



The Patriot

One who loves his country
and zealously supports its au-
thority and interests



November - December, 2018

Commander's message

Dear Comrades,

I hope everyone has a wonderful holiday season. We are in the process of getting busy with our core programs for the VFW. The Voice of Democracy and Patriot's Pen are well participated by our local schools and those whom are home schooled. There is another opportunity to help in judging of the East Garner Middle School Veteran's essay. Contact with the appropriate chairperson.

Remember to check the calendar for our upcoming Veterans Day parade in downtown Raleigh, Veterans Memorial at Lake Benson, and the ceremony at Aversboro Baptist Church. You can tell we will need all the help we can get!

We have added several new members and I would like to extend a welcome to them. My charge to these new members is to let me know what it is you would like to see the VFW, as a whole, take a direction in support of our veterans and their families.

Last month we started grilling on a Sunday to increase comradery at the Post. Keep looking for the dates which will usually fall on the third Sunday of the month. Plates typically will run \$5 unless you bring a side which will be your method of payment. Last one we did hamburgers and hot dogs and had very few left over. We typically get a grill towed in and cook outside. Weather was great on the 21st of Oct. So come on out and if you want to cook, let me know so I can add you to the list of chefs! Don't forget, we will be cooking Thanksgiving at the Post so come out, enjoy, and cook if you can. Finally, "What does the VFW do?" Well we provided support by donating supplies for Hurricane Florence VFW and American Legion post down east. Keep up the good work!

Respectfully,
Jesse Mendoza, Commander

Auxiliary President's message

Sisters and Brothers,

The weather has not been kind to North Carolina recently. Thank you to everyone that donated time, goods, supplies, or money to assist those in need with hurricane relief. It warms my heart that with short notice, our Post family always pulls through to help with the needs of others.

There are multiple activities planned for Veterans Day and the day after. Don your poppy and help out where you can. Judging for annual Veterans Day essay contest will be on the 17th. The Post will be hosting its annual Thanksgiving day dinner. There will be a sign-up sheet on the bar in the canteen. Join us for food, fellowship, and the many blessings that have been bestowed upon us.

All too soon, it will be Christmas. We will be sponsoring residents at the Murdoch Center again this year. Please keep those less fortunate in mind during the holiday season.

The winter C of A will be coming up soon. If you have not had the opportunity to attend one of the VFW and Auxiliary conferences, I urge you to do so. There's always something to learn about the VFW and Auxiliary programs.

Look for the Auxiliary crockpot night to resume soon. We have some great cooks.

Happy Thanksgiving, Merry Christmas and may the New Year bring you happiness and good health.

Teena Barbour, President

2018-2019 Officers

VFW Officers

Commander	Jesse Mendoza
Sr. Vice Comdr	Jeff Hicks
Jr. Vice Comdr	Ben Smith
Quartermaster	Bob Wendell
Chaplain	Bob Carter
Adjutant	Bob Wendell

Auxiliary Officers

President	Teena Barbour
Sr. Vice President	David Ball
Jr. Vice President	Gerri Griggs
Treasurer	Helen Carter
Chaplain	Etta Ball
Secretary	Helen Carter

Newsletter Editor: Helen Carter (919-779-6314) Post Home: 919-772-1062 Post email: GarnerVFW@yahoo.com
Facebook page: www.facebook.com/VFW.Post.10225/ - House Committee: Jeff Hicks, Carey Green, Ethan Jackson

Chaplain's message

To our members,

This is our busiest time of the year with Veterans Day followed by the Thanksgiving and Christmas holidays. The first reminds us of the sacrifices that millions of our veterans made for us to live in freedom and peace. Thanksgiving gives us the opportunity to thank God for the blessings that we have been given by Him. And Christmas reminds us that God thought so much of us, that he came to this world to live among us, showing us the way to treat others, and then to wipe away our transgressions by dying for our sins. So this season of the year, take time to honor these themes of thanks by sharing your gifts with others around you. Give some time to those less fortunate, heal a broken relationship, or just love your family and friends. This will bless your life in return.

Bob Carter, Chaplain

Holiday Hours

The Post will have some revised hours during the holidays as follows:

Thanksgiving Day – 12:00 noon – 6:00 pm
 Christmas Eve – 12:00 noon – 6:00 pm
 Christmas Day – 2:00 pm – 6:00 pm
 New Year's Day – Pot luck lunch – 1:00 pm

Murdoch Center Christmas

As usual this year, we will be purchasing Christmas gifts for a few residents at the Murdoch Center for the Developmentally Disabled in Butner. See Gerri Griggs for a list of what's on their list, and then consider purchasing an item or two.

Veterans Briefing

Congressman David Price will again be sponsoring a Veterans' Briefing on Friday, Nov. 9, from 9:00-10:30 ^{AM} at the National Guard building, 4105 Reedy Creek Rd, Raleigh. Come and learn about current issues affecting veterans and the military. Reservations required. Register at:

<https://www.eventbrite.com/e/annual-veterans-briefing-for-the-fourth-congressional-district-tickets-51519533311#tickets>

Welcome new members

Please say welcome to the following member who joined our local family recently:

**Post:**

Brent Roberts
 Matthew Flick

Auxiliary:

M Derrick Yates

Veterans Voices Writing Project

The Veterans Voices Writing Project (VVWP) was founded in 1946 and has long been connected with the VFW Auxiliary. It is a therapeutic writing program that helps veterans express themselves and communicate in a creative way. Members can become involved with a local VVWP representative and assist veterans in writing, recording or typing. Training and resources are provided. Three times per year, VVWP publishes Veterans' Voices, a magazine that prints a selection of submissions.

