



Department of South Carolina

SENTINEL



Commander – ED STEFANAK, Jr



VETERANS OF FOREIGN WARS.

South Carolina

Auxiliary President – BETH TUFTS



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FOURTH QUARTER (Oct - Dec) 2022

ALL AMERICAN STATE 2021-2022

*It's not the price you pay to become a member.
It's the price you paid to become eligible!*

HAVING PROBLEMS? NEED TO TALK TO SOMEONE?...The “VETERANS CRISIS LINE LINE” is open 24/7. Just call 1-800-273-8255 and press 1. It takes an average of 8 seconds for your call to be answered. You are NOT alone!

HOT!! – The FCC has approved a new, 3 digit (988) crisis line (acts in the same principal as 911). It connects with the National Suicide Prevention Hotline. Just dial 9.8.8. and then option 1 (veteran)

VA WOMEN VETERAN HELP LINES...1-855-829-6636 or www.womenshealth.va.gov

*****The five signs of emotional suffering: PERSONALITY CHANGE, FEELING AGITATED, FEELING WITHDRAWN, POOR SELF-CARE AND FEELING HOPELESS.**

If you are frequently in any one of those. PLEASE call one of the helplines listed above !

Want to stay current with VA & VFW issues? Go to vfwac@vfw.org and sign-up for “Action CORPS Weekly”.

Want to stay current with what is happening within the VFW in S.C.? Just go to VFWSC.org.

GET YOUR FLU SHOT !! Why you are at it – Have you gotten a PNEUMONIA or SHINGLES shot. What about the COVID shot? How about the COVID Booster Shot? As of this writing, there are still 71 MILLION people in America who have NO COVID shots.

Are you a veteran of Afghanistan? Or the family member of a veteran who served there? And you/they need some help. Contact 877 – WAR – VETS (877-927-8387). This is a 24/7 helpline.

*****In 2021 there were more than 8,000, military-on-military, sexual assaults reported to DoD**

COVID – Is NOT dead! So far this year over 1.7 MILLION South Carolinians have had COVID or experienced COVID like symptoms. There are still over 450 people dying each week from COVID or COVID related symptoms/illnesses.

THE NEW COVID BOOSTER SHOT IS NOW AVAILABLE! CONTACT YOUR VA

WASHINGTON — The Department of Veterans Affairs published “[Whole Health System Approach to Long COVID](#)” — a guidebook for caring for Veterans with Long COVID.

*****The Greatest Generation recently lost its last WW II Medal of Honor recipient in the death of 98 year old Hershel "Woody" Williams. He earned his Medal of Honor on Iwo Jima in February of 1945. Giving back to veterans his whole life. He started a foundation that built Gold Star Memorial Monuments, for Gold Star Families, in communities throughout the country. COURTESY DAV Magazine**

Greetings from Your Department Auxiliary Commander



Hello Department of South Carolina!

This is your very excited Department President writing here!!

I can tell you are all having fun working to be a Bumblebee Auxiliary. I can hear bees buzzing everywhere I go. Some of you are having a very successful year. As I write this, we are at nearly 94% in membership and memberships are still coming in everyday! As you read this, I am sure we will be over 100%. I know you have all been working hard to

make our Department successful. I truly appreciate your hard work.

I look forward to seeing you next month at our Department Conference on February 17th to 19th. I hope you are planning to participate in our Brown Bag Auction on Friday night. Please put your donation in a brown paper bag. Donations can be made by any Auxiliary or individual. The more items we have, the more money will be donated to my special project, the TAPS program. Information on delivery will be available at the registration desk. Be sure to donate something that you would like to win!

At the Conference will be having our last COA meeting until the Convention in June. The Conference is late this year, and we won't have time to have another one. So don't miss the one in February! Don't forget that any Auxiliary or individual that donates \$50 or more to my special project, the TAPS program will receive a gold pin award at our meeting.

Don't forget you have to have all your reports to your Department Chairman no later than April 1st.

