

# CHECKPOINT



MARCH 2026

## Greetings, Checkpoint readers! Enjoy this installment of Checkpoint.

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. Most importantly, be sure to let us know what your VFW Post is doing in your community. Email [jdyhouse@vfw.org](mailto:jdyhouse@vfw.org) your suggestion, and you just might see it in Checkpoint.

**HELP A HERO LIVE WITHOUT BOUNDARIES**

**AMERICA'S VETDOGS**  
EST. 2003  
[VetDogs.org/Checkpoint](http://VetDogs.org/Checkpoint)

**Free Service Dogs for Veterans & First Responders with Disabilities**

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## IN THIS ISSUE

- Tennessee Vet Awarded Scholarship
- VFW Post Grows After Renovations
- North Carolina VFW Member is Still Serving
- Arts and Crafts at New York VFW Post



## HELP A HERO RECIPIENT READY TO HELP VETERANS

Army vet James Angel knows all too well the challenges in transitioning from the military to the civilian world. With the help of the VFW “Sport Clips Help A Hero Scholarship,” he is working towards a graduate degree in educational psychology.

[He plans to help veterans in “their journey from soldier to civilian.”](#)





## PENNSYLVANIA POST SEES GROWTH

In McKees Rock, Pa., VFW Post 418 underwent a physical transformation that has boosted membership. At the time of this article, the Post was sitting at 102 percent in membership. [The Commander says, "If you make it fun, they will come."](#)

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## STILL SERVING IN NORTH CAROLINA

A member of VFW Post 4309 in Brevard, N.C., Kevin Carey continues his service after serving more than 20 years in the Army. He helps train and mentor vets pursuing careers as pro climbing guides. [Carey says he finds what he is doing to be "most meaningful."](#)



## DAY OF SERVICE MERCHANDISE AVAILABLE

The VFW Day of Service is just around the corner on Saturday, May 2. [Order logoed merchandise such as T-shirts for your Posts event today.](#)



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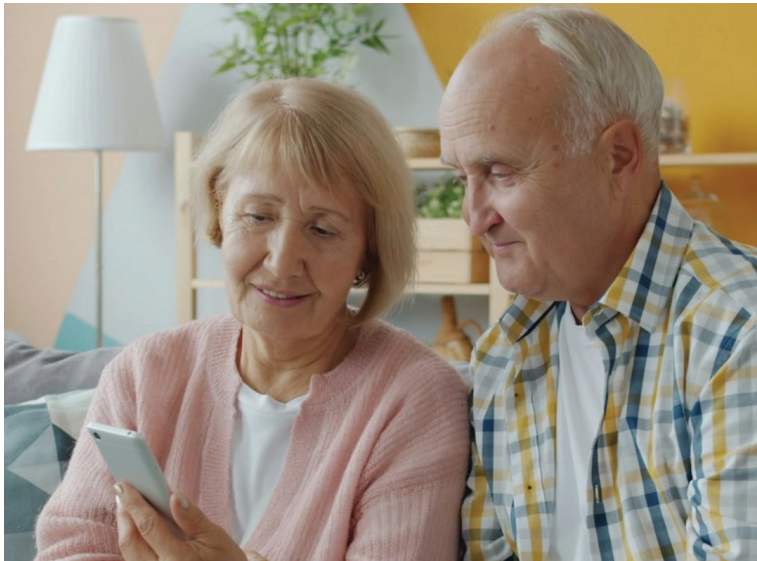
### **VA PATIENTS EXPERIENCE VFW WELCOME**

VFW Post 8692 in Albany, N.Y., welcomed patients from the Albany Stratton VA Medical Center for an arts and crafts day at the Post. Patients painted birdhouses and stars and had lunch with VFW and Auxiliary members. [The Post quartermaster said this kind of event helps patients “process trauma.”](#)



### **TEXAS POST HONORS CONNECTICUT VETERAN**

The family of a vet from Connecticut who died during COVID was presented with a U.S. flag by members of VFW Post 5621 in Liberty, Texas. [While the presenting members had never met the vet, they held a ceremony out of dignity and respect for his service.](#)



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