



The Patriot

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



July - August, 2018

Commander's message

Dear Comrades,

I would like to thank all who participated in the June 2nd Chicken & BBQ for American Legion Riders (ALR) 232. It was a great success and we sold out of plates by the end of the day.

The POW/MIA ceremony at the Capital went well. Several members joined and participated to help make a great success. The ALR hosted this event. Remember that you can attend any time since it is held the 1st Saturday of every month at noon in downtown Raleigh.

During the summer, we take a break from our normal programs. Expect that to not be the case after September. Normally, we have students participate in our VOD/Patriots Pen essays. We need to work harder at getting a teacher of the year nominee since we have not had one in several years. I would like for all of you to touch base with those you personally know to apply. All they have to do is do something veteran or patriotic related in their class.

National is making a big push towards ending homelessness for veterans. I have many resources at our disposal at the Post and we can make a difference in our community to help a veteran or family of a veteran in need. If you find a veteran in need for groceries, let Jeff Hicks know and we can set them up with a week's worth.

We will be doing tours at Lake Benson for Garner's 3rd of July celebration. Have a happy 4th of July and finally thanks for making our Post achieve 100% membership.

Respectfully,
Jesse Mendoza, Commander

Auxiliary President's message

Sisters and Brothers,

The dog days of summer have descended upon us early. I hope everyone is keeping it cool.

Congratulations to all State, District, and Post Officers that were elected and have now assumed their positions. Let's all work hard to keep our organization successful.

VOD and Patriot Pen themes and applications are now available online. Encourage family and friends with middle and high schoolers to enter these essay contests.

There are many programs offered by the VFW and Auxiliary. Check out the National and Department websites and you may find something that interests you.

If you haven't had the opportunity to attend the POW/MIA ceremony downtown, I strongly encourage you to do so. This is held the first Saturday of the month at the Capitol, 12:00^{Noon}, rain or shine. It only lasts about 15 minutes, but that 15 minutes well spent.

I encourage our members to attend the District Meeting in August 19th and show support for the District President, our own Helen Carter.

I wish everyone sunshine and happiness for the rest of the summer.

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,

Recently, Charles Krauthammer, an excellent commentator on life and the news, passed away. Dr. Krauthammer was a great thinker and did not let a diving accident that left him a paraplegic at age 22 stop him from achieving his goals. His life was a testament to his belief about "...the catastrophe that awaits everyone from a single false move, wrong turn, fatal encounter. Every life has such a moment. What distinguishes us is whether — and how — we ever come back."

Do you bounce back after disappointments in life? Don't give up. Pray to God for the strength to continue. Think of the many people like Charles, that adjusted how they can still achieve their goals in — spite of the obstacles they face. And then move forward to achieve them.

Bob Carter, Chaplain

Garner Independence Day celebration

The Post will be assisting the tours of the Garner Veterans Memorial at the town's Independence Day celebration on July 3rd at Lake Benson Park.



Activities start at 5:00 ^{PM}, with the tours, and various vendors and exhibits throughout the park. At 5:30, the Embers will be playing music, and then at 8:30, the NC Symphony performs. The fireworks begin when it gets dark - approximately 9:30 ^{PM}. Join us if you can.

July House Committee meeting cancelled

Since the Garner Independence Day celebration is the same day as our July House Committee meeting, the July House Committee meeting is cancelled. See you in August.

Welcome new members

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

Post:

Jason Charles Alston

**VFW Legislative Goals**

The VFW focuses each year on a number of legislative goals to get passed in Congress. Below is a list of this year's priority goals. Visit the VFW's legislative website at <https://www.vfw.org/advocacy/national-legislative-service> for a full description of what is included in each of these areas, and then work ensure that these goals are enacted:

- Budget
- Work for VA and DOD Budgets
- Work force development and accountability
- Veterans' health care
- VA compensation and benefits
- Education, employment and transition assistance
- Defense and homeland security
- Military quality of life
- POW/MIA accounting

Our Post was chartered on August 7, 1977.

*Happy 41st anniversary
to our Post!*


Items for the troops

Post member Larry Hardy's grandson is deployed with his Marine unit to Afghanistan. His unit is asking for various personal care items and snacks. Please avoid items which might melt in the heat over there like chocolate and gummy snacks. We sent a package in March, and are panning another one soon, so please drop of the items in the box at the Post soon. We take care of getting them shipped over. Items requested are:

- Dove shampoo, Dove bar soap, toothbrushes, toothpaste, deodorant (Old Spice)
- Games, cards
- Snack items such as: Jerky, Slim Jims, granola bars, Cheez-its, microwave popcorn, nuts, trail mix, cookies
- Other food items like: instant oatmeal & grits, dried fruits, ramen noodles, powdered drink mixes for water and coffee, tuna/chicken in foil packs.

Next hospital visits

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

- On Wednesday, July 25, at 1:30 ^{PM} we will visit the Durham VA's Community Living Center while playing BINGO with the residents. Meet us at the Post at 12:30 ^{PM} so we can ride together, or join is in Durham by 1:15. 
- On Saturday, August 11, 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.

The picnic planned for the patients that was originally scheduled for May, was cancelled due to a flu outbreak at the VA. This has now been rescheduled for our September visit. Watch for details.

District 7 meeting scheduled

The next District 7 meeting is scheduled for August 25th at Post 7383 in Cary. Come and join us for this meeting to lean about the initiatives for the new year. We start with a meal at noon, followed by the VFW and Auxiliary meetings. All members are encouraged to attend,

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:

- Tina Creech – who stepped up and took the job as our Canteen Manager when Teena retired. This is a big job of scheduling the workers, ordering the beer and liquor, keeping the books, scheduling the use of the hall, and insuring that we have a clean and safe home.
- To Jeff Hicks for taking a new flag to Rand Road Elementary School, and for teaching flag etiquette to the students.
- To Jeff Hicks and Terry Chatfield for presenting the essay contest awards at East Garner Middle School in June.

Dinner with Emily

The Auxiliary takes Emily, our young lady from the Murdoch Center, to dinner twice a year – once in the spring for Easter, and the other in August to celebrate her birthday. The details for her birthday dinner is not yet set but will be finalized soon. Watch our website or Facebook for the latest information. And then come and join us.

VFW State Golf Tournament

The NC VFW Annual Billy ray Cameron Golf Tournament will be held at the Deer Brook Golf Club, in Shelby, NC on Sept. 28. Cost is \$75 per golfer and includes golf cart, greens fee and 1 "Mulligan." Cash prizes for first, second and third place teams. 

This is a 3-man Captain's Choice tournament. Tee time is at 9:00 ^{am}. All the details and official application forms can be obtained at the Post and on our Post website. Pick one up if you are interested in participating this year. Proceeds from the tournament go towards the Billy Ray Cameron Scholarship Fund.



Veterans of Foreign Wars & Auxiliary
South Wake County Post 10225
1706 West Garner Road
Garner, North Carolina 27529
Post web site: www.vfw10225.org

Non-Profit Organization
Bulk Rate
US Postage Paid
Garner, NC
Permit No. 40

Return Service Requested



The Patriot



How do you react to adversity?

Fill three pots with water, and bring them to a boil. In the first pot, put a carrot. In the second, put an egg in its shell, and in the third, put some ground coffee beans. After time, each will react differently.

Each of these objects had faced the same adversity - boiling water. Yet each reacted differently. The carrot was strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting in the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they are in the boiling water, they will change the water.

Which are you? When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?

