

These State Departments
 have achieved 2013-
 2014 membership quota!

3725 Alexandria Pike, Cold Spring, KY 41076

April 2014

Congratulations to all!

Arizona
Arkansas
Colorado
Florida
Georgia
Illinois
Kansas
Maine
Minnesota
New Jersey
New Mexico
North Carolina
Pennsylvania
Puerto Rico
South Carolina
Utah

National Quota Achieved!
 Thank you for all your recruiting efforts! We have until June 30 to work together to make this a banner membership year. Keep up the great work!

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Unit Elections

Its that time of year when most units hold their annual elections. Regardless of when elections are held for your unit, here are a few important reminders:

- Use a current membership roster.
- Notify all senior members in written form (email, newsletter, postcard, letter) no less than ten days prior to nominations and/or elections.
- A member in good standing is one whose dues are paid for the current membership year and is not indebted to the organization. Only senior members in good standing may vote or hold and elective or appointive office.
- Membership initiation is **not** required for a member to vote or hold a unit position.
- Those nominated or elected must be members of the unit to which they are being elected. *(Yes, there are times when a non-member is elected/appointed.)*
- To be eligible for a unit office, the member's dues shall be paid for their entire term of office.
- In accordance with the bylaws, elect each individual office (not an entire slate with one vote). Even if the officers are to remain the same from one election to the next, they still need to be elected by the respective offices.
- Delinquent membership dues can be accepted up to the commencement of the meeting for election of officers.
- Within ten days following installation, fill out the officer report form (completely) and send the original to national headquarters. Send the yellow copy directly to the state department.

Junior Activities by Tawnya Kingsley, National Jr. Activities Chairman

Happy Easter Junior Members! We are finally getting some warmer weather to go out and enjoy.

I would like to challenge each of you to check with your local VA Centers and/or nursing homes and find a Disabled Veteran to make an Easter Basket for. I would love to see pictures of the basket that each of you come up with to make this a special Holiday for your Veteran.

As always, I look forward to hearing from you and seeing the wonderful things you have accomplished this year.

History by Margaret Snelling, National History Chairman

HELLO OUT THERE ALL YOU SHUTTERBUGS!

I hear all those cameras clicking. There is so much going on it can be hard to keep up. I just know we are going to have some wonderful state history books. Don't forget to ask your State Commander to provide the pictures she takes at events.

Thank you to Joyce and Iris for the great pictures of the 2013 Convention, to Laurie for pictures of the Sharing and Caring Boat Ride, to Rod for the pictures of the Fall Conference, to Carolyn for pictures of the Veterans Day Event, and to our Commander Susan for pictures keeping me abreast of ALL the events.

In my last article I asked for pictures of Commander Susan in earlier times. Thanks for the memories Shirley Hill of North Carolina those pictures of National Representative 3rd Jr Vice Commander Susan at your State Convention are ideal.

To all the state commanders who have not sent me their snapshot please do so immediately, and to the commanders who have sent them a BIG THANK YOU.

Until next time - keep clicking those cameras!

Community Service by Ellen Timmerman, National Community Service

I hope everyone understood the article in the previous issue of **Headquarters News** entitled "Unit and State Department Funds." When funds are given to units for helping veterans that is what these funds must be used for.

Doing Community Service often costs money and there are many different ways to find these funds. A couple examples could be to hold a 50/50 drawing or conduct a money march. It may take you a few months to collect

what you need to complete your chosen projects, so don't give up.

In talking with National 1st Junior Vice Commander Linda Stake, she told me about a fun project that **Unit 57, Heber Springs, AR**, did. They were given some fashion hats that were part of an estate, so they came up with an idea to have a "Hat Parade" at the local nursing home. It was so successful and uplifting for the nursing home residents that the Activ-

ity Director has asked the unit to have an "Easter Hat Parade."

There are so many different ways of helping in our community and I'm really looking forward to reading the reports on all the Community Service projects that the Units have done this past year.

God bless all of you for what you do and keep up the good work.

