



*Department of Oklahoma  
Veterans of Foreign Wars*



P.O Box 369, Choctaw, OK 73020  
(580) 359-2963/ [www.vfwoklahoma.org](http://www.vfwoklahoma.org)

March 2026

2025-2026 Series

*"One of the most sincere forms of respect is actually listening to what another has to say" —Bryant H. McGill*

**DEPARTMENT OF OKLAHOMA HEADQUARTERS  
VETERANS OF FOREIGN WARS OF THE UNITED STATES**

**General Orders No. 09**

**2025-2026 Series**

1. Attention is directed to Section 213 of the National Bylaws concerning any Post in arrears for any financial obligations to County Council (if applicable), District, Department and National for fees, dues, poppy money, supply money, failing to have the office of Quartermaster properly bonded in accordance with Section 703, failing to ensure that the Post is properly insured in accordance with Section 709, failing to submit properly completed quarterly Post Trustees Report of Audit, Post Election Report for the ensuing year, or other obligations, shall be deprived of all representation in County Council and District meetings; County Council, District, Department and National Conventions. Such representation shall be restored promptly upon proper adjustment of such deficiencies.
2. Trustees shall not be eligible to serve as an elected officer, Adjutant or on a committee whose books, records and accounts are audited by the Trustees. Among the duties of the three (3) elected Post Trustees, they shall:
  - a. At least monthly, review the Monthly Report of Receipts and Expenditures of the Post Quartermaster.
  - b. Within thirty (30) days from the end of each quarter, properly audit the books and records of the Post Quartermaster, Post Adjutant and any activity, clubroom, holding company or unit sponsored, conducted or operated by, for or on behalf of the Post and submit a Post Trustee's Report of Audit to the Department Quartermaster for referral to the Department Inspector.
  - c. The Report shall be in accordance with and upon such form as may be prescribed by the Adjutant General. The audit shall be signed by the Post Commander and Trustees, who shall, by their signatures, certify to the accuracy of the information contained therein.
  - d. Perform such other duties as may be incident to the office or may from time to time be required by the laws and usages of the organization or lawful orders from proper authority.

3. Proof of Eligibility Requirements for Officers: All Posts, Districts and Departments should be reminded of the provisions of Sections 216, 416, and 516 of the Manual of Procedure that officers, elected and appointed, shall not be installed or assume the duties of their office until proof of eligibility has been submitted to the respective Adjutant and properly reviewed.
4. District Meetings Dates & Changes: District Commanders are reminded to notify the State Adjutant at [okadj@vfw-oklahoma.org](mailto:okadj@vfw-oklahoma.org) or [okasstadj@vfw-oklahoma.org](mailto:okasstadj@vfw-oklahoma.org) of any changes to district meetings including new dates for District meetings.

/os/  
Jeff Harris  
STATE COMMANDER

OFFICIAL:

/ os /  
Heidi Teeter  
Adjutant

## *Commander Jeff Harris*

Hello TEAM Oklahoma,

Well, hope you had a good time at the mid-winter. It was great to have our National Commander-in-Chief Carol Whitmore as our guest. I am hoping that everyone had a chance to get with her and chat. I am very proud of the Ron Albert, the chairman for safety and first responders and firefighters and Jim Bassett with the students. They both did a great job selecting the winners.

Deric Duncan talked about redistricting and how it will be great for the Department of Oklahoma. There will be a zoom on March 15 at 7:00 to better talk about how this will better help us. If you would like to be on the zoom, there will be a link to log into. So please make plans to attend the Zoom so you will get a better understanding of the plans. We already know that not everyone will like this but, please understand this needs to be done. We have been trying to do this for a number of years. With the technology that exists today, we can attend a meeting on zoom so that all district meetings can be attended.