To learn more about the program and how to become involved, visit <http://veteransvoices.org/>, call 816-701-6844 or email volunteer@veteransvoices.org.


State meeting scheduled

The next state meeting is scheduled for February 8-10 at the Embassy Suites hotel in Cary. Come and join us for this meeting to learn about the initiatives for both the VFW and Auxiliary for the new year, as well as speak with representatives from our National organization.

If you want to stay at the hotel, make your reservations now, since it was filled immediately following the October meeting. But the hotel opened up more rooms for the VFW. So get them while they last!

Next hospital visits

Come join us for our VFW-American Legion joint hospital visits each month:

- On Wednesday, November 28, at 1:30^{PM} we play Bingo with the patients at the Durham VA's Community Living Center. Meet us at the Post at 12:30^{-M} so we can ride together, or join us at the hospital at 1:15. 
- On December 8, we visit the veterans who live at several Garner nursing homes. We bring a smile and a drink to each veteran. We start at 10:00^{AM} with Lawndale Manor, then travel to the Laurels of Forest Glen, Carillon Assisted Living, and BellaRose Nursing and Rehab Center. Check the calendar for the exact date.

Veterans Day activities



As usual, the Post will participate in the Raleigh **Veterans Day Parade**. It will be on Saturday, Nov 10th. We will need people for prep ahead of time, as well as the day of the parade to help assemble the float, and then to ride the float in the parade and to distribute Poppies.

There will be limited parking at the parade site, so carpooling is encouraged. We leave the Post at 8:00^{AM} or you can meet us at 8:30 at our line-up point. The parade will start at 9:30^{AM} followed by the program. So we ask you to please be on time, as there's lots to do.

Also, we are helping with the **Town of Garner Veterans Day celebration** on Sunday at Aversboro Baptist Church at 3:00^{PM} and the Veterans Memorial at 11:00^{AM}. Help is needed at both. If you want to pass out flags to people as they arrive at the church, be there at 2:00^{PM}.

Then on Saturday, Nov 17 at 1:00^{PM} we will meet at the Post to **judge the essays** from 6th grade students at a local Garner middle school. They write on what America means to them, and it is always a treat to hear what they think.

On Friday, Nov 9th at 2:30, we visit the residents of **Garner's Lawndale Manor** for a Veterans Day program of remembrance and singing patriotic songs. Please join us if you can.


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. Please check the "thanks" page on our website for a full list of all who helped with various events. But here are a few extra special thanks this month:

- Teena Barbour for working with the NC Dept. of Commerce, Div. of Workforce Solutions on a project that works with a support group for female veterans and female spouses.
- Thanks to David Ball, Jesse Mendoza, Bob Wendell, Mike Mitricska, Wayne Bolan and Charles Miller for building a ramp for two of our members.

Thanksgiving Dinner with the "family"

The VFW will be holding our annual free Thanksgiving dinner at the Post home on Thanksgiving Day for all those who would like to come spend the day with their local "family." After all, friends are family that you get to choose. Delivery to shut-ins is also available. Sign up ahead, so we can have enough turkey to prepare. The Post will provide the turkey, but please bring a side dish to share. 

Just like at home, volunteers are needed to help set up and cleanup. That day, the Post will be opened from 12:00 noon until 6:00^{PM}. So arrive early and help set up the buffet table. The meal will be served at 1:00.

Military Veteran Suicide

After examining more than 55 million records of US Veterans from 1979 to 2015, VA released its most recent publication of veteran suicide data. This recent data showcases that while veterans are 2.1 times more likely to die by suicide than non-veterans, that rate is highest for post-9/11 veterans ages 18-24. Yet, veterans over age 55 and those who served during peacetime experience the overall highest numbers of suicide. Suicide is in the top 10 reasons Americans die. And although in 2015, veterans made up less than 10% of the US population, yet 16.5 % of all American suicides.

Get the facts and get help if needed!



Veterans of Foreign Wars & Auxiliary
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Veterans Day Activities

There are several area activities to honor Veterans Day, and the help of all members is appreciated. Please join us for whatever you can.

1. **Veterans' Briefing** - Friday, Nov. 9, from 9:00-10:30 ^{AM} – National Guard building, 4105 Reedy Creek Rd, Raleigh. Sponsored by Congressman David Price. Reservations required.
2. **Lawndale Nursing Home** - Friday, Nov. 9, 2:30 ^{PM} - Sponsored by Post 10225 honoring the residents who served and their family members. Patriotic songs and comments.
3. **Raleigh Veteran's Day Parade** – Saturday, Nov. 10, - meet at the Post at 8:00 ^{AM}, or downtown at 8:30 ^{AM} to assemble our float. The parade finishes at Capitol Square with a service at 11:00 ^{AM}.
4. **Town of Garner Veterans Day events** – Sunday, Nov 11, 11:00 ^{AM} tours at Garner Vets Memorial, 3:00 ^{PM} Ceremony at Aversboro Baptist Church. Patriotic music and speakers. Members are needed to help pass out flags at 2:00 ^{PM}
5. **Buddy Poppy Drive** - throughout the weekend at various sites in the Town of Garner. Members are needed to work at all sites. Sign up at the Post for a 4 hour shift.
6. **Veterans Day Essay Contest** – Saturday, Nov. 17 starting at 1:00 ^{PM} judges are needed to help determine the winners of essays from students at East Garner Middle School. Contact Helen Carter if you can help.



Free discounts at area businesses. Check the web: www.military.com/veterans-day/veterans-day-military-discounts.html