

# CHECKPOINT



## VFW Checkpoint – October 2022

We hope you enjoy this installment of your Checkpoint newsletter.

Please take this opportunity to see what other Posts around the world are doing to better their communities. Be sure to share the valuable information you get here with your fellow VFW members. If you know someone who is not receiving Checkpoint, encourage them to email [magazine@vfw.org](mailto:magazine@vfw.org) and get signed up.

This issue of Checkpoint features a former Army Ranger's story about how VFW's Sport Clips Help a Hero Scholarship is helping him achieve his educational dreams. Members from a Post in Florida banded together to make much-needed improvements to the home of an area veteran. In New York, a Navy vet has become the first female commander of her Post. In a fun twist, her mom is leading the Post Auxiliary. Read this and more in your Checkpoint.

Be sure to let us know what you are doing in your community. We always are looking to promote the great efforts of VFW. Email [jdyhouse@vfw.org](mailto:jdyhouse@vfw.org) your suggestion, and you just might see it in an upcoming issue of Checkpoint.



### Florida Post Launches Teaching Garden

VFW Post 2811 partnered with Grow Gainesville to create a gardening opportunity for veterans. [Those involved have felt and witnessed the therapeutic nature of gardening.](#)



### Combat Trauma Course Offered at VFW Post

At VFW Post 5376 in Calhoun, Ga., a free combat trauma course is well underway for veterans and their families. The 12-week session is the first of its kind for the Post as well as the town. [Post leadership saw a growing need in the community for such a class.](#)

## Injured by Camp Lejeune Water?

How to choose the right law firm



### A March to Remember

Two Illinois Posts joined forces to commemorate the 21<sup>st</sup> anniversary of the Sept. 11, 2001, terrorist attacks. [In conjunction with Team Red, White and Blue, the Posts orchestrated an 11-mile "Patriot's Day Ruck."](#)



### VFW Post Commander Celebrates 100<sup>th</sup> Birthday

World War II veteran Victor Fuentealba of Parkville, Md., celebrated his century landmark with family and friends. [The commander of VFW Post 9083 said he joined VFW in 1946 while recovering from war wounds at a hospital in New York.](#)



### Camp Lejeune Vets: Weigh Your Options

Before plunging into a lawsuit regarding contaminated water at Camp Lejeune, VFW encourages those affected veterans to first visit a VA-accredited VFW service officer. [For those already involved in a lawsuit, you can still remove yourself before a judgment is made.](#)



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### Honor the VFW with a Gift in Your Will

When it comes to your will and estate plans, your loved ones should always come first. After your family has been taken care of, we ask you to evaluate the VFW's place in your overall plans. If you're interested in supporting the VFW - and your fellow - with a gift in your will, please contact the VFW Planned Giving Office for more information at 816.968.1119, email [plannedgiving@vfw.org](mailto:plannedgiving@vfw.org) or visit [vfw.org/plannedgiving](http://vfw.org/plannedgiving).



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