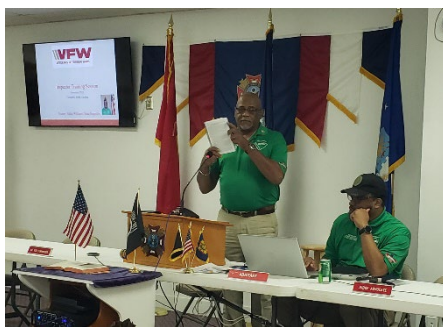
Please contact our program Coordinator, Theresa Montague, at 803-463-3524 if you have any questions or concerns.

We are honored that our National Council Member, Deborah Crowder, will be our National Representative at our Conference. She will be here from Friday, February 17th until Sunday, February 19th. Let's all be there to give Deborah a resounding welcome and let her know that we are proud to have her as our National Representative, Council #9.

I so thank you for the love and support you showed to me during my surgery and recovery last August and September. I can never explain what your encouragement and prayers mean to me. I cannot thank all of you enough.

Every day we prove we bee-live in our Veterans! Keep up the good work!!

COUNCIL of ADMINISTRATION – YOUR Departments latest CofA was held on November 5th. There were about 50 members in attendance (this includes ZOOM)



Picture1: Inspector Training being conducted by Eddie Williams

Picture 2: Walgreens was in the house giving FLU SHOTS.

Picture 3: District 2 receiving the Membership Trophy (temporarily??)

Pictures and info courtesy of GINGER GRAHAM

Greetings from JIM FOX – Sr. Vice-Commander

The 2022-2023 year is moving at a rapid pace. I would like to congratulate all of the posts that have participated in reporting their community service. The report card currently looks the best it has ever been. Keep submitting those reports. Membership: The CIC is asking that every member recruit at least one new member and mentor that individual. Renewals and retention are also just as important for each post to work on thru the entire year.

Also, all posts are required to have a minimum of two documented recruiting events accomplished on their own or with a district recruiting event, in order to be eligible for All-American.

I am also asking post officers to consider stepping up and running this next year to a district or dept position. Dedicated leadership is critical for the future of the VFW.

I look forward to seeing everyone at the midwinter conference in February here in Columbia.

Happy New Year!



Jim

Greetings from DARREN WISEMAN – Veterans and Military Support Chairperson:



Greetings South Carolina. For those that do not know me, I am Darren Wiseman, the Department's VMS Chairman and Sr. Vice Commander at Post 8738. With being on the job now for 6 months, I can tell you that I think the Department's VMS program is moving in the right direction. When I took this position in July, I set a few goals for my first year on the job and one of those goals was to promote, grow and emphasize the importance of the VFW's Adopt A Unit Program. This program brings a two-fold approach. Firstly, it allows our members to give back to veterans, reinforcing our motto, "Nobody Does More For Veterans". Secondly, being active in the program acts as a tremendous recruiting tool as we are able to get our message out to potential comrades. In July 2022, the Department as a whole had only 4 Posts actively involved in the Adopt A Unit Program. As of January 1, 2023, I am happy to report that the Department now has 11 Posts enrolled into the program. Within those 11 Posts, there has been great strides made as Posts are actively visiting various military units around the State, promoting the VFW. I am also extremely proud to report that since July 2022,

Post's throughout the Department have donated a combined total of \$41,912.90 to veterans throughout our State. Outstanding to say the least.

As we begin 2023, it can be easy to get caught up in New Year's Resolutions. For the most part, these resolutions tend to be forgotten about after only a few weeks. My challenge to you - set a Post New Year's resolution of participating in the Adopt A Unit program by February 1, 2023. If anyone needs any help in accomplishing this resolution, do not hesitate to reach out to me and I will be more than happy to walk you through the process. Information on the Adopt A Unit program can be found here, <https://www.vfw.org/community/troop-support>.

In closing, the VFW Sports Clips Help a Hero Scholarship program kicks off January 1, 2023 and runs through April 30, 2023. This is a great program for those wishing to continue their education and to do so with the help of the VFW. I would encourage anyone interested to visit <https://www.vfw.org/assistance/student-veterans-support> for more information.

I would like to thank each of you for all that you do for our veterans and comrades alike.