The Washington legislative meeting will be held March 1-5. TEAM Oklahoma will be there to meet with the state Senators and Congressmen. We will push for our 2026 Priority Goals. On March 3 we will be at Capitol Hill to hear Commander-in-Chiefs Testimony. I am hoping this will be a rewarding event as I have never seen this. So, I am hoping the weather will not be too bad as I am driving there.

The state VFW is at 95% on membership so please don't stop with your hard work on getting post and districts at 101%. To make All-State please have your programs worked and reported and be at least 101% in membership. I am proud of the post and districts that have already done this. TEAM Oklahoma is so close to being All American this year, so I am praying that everyone will please get out and help.

In closing comrades, we are still in the winter months, and it is cold, so please check on your elderly members to see if help is needed. Call if you need help with anything, someone will be there to help. Love you all.

T.E.A.M. Oklahoma,

*Jeff Harris*

State Commander  
Department of Oklahoma  
Veterans of Foreign Wars

## *Senior Vice Commander Tony McGrew*

Spring is well on the way!!

March 2026 brings the promise of spring with the vernal equinox on March 20, alongside major celebrations like International Women's Day (March 8), St. Patrick's Day (March 17), and the excitement of

the NCAA Basketball Tournament. We can Enjoy warmer weather, National Plant a Flower Day (March 12), and the start of Daylight-Saving Time on March 8.

March 2026 brings the promise of spring with the vernal equinox on March 20, alongside major celebrations like International Women's Day (March 8), St. Patrick's Day (March 17), and the excitement of the NCAA Basketball Tournament. Enjoy warmer weather, National Plant a Flower Day (March 12), and the start of Daylight Savings Time on March 8. Spring is a time of renewal and new growth for all the earth including us humans. I pray we take the opportunity to embrace it. Here are a few fun facts for Spring from the Old Farmer's Almanac'

- Spring Transition: The vernal equinox occurs on March 20, marks the beginning of spring in the Northern Hemisphere.
- Major Holidays: International Women's Day (March 8), St. Patrick's Day (March 17), and Holi (March 3).
- Time Change: Daylight Saving Time begins on March 8, 2026, offering longer daylight hours.
- Cultural & Awareness Months: March is Women's History Month, National Craft Month, and National Deaf History Month.
- Sports & Fun: The NCAA Men's Division Basketball Tournament ("March Madness") takes place. Other fun days include National Puppy Day (March 23) and Pi Day (March 14).

#### Regional Highlights (Oklahoma Focus)

- Botanical Gardens: Tulsa Botanic Blooms and Myriad Botanical Gardens in OKC showcase spring flowers.
- Festivals: 89er Days Celebration, Dogwood Days, and the Norman Music Festival.
- New Experiences: The First Americans Museum features new, interactive exhibits

Sincerely,

*Tony McGrew*

State Senior Vice Commander  
Department of Oklahoma  
Veterans of Foreign Wars  
Candidate for State Commander

***Junior Vice Commander***  
***Larry Hurd***

Hello from the paw-paw patch.

Well the mid-winter conference has come and gone, and I hope all had a good time. It was nice to see all the seats at that banquet were filled. The past state commanders finally had more present than the past auxiliary presidents, 5 to 1 and only three auxiliary line officers. With the National Commander in Chief and the National Auxiliary Secretary and National Auxiliary Chaplin I thought there would be more auxiliary members at the banquet.

The department had a lot of excellent state program winners, and they will represent the Department of Oklahoma well. District 15 is in the house with the buddy poppy displays.

Do the post members have any questions they would like to ask to our congressional members while I am at the Washington conference?

It was great to find out that a past department commander has been reinstated as a member in good standing and the comrade of the year has been renamed as the Darryl D. Mabry Comrade of the Year.

Remember that delegates need to be elected and dues paid to get ready for the department and national conventions.

All post and district election reports need to be sent to the adjutant by June 1st.

See everyone at our department convention on June 11th to the 14th.

See you there and remember that I am a candidate for the Department of Oklahoma Senior Vice Commander position.