National Convention Delegate Listing

The yellow delegate listing forms are being sent to units and state departments. At the next unit business meeting, elect delegates to represent the unit at the national convention in Las Vegas, NV. (Elect even if there is a remote possibility of their attendance.) State departments will elect their delegate and alternate at state convention. Write the delegate/alternate names and membership numbers on the form and send to DAVA National Headquarters no later than July 7, 2014.

As the convention approaches, each member identified on the yellow form will receive a credential letter that must be brought to the national convention and presented at the time of registration.

Convention preregistration will be available. Log-in information will be provided in the credential letter sent after processing of the yellow delegate listing.

2014 National Convention
Bally's Las Vegas Hotel
Las Vegas, Nevada
3645 Las Vegas Blvd. South
Las Vegas, NV 89101
800.634.3434—\$112 S/D

August 9— 12, 2014

Registration and NEC meeting scheduled for Thursday, August 7. District meetings to be held Friday, August 8.

Q & A Tidbits

Q—Do the “Over 80” complimentary life members count toward our unit quota?

A—Yes they do. Sign them up!

Q—What do the letters F, P, S, J represent on the unit membership listing?

A— F = Full Paid Life Member; P = Partial-Paid Life Member; S = Annual Senior Member; J = Junior Member

Q—Are there any DAVA-specific items that can be purchased by members?

A—Yes. Check out the new product line at www.davstore.org. Many items can now be ordered with DAV or DAVA imprint.

Q—Can we order name badges for our officers from national headquarters?

A—Name badges can be ordered online at www.davstore.org or by calling DAV Purchasing Department—877.426,2838, ext. 3252. Cost—\$10

Chaplain's Corner by Aura-Lee Nicodemus, National Chaplain

Service, When Women Come Marching Home is an amazing DVD sponsored by DAV. It shares real-life stories of the challenges of women who are returning with a variety of visible and non-visible wounds from the military. Recently, I had the chance to view the video again during an outreach to Women Veterans and members of the community. It is a powerful and thought-provoking educational tool.

The first time I saw the DVD I was amazed at the different supportive equipment and prosthetic equipment needs that a Female Veteran would need and the different adaptive needs that our Women Veterans need. Can you imagine carrying around a large heavy artificial leg that was previously created for a man? It is obvious the needs are far different and we can see that they are being met. If you haven't had a chance, just tune in to Dancing with the Stars on TV to see a woman who lost both legs and won medals at the Paralympics now able to dance and wear heels while she does so! Because of the military so many technological advances have been made to meet the specific needs of Female Veterans.

I truly enjoyed watching the supportive use of dogs to promote independent living and the multitude of tasks that these animals support. With the use of specially trained animals our Female Veterans are able to more efficiently resume the roles that they held in the family before the illness or injury. These pets also enhance the day to day coping of the individuals that have them.

Each time I watched the DVD there was a different part of the video that I would find impressive.

The last time I watched the DVD there was just one line - a simple phrase - PTSD is grief. For many years we had focused on the incident that created the PTSD or PTS. We had focused on the triggers that worsened the Veteran's symptoms and on the specific impact that the symptoms had on the Veteran and his or her family, but I had never thought about it in the terms of grief. Grief shares five phases - the initial phase is denial that the event happened and isolation. It is a time of numbness where whether through loss of a friend or family member that the person just moves about day to day functions. This time of living through it provides a temporary shielding of the individual to cope with the initial loss. The individual often avoids dealing with the issue - staying at home and just exists from day to day. This may last days, weeks or years.

The second stage of grief is anger. This is especially challenging for family members as the anger is often at little things that truly have nothing to do with the actual issue. The person is just angry - at everything, at everyone, and most of all with the situation.

The third stage of grief is bargaining. This bargaining can be with family members, friends, or with God. *If you can do this then I will be OK. If you will change this behavior I won't be angry anymore.* Do you notice the bargain doesn't always relate to the situation that is underlying? They are bargaining with those around them trying to find a way to move forward.

The fourth stage of grief is depression. There is the realization of the loss and sadness which can be overwhelming at times. Many times during this phase outside help is needed from the local VA or Vet Center. There are many treatments that can help a Veteran to move through this stage. It is essential that the Veteran or his family utilize the resources around him or her to move through this phase. There are so many options to make this time easier.