Yours in comradeship,

Darren Wiseman
VMS Chairman

AROUND THE STATE

North Myrtle Beach Post 10804

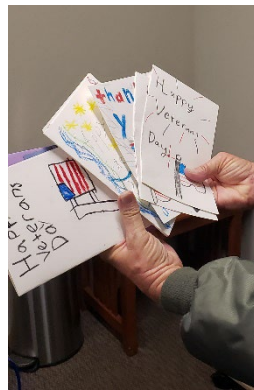
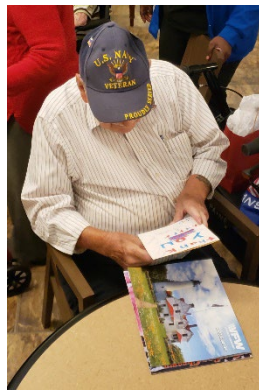


PICTURE 1: Post 10804 member Bill La Monte and Post 10804 Commander Mike Mishoe stand at the back of Bill's truck which is loaded with 794pounds of non-perishable food items being delivered to the Myrtle Beach VA Clinic.

PICTURE 2: Is Bill & Commander Mishoe with the VA Clinics Volunteer Services Coordinator Mrs. Anderson as she accepts delivery of the food which will be used in their United to Combat Hunger, curbside delivery service program which feeds area veterans in need and their families.

NOTE: This delivery was made possible by a VFW National Grant from their UCH Grant Program, that Bill secured for the post.

Lake Murray Post 6740



Veterans Day is a wonderful opportunity to connect with veterans! Thank you to Lakeside Place Senior Center, for once again inviting Lake Murray VFW 6740 to visit on this special day. After the National Anthem and the Pledge of Allegiance we shared stories about Veterans, our post and the VFW. One of the residents, an 88 year old Korea vet, was a Past Commander of Columbia VFW 641. He specifically requested that we share info about the VFW's Buddy Poppy Program; fortunately, we'd included a Buddy Poppy and a pamphlet titled "The Story of the VFW Buddy Poppy" in their tote bags.

16 veterans received a veteran tote bag filled with: a VFW Calendar, a magazine, various snacks, a pair of socks, lip balm, deodorant, veteran note pad, pen (donated by Iron Horse Lawyers), a water bottle (donated by Burriss Law Firm) that we filled with hard candy, a flag, a Buddy Poppy, and a pamphlet about Buddy Poppies. Lastly, each bag had two hand-crafted cards for veterans, donated by Mironda Perkins and Charles Holloway.

Thank you Comrade Howard Barr and Auxiliary Dept Treasurer Carol Long for joining me on this wonderful day: rain or shine, we always make time to serve those who served our country! #stillserving

THIS IS what Veterans Day is all about! Thank you Lake Murray Post 6740 and Ginger Graham for the story & pictures.

Dillon VFW Post 6091 Members were invited to the Thorne Retirement Home Christmas Party on December 21st in Lake View. The party included seven veterans (4 Army, 2 Marines and 1 Air Force)

Our District 7 Chaplain Bill LaMonte in a November email asked Posts across the state to reach out to Veterans in care facilities over the Christmas season to let them know that we care about them. Our response is that we contacted the 3 care facilities in Dillon, Lake View, and the Fork

community and identified 1 Veteran at Dillon/The Pines, 7 Veterans at Lake View/Thorne, and 4 Veterans at Fork/Carlyle Senior Care. Due to COVID restrictions we could not visit all 3 facilities, but we sent Christmas cards to all 12 Veterans. And were able to visit those at the Lake View location. Chaplain Bobby McLean and Comrade Tommy Hayes had volunteered to attend with me. Other members did sign-up and attend this event.

John Harlow,

Commander Dillon VFW Post 6091 :-)

WHAT IS the most important document you could possess (besides your DD 214)? Most will say a **WILL**, but, if you are a caretaker of someone (other than your spouse)? That document you need is a **POWER of ATTORNEY**. That document legally allows you to handle the financial (and sometimes medical) affairs of a person who becomes incapacitated. Without it, it may take months and thousands of dollars in legal fees for you to be able to handle that someone's financial/medical affairs. The most common Power of Attorney is a "DURABLE" Power of Attorney which simply means it remains in effect until specifically revoked.

A Power of Attorney can be drawn-up by most lawyers, but it is suggested you have the Power of Attorney drawn up in the state where affairs will be conducted. This because many states have their own laws in regards to a Power of Attorney.