Respectfully,

*Larry Hurd*

State Junior Vice Commander  
Department of Oklahoma  
Veterans of Foreign Wars

## *State Surgeon Deric Duncan*

Over the coming weeks, you will hear discussions about growth, structure, and the future direction of our Department. As your Department Surgeon, I want to speak plainly about something that matters more than any title, any office, or any individual.

The most important voice in this organization is not the voice of the Commander.  
It is not the voice of a District Commander.  
It is the voice of the member.

Everything our Department possesses exists because of the membership. Every dollar in our accounts, every asset we maintain, every program we operate — it is all there because of you. Because you paid dues. Because you volunteered. Because you showed up. Because you believed in something bigger than yourself.

In the weeks ahead, we are looking at ways to expand that voice — not symbolically, but structurally. We are examining how Department funds and assets can be used in ways that directly benefit the membership at the Post level.

When we discuss the possibility of opening investment accounts, it is not about the Department “having more money.” It is about stewardship. It is about ensuring that the resources entrusted to us are working for the members every single day.

Imagine interest earnings being used to:

- Expand and strengthen our Service Officer network so veterans get faster, more effective assistance.
- Grow relief funds so Posts can better help comrades in crisis.

- Provide technology support to Posts that need modern tools to communicate and grow.
- Establish and sustain a Department-level Honor Guard that Posts across Oklahoma can call upon for funerals, patriotic ceremonies, and special community events.

These are not abstract ideas. These are direct impacts on real members.

My commitment is simple: any growth in Department resources must translate into tangible benefits for the membership. If it does not serve the member, it does not serve the mission.

We are not here to build hierarchy.

We are here to build strength at the Post level.

We are here to ensure every member's voice carries weight.

Together, we can move everything forward. Together, as Team Oklahoma, we shape tomorrow.

Respectfully,

*Deric Duncan*

State Surgeon

Department of Oklahoma

Veterans of Foreign Wars

"Bring the Spark, Ignite the Flame"

*Adjutant/Quartermaster*  
*Heidi Teeter*

Comrades,

Mid-Winter is now complete, and I feel relieved. We did have a couple of hiccups that I am addressing with the hotel, but overall, I feel like it went well.

This next part I regret that I have to write but unfortunately, I do. This goes out to every member of our organization. If you are upset about it or feel offended or attacked, then maybe some self-reflection is due. Over the last few months some of the line officers and I have received some disturbing phone calls, and I want to remind everyone what the purpose of The Veterans of Foreign Wars of The United States is pursuant to Sec. 230102 "The purposes of the corporation are fraternal, patriotic, historical, charitable, and educational, and are:

1. to preserve and strengthen comradeship among its members;
2. to assist worthy comrades;
3. to perpetuate the memory and history of our dead, and to assist their surviving spouses and orphans;
4. to maintain true allegiance to the Government of the United States, and fidelity to its Constitution and laws;
5. to foster true patriotism;
6. to maintain and extend the institutions of American freedom; and
7. to preserve and defend the United States from all enemies."

The lying, backstabbing, rumors, and deceitfulness that is going on has got to stop. All this can be considered "Conduct prejudicial to good order and discipline or conduct unbecoming a member in their

relations to the Veterans of Foreign Wars of the United States or other members.” Which by the way is an Article IX offense listed in Sec. 902 of the National Bylaws and Manual of Procedures.

I used to be a substitute teacher for junior high, and those kids acted better and more professional than some of the grown adults we have. When we put that hat on or we are representing the VFW, it is time to put the petty jealousies and trivial personalities aside and work for the betterment of veterans, service members, their families, and our communities. We help each other. We mentor and motivate each other. We do not attack each other, and we do not use family members of our organization to attack others. These actions are in direct opposition to the purpose of our great organization.

It is past time to get The Department of Oklahoma Veterans of Foreign Wars back to what it used to be and back to focusing on the mission of the VFW; it takes each and every member to do this. We MUST work together as a team. If we continue to fight each other, we forget those that came before us and those we are here to assist.

