

November 15, 2025

UNWAVERING SUPPORT



FOR UNCOMMON HEROES®

Arizona VFW Auxiliary Newsletter

Visit our Website

Every day, you have two choices:
To focus on what's wrong or to
embrace what's right. Choose
gratitude. Choose joy. Choose to
see the beauty in the little things,
and life will become even more
incredible than you imagined.

Some of you have asked to be able to read all the articles in their entirety in one place. On our webpage - www.vfwauxaz.org under the Arizona VFW Auxiliary Newsletter you can now find each month's articles all together. Click [here](#) to go directly there.



Americanism Heather Lyn

Hello Arizona Auxiliaries,

Hope you all found great ways to honor our Veterans for Veterans Day. Did you post your Auxiliary's event or events you attended on social media? Did you use the Hashtags? Make sure to use them so we can see what great things the Auxiliary is doing.

Have any of the things your Auxiliary has done met the Americanism National Citation criteria? If so, the entry form, which is required, is available in MALTA under Member Resources. This completed entry form (with photos, please) is

due to me as the Department Americanism Chairman by March 31, 2026, for judging.

To read the rest of this article click [here](#).

Auxiliary Outreach Amy Bennett

Auxiliary Outreach 2025-2026

[#AuxiliaryOutreach](#) and [#az2526outreach](#) or
[#az2526AuxiliaryOutreach](#)



I love the feel of the crisp and cool mornings now that Autumn is here! What a perfect time to get out and enjoy the weather! Many of our comrades enjoy the outdoors as do many Auxiliary members. Have you thought about volunteering at a local, state, or national park **with** your Post members or even with another Auxiliary in your area? Here's a great link to find out how you can help out at a State Park in your area: [Volunteer Opportunities in Arizona State Parks: Conservation & Education](#)

Over this past weekend, I had the opportunity to connect with many community partners and asked them if they need helpers with their programs. I spent time with our Comrades at the AZ State Fair and talked with the public about how we, as a veteran's organization, want to partner with others outside of our standard realm. It spurred a lot of great conversations and goodwill! And then I attended "Yes Day for Autism Research" and checked in with the vendors there picking up information on their organizations and how we can help. Autism is also an adult disability, and some organizations need assistance with this precious group of people. In fact, **December 3rd is International Day of Persons with Disabilities.**

To read the rest of this article click [here](#)



Buddy Poppy/National Home Peggy Welch

Go Team Department of Arizona! We are going strong to meet our Buddy Poppy/National Home goals!

Some reports from Auxiliaries are noted:

- Auxiliary 2066 – September 9th: Presentation to the Nogales High School AF JROTC classes on scholarships, Buddy Poppy, National Home, Auxiliary, Veterans and Family Support, Americanism, POW/MIA, and Blankets for Bryan. 150 cadets attended over 6 classes. October 15th: Partnered with the Santa Cruz Workforce Development for 2025 job Expo & Services community event. Comrades and Auxiliary promoted Membership, Americanism, Scholarships, and Buddy Poppy. Giveaways and business cards were available.

- Auxiliary 1433 – September 20th: Hosted a joint VFW/Auxiliary Membership, Buddy Poppy and National Home Drive outside a busy restaurant from 6-9 pm. Timing and location helped make it successful with Relief Fund donations and 5 applications for the Auxiliary.
- Auxiliary 9972 – November 4th: Stuffed gift bags for Veterans in care facilities, including Buddy Poppies. November 6th: Membership and Buddy Poppy Drive
- Auxiliary 10254 – October 12th: Held a Buddy Poppy Drive with a bake sale outside the General Store. Donations were received for the Relief fund and the fund to help rebuild Post 10254.

To read the rest of this article click [here](#)



Historian/Media Paulette Marshall

Certainly, it is the time of the year when we give thanks for not only our Veterans' but also just the ability to serve our communities. As I know that many of you have multiple activities planned, what can you share with the world about your activities? I know personally that I love to take pictures of our activities but get wrapped up in the moment often at my Post home, living in the moment and forget to document the day. But I am so thankful for those share those photos for our social media.

To read the rest of the article click [here](#)

Hospital Amy Timbes

Let's jump right in. Holidays are here and are lonely for a lot of people. Volunteer and visiting opportunities are based on the facility where you go. Whether it is a VA facility or a local hospital, assisted living, or nursing home bet you find some veteran family members.



