

# VFW Department of Wyoming News – September 2016



## September Post Charter Anniversaries

Washakie Post 3093, Worland, 9/08/1934

Carl Kuemmerie Post 2516, Newcastle, 9/04/1932

Devils Tower Post 4311, Sundance, 9/15/1945

Laramie Peak Post 3558, Wheatland, 9/11/1936

Laramie Post 2221, Laramie, 9/17/1931

**VFW 2016 Federal Elections Survey:** There are 2.2 million service members and 21 million veterans. Including spouses, surviving parents and voting age children, the estimated military/veteran voting bloc exceeds 100 million. With another federal election year upon us, the VFW believes it is important to survey our members to better understand how our community thinks. The 16-question survey will run through Sept. 12, 2016. Please take the survey and share with other comrades: <https://www.research.net/r/VFW2016FederalElectionSurvey>. *Only 17 people from Wyoming have taken this survey. Let's do better!*

**Free Flu Shots:** From now through March 31, 2017, all veterans enrolled in the VA health care system can receive free flu shots at any Walgreens or Duane Reade pharmacy. The joint outreach health initiative is designed to help serve veterans closer to where they reside. Veterans must bring their VA identification cards with them, as well as another photo ID, and complete a short four-question application, which will be used to automatically update their VA Electronic Health Records. No appointments are necessary.

**Reminder: The 2016 School of Instruction is September 24.** The training is especially good for commanders, adjutants and quartermasters, but anyone in a post wanting more information about VFW programs is welcome to attend. The training will be held at Casper Memorial Post 9439, 1800 Bryan Stock Trail, Casper, Wyoming. Lunch will be provided by Post 9439's "Grill Masters." They need a head count, so please have your forms into me by September 12.

**Reminder:** The first two Fall District meetings are just around the corner.

District 3 – Saturday, September 24, Post 9439, Casper – Immediately after School of Instruction

District 1 – Sunday, October 2, Post 2281, Thermopolis – 10:00 am

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## Important Days in September

September 11 – Patriot Day

1:00 – VFW Post 4343 Patriot Day Ceremony, Cheyenne, WY

September 12 – Pine Bluffs Veterans Memorial Dedication, 211 Main Street

1:00 – BBQ

2:00 – Ceremony (Governor Mead is Guest Speaker)

September 16 – POW/MIA Remembrance Day

September 25 – Gold Star Mothers Day

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## National Commander's Project

On August 8, Brian Duffy and Colette Bishop told us all about the Mental Wellness Campaign and "A Day to Change Direction," the day of action with Give an Hour and the Campaign to Change Direction.

1. Conduct a community service project of your choosing on or near October 8.
2. Discuss mental wellness in the context of "Know the Five Signs" of emotional stress.

Please familiarize yourself with the Campaign to Change Direction and their training on "Know the Five Signs." This can be done via the website:

<https://www.knowthefivesigns.org/tools/oc/Bo/KnowTheFiveSigns>.

Consider signing a pledge to support the Campaign to Change Direction as a Post, Auxiliary, or Department, which you can do via this link, and signing up as a "Military" supporter:

<http://www.changedirection.org/make-a-pledge/partner-pledge/>

If you plan to support this effort, email or call the Department Quartermaster so we can sign up with National.

