veterans navigate the Veterans Affairs system. These highly qualified skilled professionals assist all veterans, whether they are VFW members or not, in filing claims for:

- Disability compensation
- Rehabilitation & educational programs
- Pension & death benefits
- Employment & training programs

Also assists to ensure veterans receive quality timely and accessible VA health care.

VETERANS & MILITARY SUPPORT PROGRAM (VMS)

These are programs initiated by the VFW to include:

- **Military Assistance Program (MAP)** – provides financial assistance for Posts, Districts, & Depts to sponsor morale boosting events includes assistance for Adopt-A-Unit.
- **Unmet Needs** – Provides grants up to \$1,500 to active-duty service members and their families to assist with basic life needs.
- **VFW "Sports Clips" Help a Hero Scholarship** – up to \$5,000 is distributed to qualifying veterans & service members to help them complete their educational goals.

Please mail donations with the CHECK SUMMARY to: VFW Auxiliary Dept of WA, P O Box 13193, Spokane Valley, WA 99213

Support those who support us!

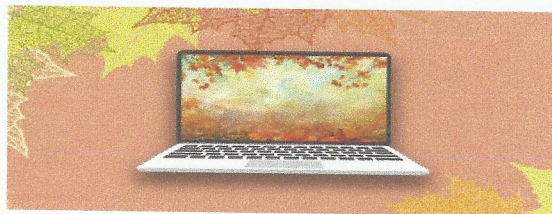


Apply by Nov. 15.

The VFW's "Sport Clips Help A Hero Scholarship" provides service members and veterans with the financial assistance they need to complete their educational goals without incurring excessive student loan debt. It's just another way for us to say "thank you" to those who fought for our freedoms. Scholarship details:

- Scholarships of up to \$5,000 will be awarded to qualified applicants.
- Awarded scholarships are limited to one per family per semester.
- Applications for the fall semester will be accepted Jan. 1 through April 30.
- Applications for the spring semester will be accepted Aug. 1 through Nov. 15.
- Fall semester scholarships will be awarded in August, and spring semester scholarships will be awarded in January.
- Scholarships must be used by the end of the school semester for which the veteran is applying or they will become null and void.
- Scholarships are restricted for tuition and fees only and will be paid directly to accredited schools.

Be sure to read the **YEAR-END-REPORT** now rather than when it is due so nothing is missed. This also includes reading the **Veterans & Family Support Auxiliary Award No. 1** - Most outstanding activity and/or event to increase awareness of military suicide and mental health & **Veterans & Family Support Auxiliary Award No. 2** - Most outstanding activity and/or event to increase the support of veterans, service members and their families. The Award applications can be found on the Department Auxiliary website under Programs/Veterans & Family Support or on the National website under MALTA Login/Member Resources or call/email me and I will get them to you. Auxiliaries are to send this completed application to me, as our Department Veterans & Family Support Chairman, by March 31, 2024.



ZOOM MEETING

Join Zoom Meeting – November 27 at 7:00 p.m. PST

<https://us02web.zoom.us/j/83062068243?pwd=NEpaNWdVZ0d4VE4vV1hweWdQVEI5QT09>

Meeting ID: 830 6206 8243

Passcode: 849818

ALL AUXILIARY MEMBERS are invited to join Tom Huffman - Community Outreach Chair, Doreen Dale – Americanism Chair, and myself to an informational, answering questions ZOOM MEETING session.

I would like to hear back from the Auxiliary Chairman by email or phone on what events are happening in your community so I can report back to our National Ambassador. My intent is to give you the information and resources but as I always say "We can't do it all, we can only do what we can". "Banding together for our Veterans", "Do it for those who can't".

Department Veterans & Family Support Chairman, Annie Sullivan

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