With all that said, should anyone and I mean anyone have any questions, comments, concerns, or other issues with me please call me directly. I am open to conversation and if someone has an issue with me I would much rather it be brought to me so we can discuss it rather than hear it second or third hand.

Okay, I will move on now. As we have told everyone, headquarters is up and going. We are still working on completing the furnishing, but DSO Dockemeyer and I are there. At least until school is out, I am at HQ on Monday, Tuesday, and Friday. The physical address is 14617 NE 20th Street, Choctaw, OK 73020. We also have a NEW MAILING ADDRESS it is PO Box 369, Choctaw, OK, 73020. The phone number for HQ is 580-359-2963. If you call this number, you will get an option to reach me or Dockemeyer. My extension will ring on my cell phone as well. We are working on getting Dockemeyer set up with that ability.

In this month's GO email, you will see the DEPARTMENT delegate worksheet. April is post officer and delegate election time. I will have official delegate strength on April 1. I want to remind all post commanders and quartermasters that the worksheet in this email is for DEPARTMENT OF OKLAHOMA DELEGATES. The worksheet for NATIONAL DELEGATES will be mailed to post commanders and quartermasters and will be in the APRIL GOs.

I WILL NOT SUBMIT DELEGATES TO NATIONAL FOR A POST UNLESS SPECIFICALLY ASKED TO DO SO. FOR ME TO SUBMIT THEM, I MUST RECEIVE THE NATIONAL DELEGATE WORKSHEET AND PAYMENT. THE NATIONAL DUES ARE \$25 WHICH WILL COVER THE FIRST DELEGATE. EACH ADDITIONAL DELEGATE IS AN ADDITIONAL \$10 EACH. It is the post quartermaster's duty to submit delegates and dues. It is the post commander's duty to ensure the submission is done.

Again, if you need anything, please reach out.

Charlie Mike,

*Heidi Teeter*

State Adjutant/Quartermaster  
Department of Oklahoma  
Veterans of Foreign Wars

# *Judge Advocate Randy Traxler*

## **The Importance of Member Attendance at the Council of Administration**

In any large, mission-driven organization such as the Veterans of Foreign Wars of the United States, transparency and trust are not accidental—they are built through visibility, engagement, and shared understanding. One of the most effective ways to strengthen all three is through active member attendance at the Council of Administration (CoA).

The Council of Administration serves as the working engine between conventions. It is where reports are reviewed, policies are interpreted, financial matters are examined, and strategic direction is refined. When members attend, they gain firsthand insight into how decisions are made, how resources are allocated, and how leadership collaborates to move the organization forward. Transparency is no longer abstract—it is witnessed in real time.

Attendance also builds trust. Trust grows when members see that debates are thoughtful, disagreements are handled professionally, and decisions are rooted in the bylaws and the mission. Observing the process reinforces confidence that leadership is acting with integrity and accountability. It replaces rumor with reality and assumption with understanding.

Equally important, CoA attendance provides members with direct exposure to leadership styles and team effectiveness. Members can observe how officers communicate, how committees present their work, how differing viewpoints are reconciled, and how strategic goals are translated into actionable plans. This insight allows members to better evaluate performance, mentor future leaders, and prepare themselves for expanded roles within the organization.

A well-attended Council of Administration strengthens organizational culture. It demonstrates that governance is not confined to a small circle but is supported by an engaged membership. It signals that accountability matters and that members value being informed participants rather than passive observers.

Engagement at the Council level is not merely about filling seats—it is about reinforcing the foundation of our organization: informed leadership, transparent governance, and unified purpose. When members attend, they do more than observe; they contribute to a culture of openness, trust, and effectiveness that benefits every Post, every District, and every member.

Strong attendance at the Council of Administration is an investment in the health and future of our organization.

