

July 15, 2026

UNWAVERING SUPPORT



FOR UNCOMMON HEROES®

Arizona VFW Auxiliary Newsletter

Visit our Website



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.

She's cute. She's patriotic. She's popping up in future newsletters...but she can't do it without a name!

Give us your best suggestion (or two!) by completing the form at the link below. We can't wait to see what you come up with!

 Name Submission Form: [Click Here to Submit A Name](#)

Help Us NAME OUR NEWSLETTER Mascot!



Meet our fun little gal—our new
Arizona newsletter mascot!

She'll be popping up throughout the year
with tips, reminders, and a few surprises.

But first, she needs a name!

WE'RE INVITING
ALL ARIZONA MEMBERS
TO SUBMIT THEIR
Best Name Ideas!



CONTEST RUNS
Now through
AUGUST 15, 2026



THE WINNING NAME
will be chosen by the
Department President
and revealed in the
SEPTEMBER NEWSLETTER!



**AND THE FUN
DOESN'T STOP THERE...**

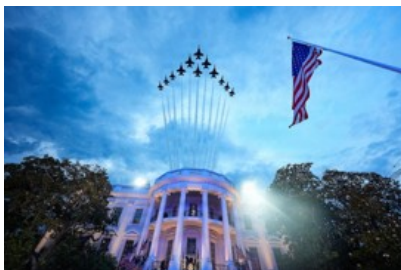
Once she has a name,
let's find her each month!
Look for her hidden
throughout the newsletter.
See if you can **FIND HER!**

SO PUT ON YOUR THINKING CAP!

Send us your best name idea and help welcome our
newest *Team Arizona* friend!



**THANK YOU FOR BEING PART
OF THE FUN AND THE TEAM!**



**Americanism
Christina Maiville**

Hello VFW Auxiliaries! My name is Christina or Crissy Maiville, I am so excited to be the Americanism Chairperson for 2026/2027 during the 250th Celebration of the United States!

While I am a relatively new face to the VFW Auxiliary, I have spent a lot of time in other acronym organizations. Starting in high school with the FFA, then got married and was pulled into the Army Reserves FRG, then later when my kids started school the PTO called and I answered. Now I get to spend my time with my husband in the amazing VFW and VFW Auxiliary community!

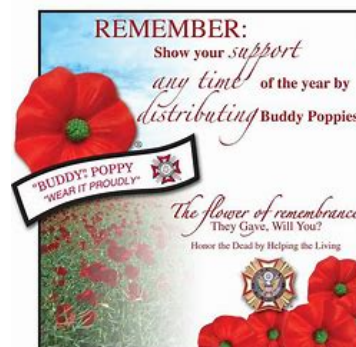
I am excited to see and learn from the diverse membership in Arizona over the upcoming year. I also hope to bring my past experiences and my own unique style to this position. I am most excited about the POP images each auxiliary gets to create!

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

Buddy Poppy Raelene Lam

“In Flanders Fields the poppies blow....”

Hello, I am Raelene Lam, Arizona Poppy Chairman for 2026 / 2027. The mission for the Arizona VFW Buddy Poppy Program is to help the state of Arizona, recognize, then reflect on the treasure of this small three-part flower known as the Buddy Poppy.



The original Buddy Poppy is the stem, the red silk pedal and the label. This beautiful poppy is recognized as the memorial flower, which its distribution has raised funds for charitable programs on behalf of the needy and disabled veterans, and surviving family members of deceased veterans.

My wish is for AZ VFW Auxiliaries to implement the Buddy Poppy in every event we host. It is important that our community is familiar of the presence and benefits of the Buddy Poppy. The more it is seen by the public, the more opportunities we will be given to share information on the Buddy Poppy Program.

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



Historian/Media Paulette Marshall

Welcome to the new Auxiliary year!

Department Convention was busy as always. I have been blessed to see so many of you through the last year. Sorry if I didn't get connect with you one on one at the convention. Know I saw you but it is definitely busy being the Media Relations chair, constant camera in hand. If you didn't attend, you really missed out. I love connecting with friends old and new.

A quick introduction of myself. As well as being the returning Historian/Media Relations Chair, I have been a life member since 2021 and have found an absolute home with the Dept. of AZ Auxiliary. The mentoring I have received through MITs, District Meetings and just the ability to ask questions is a testament to the strength and commitment of the Auxiliary to bring fresh faces and encourage new member participation.

