

# CHECKPOINT



## VFW Checkpoint – November/December 2021

Your Checkpoint newsletter has arrived!

We invite you to 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 recipient of VFW's *Sport Clips Help a Hero Scholarship*. The Ph.D. candidate says the scholarship allows her to pay tuition without so much worry about other expenses. In Hannibal, Mo., home to Mark Twain, VFW Post 2446 commissioned a large mural to attract more veterans. Checkpoint's Veterans Book /club debuted in November. The Book Club's second installment is Jan. 18. Read all of these stories and more!

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 [jdhouse@vfw.org](mailto:jdhouse@vfw.org) your suggestion, and you just might see it in an upcoming issue of Checkpoint.



### Ph.D. Candidate Receives VFW Scholarship

VFW's "*Sport Clips Help A Hero Scholarship*" has allowed LaShonda Hill to pursue a post-graduate degree. [The Navy veteran is studying marriage and family therapy, with an emphasis on military families.](#)



### Missouri Post Welcomes New Mural

In Hannibal, Mo., VFW Post 2446 now has a 400-square-foot mural adorning the front of the building. [The Post's more than 90 members hope the mural will attract more veterans.](#)

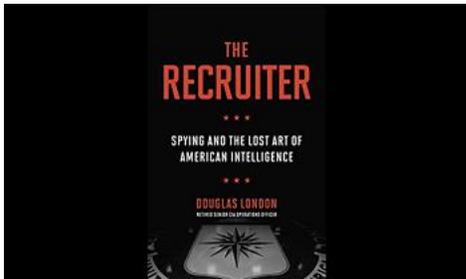
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## Manage Stress so it Doesn't Impact Your Wellbeing

VFW's 2020-2021 National Chaplain offers key tips for reducing stress. [Managing stress may help in learning to adapt to change in an easier way, he writes.](#)



## Second Virtual Author Visit Coming in January

Hear from former CIA recruiter Douglas London as he reads from his new book "The Recruiter: Spying and the Lost Art of American Intelligence." [The first 10 participants to ask a question during the Q&A portion will receive a FREE book.](#)

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## Eagle Scout Preserves Veterans History

VFW Post 2836 in Conneaut, Ohio, recognized an Eagle Scout for his work in creating a database of all veterans buried in a local cemetery. [It took the Scout roughly six years to complete.](#)



## Pennsylvania Post Helps Honor Nearly 4,000 Veterans

A veterans monument in Palmerton, Pa., pays tribute to veterans from the Civil War through the wars in Iraq and Afghanistan. [VFW Post 7134 has been instrumental throughout the past decade to see this memorial project through to completion.](#)



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(1.833.839.8387)**



### **A Simple Way to Help Your Fellow Veterans**

There are a number of ways to support the VFW that don't require you to donate any money today and may only take a few minutes. For instance, have you considered naming the VFW as a beneficiary of your retirement, bank accounts or life insurance policies? For details, see [vfw.org/plannedgiving](http://vfw.org/plannedgiving) or contact the VFW Planned Giving Office at 816.968.1119 or email [plannedgiving@vfw.org](mailto:plannedgiving@vfw.org).



### **Learn About Medical Insurance Options**

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