Respectfully and fraternally,

*Randy Traxler*

Judge Advocate  
Department of Oklahoma  
Veterans of Foreign Wars

## *Chaplain Marcus King*

Comrades,

I also want to remind everyone about the **Chaplain of the Year Award**, which was established to recognize one chaplain whose service stands out in an exceptional way. This award honors a chaplain who consistently fulfills their duties, maintains a professional and respectful presence, and provides meaningful support to comrades and their families. Nominations open at Mid-Winter, and District and Post Commanders are encouraged to submit the name of a chaplain whose service deserves recognition. Nominations must be submitted to the State Chaplain by **April 1st** and should be no more than one typed page explaining why the nominee's service stands out. The selected recipient will be honored at the Annual State Convention in June.

As we continue forward, I want to offer a reminder that sits at the center of everything we do: our first responsibility is to our families. The work we do in our Posts and communities is important, but it cannot replace the people who rely on us at home. When our families are steady, we are steady—and the rest of our work follows from that.

I encourage every member to keep looking after one another. A phone call, a visit, or a simple check-in can make a real difference. Stay connected, stay present, and continue being a positive force in your communities.

In service and support,

*Marcus King*

State Chaplain  
Department of Oklahoma  
Veterans of Foreign Wars

 [vfwokchaplain@outlook.com](mailto:vfwokchaplain@outlook.com)

 405.651.5509

## *Training and Development Randy Traxler and Jim Bassett*

Strengthening Engagement Through the Training & Development Committee

Member attendance at the Council of Administration is only the first step. Meaningful engagement occurs when members take what they observe—leadership styles, policy interpretation, fiscal oversight, and strategic direction—and actively connect those observations with the work of the Training & Development Committee.

The Training & Development Committee serves as the bridge between governance and growth. When members attend a Council of Administration meeting, they gain firsthand exposure to how decisions are made and how effectively leadership teams function. That knowledge should not remain passive. Members should bring forward observations, questions, and constructive feedback to the Training & Development Committee so training programs can reflect real organizational needs.

If members observe areas where communication could be improved, parliamentary procedure needs reinforcement, or fiscal reporting could benefit from clearer explanation, those insights are invaluable. The committee can incorporate practical case studies, scenario-based training, and leadership workshops grounded in real experiences witnessed at the Council level. This ensures training is not theoretical—it is relevant, timely, and mission-focused.

Engagement with the Training & Development Committee also builds trust. When members see that their firsthand observations lead to stronger officer training, better committee preparation, and clearer operational guidance, transparency moves from observation to action. It reinforces that leadership development is an ongoing process, not a static checklist.

Members should:

- Provide constructive feedback after Council meetings regarding clarity of reports, effectiveness of debate, and adherence to bylaws.
- Request focused training on areas that generate recurring confusion or procedural missteps.
- Volunteer to assist in developing training modules that reflect real-world governance scenarios.
- Encourage new leaders to attend both Council sessions and subsequent training opportunities to connect theory with practice.

By engaging with the Training & Development Committee, members help cultivate informed leadership. They transform observation into education, education into improved performance, and improved performance into greater organizational effectiveness.

A transparent Council of Administration builds trust. An engaged Training & Development Committee sustains it. Together, they ensure that leadership is not only visible—but continually improving, accountable, and aligned with the mission.

Respectfully,

*Randy Traxler*

State Education Co-Chair  
Department of Oklahoma  
Veterans of Foreign Wars

*Jim Bassett*

State Education Co-Chair  
Department of Oklahoma  
Veterans of Foreign Wars

## ***Voice of Democracy/Patriot's Pen/Teacher of the Year***

### ***Jim Bassett***

**2025 Oklahoma VFW State Essay winners:**

**Voice of Democracy Winners:**

| <u><b>1st Place</b></u> | <u><b>2nd Place</b></u> | <u><b>3rd Place</b></u> |
|-------------------------|-------------------------|-------------------------|
| Ehimen Umobuarie        | Lydia Bullard           | Jack Groeneveld         |