A Hodge-Podge of Interesting Subjects

*That, today, there are many places still contaminated by thoe oil spill that was caused by The Exxon-Valdez oil tanker grounding that happened in Alaska in 1989. Oil, in its original pure form, is still being found just below the ground surface in many areas.

***In regards to VA disability and military retirees. There are around 50,300 veterans with disability ratings less than 50% that have the VA compensation deducted dollar-for-dollar from their DoD retirement pay.

There are around 42,000 veterans with a disability rating of 50% or greater who currently qualify for concurrent receipt of retirement pay and military disability.

EVERY VETERAN needs to contact their Congressional Representative and urge that persons support of **H.R. 1282/S. 344 (Major Richard Star Act)**. Retirement pay loss because of disability payments needs to come to an end now!

*How much property does the PENTAGON (DoD) own? – 26.9 MILLION acres in 45 different countries with a real estate value of \$749 BILLION. 3.8 million acres in New Mexico alone.

*Are you a student under the G.I. Bill and you receive Housing Allowance (BAH)? Are you aware that if you have an "INCOMPLETE" grade for any of your courses, you may be required to pay that BAH back, AND even if you continue to try and work that course to completion (with an agreement with the instructor for a specified completion time) BAH will NOT be paid for any time past the regularly scheduled class completion time.

*Did you know tat by spending 20 minutes by a crackling fire. You can lower your blood pressure as much as 8 points. Gazing at a lit candle can have the same blood pressure reducing effect.

*Tattoo guidelines are considerably different between the branches of the military. GAO has proposed a standardized policy for all branches of the service.

TELL US YOUR STORY – My wife and I have a female, Navy Veteran, friend who is putting together a book that will be titled something like : :My Best Day/ My Worst Day in the military”. It will be centered around just that.

What she would like is for any veteran to relate their best and/or worst day that they can recall while in uniform. She doesn’t need names, but would like to have branch of service, your job, years served, what brought about the best/worst of this day. Tell your real story about that day or an event that made that day “that day”.

Please send all inputs to me (Bill La Monte) at 4551billbun@gmail.com and I will forward (she owns a one-person business and cannot afford to have her computer tied up with a lot of these story inputs, so I am acting as the conduit.

COST OF LIVING ADJUSTMENT – For all you veterans under the VA Care System and receiving any sort of VA Compensation. The Veterans Compensation Cost-of-Living Adjustment Act /Public Law 117-191 with its 8.7% increase (same as SS) went into effect on December 1st, with the first checks being issued on December 31st

SUPPORT YOUR LOCAL VFW PARTNERS

SPORTS CLIPS – Official Hair-Cutter of the VFW - Does an annual fund raiser (asking patrons for donations) from October 9th to November 12th. All proceeds go to their Veteran Children’s Scholarship program. To date, Sports Clips, has awarded 2,372 scholarships with a value of over \$11.4 million

HUMANA– A tremendous supporter of the VFW, S United to Combat Hunger campaign, where they helped the VFW and the VA provide **1 MILLION MEALS** to the UCH program, and the Veteran Unmet Needs program. Humana gives to the VFW in a big way. At this year’s convention, Humana gave the VFW checks for \$25,000 each to the Unmet Needs and the VFW National Veteran Service programs

BURGER KING – Since 2007, has donated over \$6 million to veteran/veteran families in need. At a participating Burger King you will be asked if you want to donate \$1 or more to this program. YOUR Burger King not a participant? Why not ask them to join the thousands of Burger Kings US wide?

WALGREENS- Gives tens-of-thousands of dollars to the SC VFW every year. When considering your pharmacy needs. Please consider and buy from Walgreens

TWISTED- X BRANDS– A footwear company based in Texas. This company is the title sponsor of the VFW’S Voice of Democracy and Patriots Pen programs. Before you buy that next pair of footwear. Go to Twisted X Brands and consider buying from them.

HENRY REPEATING RIFLES – Donated **\$50,000** to the VFW at this year’s National Convention. This is a great place to get that one-of-a-kind Raffle item that is sure to help YOUR Post get that extra money it needs to support area veterans.