

Dear Brothers and Sisters,

An old man was walking on the beach one morning, after a storm. In the distance, he could see someone moving like a dancer; as he came closer, he saw that it was a young woman picking up starfish and gently throwing them into the ocean. “Young lady, why are you throwing starfish into the ocean?” She said “The sun is up, and the tide is going out, and if I do not throw them in, they will die.” “But young lady, do you not realize that there are many miles of beach and thousands of starfish? You cannot possibly make a difference.” The young woman listened politely, then bent down, picked up another starfish, and threw it into the sea.

“It made a difference for that one,” she smiled.

This simple story, shared by our National VFW Auxiliary President Lois Callahan, captures the heart of the **Veterans & Family Support Program** here in Arizona. YOU may not be able to solve every challenge faced by every veteran or every family member. But when we help one person, when we ease one burden, answer one question, guide one spouse, support one caregiver, or connect one veteran to the resources they desperately need **YOU HAVE MADE A DIFFERENCE.**

And that is exactly what our program is built on:

**small acts of service that create life-changing impact, one person at a time.**

Let’s not measure our personal success by grand gestures or sweeping statistics but in moments of often unseen moments where one volunteer steps forward to help one veteran or one family.

- Maybe it is you sitting with a veteran’s spouse to help them understand VA benefits.
- The phone call made to check on a caregiver who feels overwhelmed.
- The ride offered to a veteran who has no way to get to a medical appointment.
- The simple act of listening when someone needs to talk.

These moments may seem small, but to the person receiving that support, they mean everything. Just like the starfish, each life touched is a life changed.

Just like The Starfish Story, support our Veterans and their families, at least one at a time.

Loyalty

Ray Williams  
VFSChair