District 13  
Post 4465  
Arapaho Butler HS

District 4  
Post 3916  
Durant HS

District 5  
Post 7977  
Skiatook HS

**Patriot Pen Winners:**

| <u>1st Place</u>                                                  | <u>2nd Place</u>                                                      | <u>3rd Place</u>                                                    |
|-------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------|
| Cora Peden<br>District 10<br>Post 1202<br>Stratford Middle School | Lylith Quesenberry<br>District 4<br>Post 3916<br>Durant Middle School | Hartly Howry<br>District 10<br>Post 9969<br>Stratford Middle School |

**Teachers of the Year:**

| <u>Grade K to 5 – 1st Place</u>           | <u>Runner-Up</u>                       |
|-------------------------------------------|----------------------------------------|
| Lindsey Jones<br>District 5<br>Post 10099 | Jamie Brandt<br>District 7<br>Post 539 |

| <u>Grade 6 to 8 – 1st Place</u>           | <u>Runner-Up</u>                        |
|-------------------------------------------|-----------------------------------------|
| Michael Seales<br>District 8<br>Post 1201 | Tresa Walker<br>District 4<br>Post 4859 |

| <u>Grades 9 to 12 – 1st Place</u>         | <u>Runner-Up</u>                           |
|-------------------------------------------|--------------------------------------------|
| Justin Wright<br>District 10<br>Post 1202 | Michael Olvera<br>District 10<br>Post 4890 |

*Congratulations to all the winners! First-place winners will now compete at the National Level.*

I also want to thank the other committee members, Frank Whitlock, and Mike Devenitch, as well as all of the chair individuals at post and district level for their hard work. This is a great program and recruiting tool.

*Jim Bassett*

State VoD/PP/ToY Chair  
Yours in service,  
Department of Oklahoma  
Veterans of Foreign Wars

***Redistricting***  
***Deric Duncan***

Comrades,

We are excited to finally have the opportunity to begin briefing the membership on our Redistricting Report. This has been a long process of study, discussion, and careful consideration, and it is encouraging to see so many already engaged and on board with the effort.

The response we have received so far shows that a strong majority of the membership is interested in the direction we are taking. As we continue to meet with more Posts and members across the Department, we are confident that, with open conversation and understanding, that support will continue to grow. Our goal is not simply to present a plan, but to ensure everyone understands the purpose behind it and has the opportunity to be heard.

The drive behind this effort has always been to carry out the will of the membership. We will continue doing that the right way — by meeting directly with you, answering questions, and listening to your input. This is your organization, and any path forward must reflect the needs and voices of the members it serves.

As a reminder, there is a Department-wide meeting open to **any member** who wishes to attend:  
**March 15th at 7:00 PM**

We look forward to seeing everyone who is able to attend and to continuing this important discussion together.

Together, through open dialogue and shared purpose, we will ensure our decisions strengthen Posts, improve communication, and position Team Oklahoma for the future.

Yours in service,

*Deric Duncan*

MIA/POW Chair

Department of Oklahoma

Veterans of Foreign Wars

“Bring the Spark, Ignite the Flame”

*Esports Committee*

*Deric Duncan*

*Marcus King*

As we begin developing a Department-level YouTube and Twitch presence as part of our Esports initiative, we want to provide a brief update on what we are doing and why it matters to the future of our organization.

This effort is not about chasing numbers or focusing on gaming alone. It is about building new avenues to reach veterans, connect Posts across Oklahoma, and create additional ways for members to engage with one another and with the VFW mission.

Post 4938 has been serving as a testing ground to understand how this works in practice. Through consistent scheduling, veteran-centered content, and interactive livestreams, we are learning how digital platforms can function as an extension of the Post, a place where veterans can gather, talk, share experiences, and learn about the VFW before ever walking through our doors.