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

Hospital Pat Stinson

I would like to take this opportunity to introduce myself to the State of Arizona Veterans of Foreign Wars Auxiliaries. My name is Patricia Stinson and I am a resident of Mesa, Arizona. I am a proud member and past President of VFW Post 7968 Auxiliary. I have the privilege of being the daughter of a Navy veteran, the wife of an Air Force veteran and the mother of an Army veteran.



Now that that's out of the way, we have started the year out right with a great day at the Phoenix VA Hospital. On July 1, 2026, six of our volunteers (along with volunteers from other organizations) served lunch to over 300 veterans and hospital staff at the Phoenix VA Hospital. This was to help our veterans celebrate the 250th birthday of our great nation.

One of my focus points of this year is to get more people get involved in volunteering to help our veterans. There are numerous ways to volunteer in the Hospital program.:

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



Legislative Connie Hargreaves

My name is Connie Hargreaves, and I am this year's coach for our Legislative Advocacy Team. My qualifying veteran is Thomas Hargreaves, a retired Navy Veteran who served did three tours in Vietnam.

From First Down to field goal or touchdown, the VFW Auxiliary voices can be heard over the roar of the crowd. We need to run down the field, make our downs and passes and beat the opposing team of lawmakers.

We are Team Veteran Advocacy! We are the voice!

Audible - talk to lawmakers

Defense – know the bills and the reasons, pay attention

Victory – pass on knowledge to complete the goal
Offence – use the VFW tools
Carry – don't drop the ball, take it to the finish
Assisted – rely on your team and members
Completion – make your voice count
Yard – one bill, one step at a time, carry and protect, go that last yard

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

Membership Bambi Johnson

In the 250 years of freedom that this wonderful United States of America has enjoyed, approximately 41 million people have served in our military and still that is only about 2% of the population.

Let us have a military pride campaign this year,
"Who Do You Stand For?"

Have members carry a card with the names of all family members who served in the military throughout our country's 250 years. Keep the card with your auxiliary card and view it every time you need that auxiliary card, to revitalize your pride and dedication to our mission because,
You stand for Them.



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



Scholarship Alison McHose

This exciting Auxiliary year ties nicely into the 250th birthday of our great country. Students have an opportunity to express their patriotism, support of and appreciation for service of our veterans throughout all branches, while at the same time competing for tremendous scholarship dollars.

Our main goals are to 1) encourage student participation; 2) recognize the recipients who are selected; 3) promoting scholarship opportunities and 4) assisting in the increase of funds to be given in the form of monetary prizes.

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

Veterans and Family Support Irene Nowacki

Greetings VFW Auxiliary members!

My name is Irene Nowacki. It is my honor to be the Veterans and Family Support Chairman this year. I look forward to working with all of you on promoting this most important program.

Veterans and Family Support is the one program that **MUST** be completed each year. We must advocate for our veterans on mental health, PTS(d) awareness and so much more.



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



V F W
N A T I O N A L H O M E

VFW National Home Peggy Welch

Hello Arizona!

This year I will be the Department of Arizona National Home Chairman. Many of you know me from last year, but for those that don't let me tell you a little about myself. I spent most of my adult life in Tempe, AZ and in 2020 my husband and I were looking for a less hectic place to live, so we moved to Three Points, AZ just outside Tucson.

There my husband joined the VFW as a Vietnam Marine, and I joined the Auxiliary under him. I became active in 2022, first as Buddy Poppy Chairman for Auxiliary 10254, and, later as Trustee. Last year I was honored to be your Buddy Poppy/National Home Department Chairman. This year I look forward to continuing to promote the National Home with all of you.

The program kickoff at the Dept. Convention was awesome. We have a football theme this year that will be carried on throughout the year. To reach a touchdown each Auxiliary will be encouraged to

- *Creatively Promote What and Where the National Home is,
- * to Educate about Who is Eligible for the program, and
- *to Provide Financial Support for the programs at the Home.

Your field goal will be an entry for the National Citation Award for most creative education of what and where the National Home is located.

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

Youth Crystal McCarthy

Hello Team Arizona from Youth Chair Crystal!

I am beyond excited to kick off this year as your Department Youth Activities Chairperson! As a lifelong Denver Broncos fan, combining football season energy with Youth Activities feels like the perfect game plan for an incredible year ahead.

This year, our focus is simple: start where we are, use what we have, and make meaningful connections with the youth in our communities. We don't need giant budgets or complicated programs to make a lasting impact. Sometimes the smallest efforts create the biggest wins.



Our game plan this year revolves around three simple “plays”:

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

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