

Feb:2025

Every February, the United States honors Black History Month, a time dedicated to celebrating the achievements, sacrifices, and contributions of Black Americans throughout the nation's history. For the U.S. military, this month provides an opportunity to reflect on the profound impact of African American service members and their role in shaping the Armed Forces into what it is today.

## Center for Minority Veterans (CMV)

### About the Center for Minority Veterans (CMV)



#### The Center's Vision

The Center for Minority Veterans is the Department of Veterans Affairs model for inter-and intra-agency co-operation, to ensure all veterans receive equal service regardless of race, origin, religion, or gender. We are process improvement-oriented and both internal and external customer-centric. We assist VA in executing its mission in the most equitable, efficient and humane way possible. Dignity and an acceptable quality of life are the products we seek to deliver to ALL veterans no matter what their circumstance. We will grace our mission execution with gratitude to the men and women we now serve who in turn served our Nation so well. Meet the [Center for Minority Veterans Staff](#).

#### The Center's Mission

To assist Department of Veterans Affairs (VA) to "keep the promise" by acting as facilitator, change agent, strategic thinker, honest broker and cheerleader to the men and women of VA in executing its MISSION. As internal consultants to the organization, we will facilitate VA's ability to deliver services to veterans worldwide by approaching our mission with a "Veteran Comes First" philosophy based on a deep respect for the men and women who dedicated themselves to the defense of our Nation. We acknowledge the diversity of our veterans and profoundly value the strength and unique character this diversity has contributed to our great Nation.



The Role of the American Legion: Founded in 1919, the Legion became a formidable advocate for veterans. With a vast membership base, it leveraged its collective voice to lobby Congress, demanding expanded health care services and better financial support for former service members. The Legion's strong ties to political leaders ensured that veterans' issues remained at the forefront of national debate.

American Legion  
Post 77 Hubert M. Smith

## NEWS SUMMARY

### Veteran's Day

November 11th



11th Day 11th month 11th Hour

Date: 11 November 2024

Time: 11am

Location: Forest Lawn

538 Tracy Grove Rd Hendersonville NC 28737

## Legion Post 77 Recap of 2024-2025

Nov, Dec, Jan, Feb

[legion77.org](http://legion77.org)

## The Flood of 2024

## Resilience of District 24

Nov: 2024

ABOUT AMERICAN LEGION  
LEGISLATIVE DIVISION:

“Our Mission: To provide staff support to the Legislative Commission and its Convention Committee; serve as the principal advocate of servicemembers, Veterans, and their families on Capitol Hill; provide Members of Congress and their professional staff valuable information that furthers their and our goals along with our standing as an institutional authority in the Veteran community; to facilitate the completion of goals set by our members through Resolution; to enhance strategic collaboration and partnerships ensuring benefits and services are available to servicemembers and Veterans for generations to come.”

Wednesdays

American Legion Post 77

BINGO

\$2500 in giveaways

Dec: 2024



Key Traditions of American Christmas

I. Decorations and the Christmas Tree

One of the most iconic symbols of Christmas in America is the Christmas tree. The tradition of decorating Christmas trees was popularized in the United States in the 19th century, particularly after Queen Victoria of England and Prince Albert, her German husband, were seen with a decorated tree in their home. The tradition, which originated in Germany, took off in America as well, with families adorning their trees with ornaments, tinsel, and lights. The Christmas tree became the focal point of holiday decor in many homes, especially in the living room, where gifts are exchanged and family members gather.



Visit By: Natural Disaster Tour and Support  
National Commander  
Dept Commander

Jan:2025

Hubert M Smith American Legion Post 77 Hendersonville NC



Entertainment News only : Opinion : Not Medical Advice:

Suggested Medical Journal

Sleep Patterns:

- 1) When do you go to bed?
- 2) When do you fall asleep?
- 3) Do you wake up during sleep? If so:
  - a) What caused you to wake up
  - b) How many times on average to you wake per during sleep

Recording your health:

- 1) Health concern or condition
  - A) How bad is the condition? Pain 1-10 (10 most painful) and/or the number of times condition happens on a weekly average
  - B) What limitations does the condition cause?

Example:

- Veteran X: 1) Back
- a) pain scale of 8 of 10 per week, bad "gives out" 2-3 times per week
  - b) Limitations are: distance walked - 40 yards then take a 3-5 rest  
time standing - average 30min then take a 3-5 rest  
time sitting - average 1 hour take stand 3-5

Try to avoid the words: Can't, sometimes, kinda, better as this words do not provide an accurate description to your health provider.