We are now taking those lessons and beginning to structure a Department framework by:

- Establishing Department YouTube and Twitch channels to create a unified presence.

- Providing Posts with an opportunity to participate without needing specialized equipment or technical expertise.
- Using livestreams and digital programming to highlight Service Officers, programs, and community impact.
- Creating ways for Posts across the state to connect and collaborate rather than operate in isolation.
- Exploring future Department-level esports events and online outreach that support membership growth and visibility.

This initiative is simply another tool to serve our members and ensure the VFW remains strong and relevant for the next generation of veterans.

We will continue building this carefully and transparently, always focused on how it can support Posts and enhance the work already being done across Oklahoma.

Respectfully,

*Deric Duncan*

State Surgeon

Department of Oklahoma

Veterans of Foreign Wars

"Bring the Spark, Ignite the Flame"

## *Veterans and Military Support*

### *Jim Bassett*

With the holidays behind us, let's look forward to the remainder of our year.

So far this year, we sponsored the 45th Fallen Heroes Memorial Run, Tinker AFB 9/11-POW-MIA Memorial Run, food baskets for Guard member families in need, and at least seven unit Christmas Parties. We also are briefing at the separation/retirement events for the Guard. And we still have more to go.

SportClips will be doing their annual VFW Help-A-Hero Scholarship fundraiser in October. You can use this as major talking point with potential members in uniform. This program has awarded \$195,900 to 47 military recipients in Oklahoma. They have awarded more than \$15 million since 2010. Support this worthy program.

It is our best interest to work with the local units to help them with their events. Support them only if you are willing to put in the effort. VMS can open the door for you, it's up to you to take advantage of it. If you are unsure how to contact a local unit, let me know and I can make the introductions.

*Jim Bassett*

State VMS Chair

Department of Oklahoma

Veterans of Foreign Wars

# *Veterans Affairs Volunteer Services*

## *Tony McGrew and Jim Bassett*

The VA as well as ODVA have been asking for help. The list below is from the VA Center in Oklahoma City. I'd imagine that the list would be almost identical for the Tulsa area VA as well as the ODVA homes throughout the state.

### **Personal Care Items:**

- Deodorant (men & women)
- Body Wash 3 in 1 (men)
- Body Wash (women)
- Shampoo/Condition or 2 in 1
- Shaving Cream & multi-blade razors
- Hairbrushes and combs
- Denture grip
- Toothpaste, toothbrushes
- Lip Balm
- Lotion
- Beard trimmers/electric razors

### **Men's Clothing: (NEW ONLY)**

- Men's sweatpants (S-4XL)
- Men's T-shirts (S-4XL)
- Men's underwear (M-3XL)
- Men's pajama pants (M-4XL)
- Men's slippers (S-XXL)
- Men's shoes (8-14)
- Belts (all sizes)

### **Women's Clothing: (NEW ONLY)**

- Women's sweatpants (S-XXL)
- Women's underwear (S-XXL)
- Women's sports bra (no wire or clasps) (M-XXXL)
- Women's shirts (preferably loose fitting) (S-XXL)
- Women's slippers (M-XXL)
- Women's shoes (7-10)

### **Other Miscellaneous items (NEW ONLY)**

- Coffee (large cans for coffee program)
- Puzzle Books, Craft Kits, Models
- Adult Coloring Books, Colored pencils
- Adult backpacks
- Packaged snacks/bottles of individual water
- Quilts (used for pinning ceremonies)
- Afghans (given to cancer patients)

### **SEASONAL ITEMS (NEW ONLY):**

- Coats (Men & Women – sizes M-3XL)
- Gloves (preferably warm heavy-duty)
- Stocking cap/beanie
- Face masks/gators
- Hand and Feet warmers

- Tent (1-2 person)
- Thermal underwear (Long-johns)
- Blankets
- Off or bug repellent (summer)

Please ship or drop off items to:

Oklahoma City VA Health Care System  
CDCE (Voluntary Service) Room GB121  
921 NE 13th Street  
Oklahoma City, OK 73104  
Questions? 405-456-5162

Thank you for all you do for our Veterans!