The final phase is acceptance. This is a time where the person has worked through the loss - they will never forget it or "get over it," but they have found a way to live with the loss and move forward. During this time of healing they are ready to move forward. There is no time limit to each phase and often a person will move forward and then back again. A person may skip a step or two; each person recovers from grief in his or her own way. There is hope for a future. There are many treatments available at each stage and helping the Veteran and the family member to move forward is pivotal. This is a time where the support of DAVA members to family members who are struggling is essential. There is no right or wrong way to grieve the monumental losses that are faced, whether internal from devastating injury or external from experiences of the military, loss of those we love, or experiences in the community where we live. Grief has a time to heal that is individual within each of us.

www.davauxiliary.org



Check out the new [DAV Auxiliary product line.](#)

DAV AUXILIARY

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2014 National Fall Conference Lexington Downtown Hilton

Lexington, KY
859.231.9000

September 25-27

\$109 Single/Double



March Water Globe Recipients

Shirley Walker, Colorado #7
Linda Oliver, Oklahoma #88
Toya Larrymore, Virginia #26

Sign up 15 new paid senior members and receive your own personalized "You're a Star" Water Globe!

Sign up five new paid senior members and receive a Reach For The Stars lapel pin!



Making a difference in the lives of disabled veterans and their families.

Americanism by Craig Johniken, National Americanism Chairman

Hello, I hope all is well with everyone in the Auxiliary.

The National Defense Authorization Act of 2008, which was further amended in 2009, allowed for veterans and active duty military, not in uniform, to render the military-style hand salute during the National Anthem and any other events involving the American flag. Previously, only those in military uniform were permitted to use this type of salute.

As DAVA members, we must keep in mind that we have a specific ritual instructing us on the appropriate way to render a salute during the Pledge of Allegiance. It states, "Free your hands; stand at attention; place your right hand over your heart or render the appropriate salute; and join in the Pledge of Allegiance to our Flag." The words "render the appropriate salute" were added to our organization's ritual not only in compliance with the National Defense Authorization Act of 2008, but to acknowledge the privilege our veteran members now have to render a military-style salute.

It is important to remember that those of us who are NOT veterans should not use the military-style salute. It is not only inappropriate, it is not legal!

I hope this has shed some light on how the change came about. This affords us the opportunity to be at events and see someone you don't know who is giving a military salute and thank them for their service. We may be able to sign them and their family members up as members of this great organization.

I know everybody is getting ready to start filling out their annual reports. I am looking forward to receiving them. It is always interesting to see what everybody is doing.

Reminders

- **Quota Members**—During April, May, and June, new annual senior members paying their normal unit annual dues will be processed as Quota members which will pay their dues through June 30, 2015. Mae Holmes Award eligibility deadline has passed, but the units have until June 30, 2014, to make quota for the 2013-2014 membership year.
- **Officer and Financial Reports** are available online at www.davauxiliary.org under the *Membership/Resources* tabs.
- **Officer Reports**—When completing the report, insert the beginning / ending term dates. **Example: beginning May 2014 ending May 2015.**
- **990-N ePostcard** — Units and state departments are required to file the annual 990-N ePostcard. This is an IRS requirement. Failure to file for three consecutive years results in the revocation of the unit's exempt status. After filing, send confirmation to state and national headquarters to remain in compliance with the national bylaws.
- **Forget-Me-Not Drives** — Income from Forget-Me-Not Drives shall be used solely for service to disabled veterans, their dependents and survivors, and for no other purpose.
- **Life Membership Pins**—Members who began their life membership on or after July 1, 2013, have until June 25, 2014, to submit final payment to qualify for the complimentary life membership pin.
- **Annual Dues** are not credited toward a life membership. Please advise potential members of this policy.
- **Unit Mail** is sent to Adjutants, but is not their personal mail. Take all communications to the next unit meeting and share with the members.
- **Annual Senior and Junior Payments**—Mark appropriate membership year when submitting renewals. **Example: 2013-2014 for current membership year or 2014-2015 for the membership year beginning July 1, 2014.**