When looking for projects you could consider making up some cards or bookmarks with positive affirmations. You will find a wealth of these affirmations on the internet. I googled positive affirmations for mental health. We all need these.



Here are examples:

- I am worthy of love and happiness.
- I am enough, just as I am.
- I am grateful for my unique qualities.
- I have the strength to overcome any challenge.
- I choose to focus on the positive aspects of life.
- I focus on the small moments of joy.



Legislative Becky Baldwin

Catching the Legislative Waves: Arizona Auxiliaries Making a Splash!

Arizona Auxiliaries are riding high on this year's **Legislative Wave**, and the tide of advocacy is strong! Here's who's been hanging ten with **#az2526legislative**  

Auxiliary 1433 – Surfing for Knowledge

Members dove right into the **Arizona Legislative Session** and came back with a wave of valuable information to share. Knowledge is power!

Auxiliary 10386 – Making Waves on Social Media

By posting about **VFW Legislative Priorities**, they're helping our message roll through the social media

To read the rest of this article click [here](#)

Membership Crystal McCarthy

Grateful Hearts, Strong Auxiliaries



As we gather around tables this season, it's the perfect time to pause and remember what we're truly thankful for—**our members**. Every single one of you is a vital part of our Auxiliary family, and your presence makes our mission possible.

We're thankful for the ones who show up at every meeting, always ready with a helping hand. We're thankful for the Life Members whose commitment keeps our foundation steady, year after year. We're thankful for the "canteen crowd," the ones who may stop by for a drink or a meal but whose membership still strengthens our numbers and keeps the doors open. We're thankful for the volunteers who put in hours behind the scenes—whether it's cooking, cleaning, decorating, or just showing up with a smile. Lastly, we're thankful for our Auxiliary officers who guide, organize, and keep us moving forward together.

Just like a Thanksgiving feast, every dish on the table has its place—and every member brings something valuable to our Auxiliary. From the turkey to the cranberry sauce, from the mashed potatoes to the pumpkin pie, it all comes together to make something memorable.

To read the rest of this article click [here](#)



Scholarship Irene Nowacki

Now that we are all coming out of our sugar comas from all that Halloween candy, hopefully you have all had the opportunity to hear some of your applicants' speeches and essays for VOD & PP. Are you planning to have an awards ceremony, dinner or celebration for those that were chosen to go to the next level? Let's show these contest winners some appreciation and love. We sure do have some truly talented youth out there.

Speaking of talented youth, now is the time to push those art contests. Schools will be out for the upcoming holidays and what a better chance to take the time planning their project and getting a head start on it. **3-D Patriotic Art and Young American Creative Patriotic Art** contests will be due before you know it. The end of the year always flies by in the blink of an eye.

Deadlines for these two contests are **March 31st, 2026**, to the sponsoring VFW Auxiliary for judging. Open to youth in grades 9-12. If you know of a crafty youth in your area, get them this information. Let's get a plethora of entries this year. We love to see the talent each and every year.

To read the rest of this article click [here](#)

Veterans and Family Support Ray Williams



This time of year, can be the most overwhelming with feelings of isolation and loneliness. People wishing you to "be of good cheer" and "Happy Holidays" when one is away from home or feeling helpless, drowning in the day to day, may add to personal anxiety. Recognizing signs of distress, offering to include someone, being willing to listen – may save a life.

The residual effects of the government shut down, articles claiming Veterans are taking advantage of the system, and pride- we have been trained to be proud and problem solvers, may leave long lasting, unseen scars.

How can we as Auxiliary, Veteran, Caregivers, Family, Community help to ease this anxiety?

To read the rest of this article click [here](#)



Youth JaNice Robertson

With the Holidays upon us and the youth having days off from school now would be a wonderful time to start a reading program. Any Auxiliary member can be a "Reading Buddy" which is the member listening to children read. Host a Reading Buddy event at your post with hot chocolate, cookies and a good book. Be familiar with the "Patriotism through Literacy" book list. [25-26Patriotismthroughliteracylist.pdf](#)

Check to learn if the local library has some of these books or if not consider suggesting donating some from the Auxiliary.

Holidays can be an especially difficult time for shut-ins and those away from home. Invite Youth Groups to help with filling boxes for our Troops, those in need, holiday food drives, placing Wreaths at a Wreaths Across America Ceremony (Dec. 13), coloring wreaths for Veteran or hospital patient shut ins. A note from a child to help someone feel not forgotten will be 2-fold rewarded.

To read the rest of this article click [here](#)

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