We encourage you to volunteer at homes or hospitals. If you are interested in the VA hospital, let us know.  
Contact Tony McGrew, [tony.vfw8706@gmail.com](mailto:tony.vfw8706@gmail.com). Or Jim Bassett, [bassettj15@yahoo.com](mailto:bassettj15@yahoo.com).

*Tony McGrew*

*Jim Bassett*

State VAVS Chair  
Department of Oklahoma  
Veterans of Foreign Wars

# From the Desks of the Department Adjutant Teeter and Public Relations Chair R. Traxler:

## Stay Connected – Update Your Email and Check Your Inbox!

We want every member to receive the Department's *General Orders* and important updates without interruption. Please take a moment today to ensure we can reach you:

1. **Verify your email address** with your Post and on your VFW member record.
2. **Check your spam and junk folders** – if you find any Department emails there, mark them as “Not Spam” so future messages go directly to your inbox.

Your involvement starts with staying informed. Help us strengthen communication across the Department by making sure you and your fellow members are connected and receiving the information you need.

## We Want to Feature YOU for Warrior Wednesday!

Every week, we're spotlighting the dedicated veterans and leaders who make our organization stronger — and we want your story to be next. “Warrior Wednesday” is our way of celebrating the service, sacrifice, and continued commitment of VFW members across the Department.

### 📌 Here's how you can be featured:

- Send us your **name, current position, Post number, and location**
- Share your **branch of service, years served, MOS, and eligibility details**
- Tell us **why you're active in the VFW** and what keeps you engaged
- Add a few **hobbies or interests** that show who you are beyond the uniform
- Include **1–2 high-quality photos** — one from your time in service and one current

Submit your information to [okadj@vfw-oklahoma.org](mailto:okadj@vfw-oklahoma.org), [okasstadj@vfw-oklahoma.org](mailto:okasstadj@vfw-oklahoma.org) or [oktraining@vfw-oklahoma.org](mailto:oktraining@vfw-oklahoma.org) and join us in highlighting the stories that inspire, connect, and strengthen our VFW family. Let's make every Wednesday a celebration of the warriors among us!

## **DISTRICT MEETING INFORMATION**

- D-1** > May 2<sup>nd</sup>, Locust Grove, 1100, State Senior Vice Commander Tony McGrew
- D-3** > May 2<sup>nd</sup>, Stigler, 1100, State Commander Jeff Harris
- D-4** > May 2<sup>nd</sup>, Durant, 1100, State A/Q Heidi Teeter
- D-5** > May 3<sup>rd</sup>, Claremore, 1400, State Commander Jeff Harris
- D-7** > May 2<sup>nd</sup>, Henryetta, 1100, State Surgeon Deric Duncan
- D-8** > TBD, Ponca City, 1100, TBD
- D-9** > TBD
- D-10** > May 9<sup>th</sup>, Del City, 1000, State Surgeon Deric Duncan
- D-13** > April 18<sup>th</sup>, Clinton, 1100, State Surgeon Deric Duncan
- D-14** > April 25<sup>th</sup>, Ardmore, 1000, State Senior Vice Commander Tony McGrew
- D-15** > May 16<sup>th</sup>, Woodward, 1100, State A/Q Heidi Teeter

## **DATES TO REMEMBER:**

**Washington Conference** >> February 28<sup>th</sup> – March 5<sup>th</sup> >> Washington DC

**National Vietnam War Veterans Day**>> March 29

**Easter** >> April 5

**Easter Monday**>>April 6

**Tax Day**>> April 15

**Department Senior Vice Commanders Training**>>April 16-19>Kansas City, MO

**NVS Accredited Representative Proficiency Training**>> April 26-29> Annapolis, MD