



THE SANDHILL

The Official Newsletter Of Ernest Simmons VFW Post 6722

VOLUME I
ISSUE 1
01 – 28
FEB 2025



The Veterans of Foreign Wars organization is dedicated to promoting patriotism and investing in our future generation.

Democracy-loving high school and middle school students can obtain scholarship money by competing in VFW Youth Programs that encourage patriotism in our young people. The Voice of Democracy Program and the Patriot Pen Program are the primary youth scholarship programs offered by the VFW.

Voice of Democracy. Established in 1947, our Voice of Democracy audio-essay program provides high school students with the unique opportunity to express themselves in regards to a democratic and patriotic-themed recorded essay. Each year, nearly 25,000 ninth through 12th grade students from across the country enter to win their share of more than \$1 million in educational scholarships and incentives awarded through the program.

The national first place winner receives a \$35,000 scholarship paid directly to the recipient's American university, college or vocational/technical school. Complete lists of other national scholarships range from \$1,000-\$21,000, and the first place winner from each VFW Department (state) wins at least a scholarship of \$1,000.

Patriots Pen. Each year, nearly 68,800 students in sixth through eighth grades enter the VFW's Patriot's Pen youth essay contest for a chance to win their share of nearly \$1 million in state and national awards. Each first place state winner receives a minimum of \$500 at the national level, and the national first place winner wins \$5,000!

The essay contest encourages young minds to examine America's history, along with their own experiences in modern American society, by drafting a 300- to 400-word essay, expressing their views based on a patriotic theme chosen by the VFW Commander-in-Chief.

VFW Post 6722 of Lillington NC, proudly solicits students in the local area to participate in these scholarship programs.



This year's Voice of Democracy winner representing VFW 6722 is Mr. Xander Clark. Mr. Clark wins the award for his Voice of Democracy audio essay entitled, **Is America Today Our Forefather's Vision?** Mr. Clark will now advance to the State level to compete for more scholarship money.



This year's Patriot's Pen winner representing VFW 6722 is Mr. Elijah Sander. Mr. Sander wins the award for his Patriot's Pen entry, **My Voice in America's Democracy.** Mr. Sanders will now advance to the State level to compete for more scholarship money.

Teacher of the Year. Without our nation's veterans, America wouldn't be the great nation it is today. Our youth

deserve to learn about our rich history, traditions and the role of our veterans in creating and shaping America.

Each year, the Veterans of Foreign Wars selects elementary, middle, and high school teachers to participate in the Smart/Maher VFW National Citizenship Education Teacher program. VFW Post 6722 reaches out to schools in the local area to encourage participation in this important program.



VFW Post 6722 is proud select this year's Teacher of the Year local winner Ms. Brook Kern- Sexton, of Lee County Schools.



VFW Post 6722 is proud select this year's Teacher of the Year local winner Ms. Brook Mary Johnston, of Harnett County Middle School.

Steak Night

Friday

28 Feb 2025

Public Welcome!



Ernie Byrd the long serving chaplain for VFW Post 6722 is stepping down from chaplain duties to give younger comrades a chance to serve in the position. Fortunately, a former post chaplain has stepped forward to assist the post in this position. Comrade, Greg Kinney has expressed a desire to, once again, be the post chaplain, replacing Ernie Byrd. As the chaplain nominee, we will vote him into the position in February's general meeting.

Moving forward with this newsletter, we will include a monthly Chaplain's Corner to give Greg a forum on his thoughts and offer prayers to the membership and the post.

Embracing Change and Supporting One Another – Greg Kinney, Chaplain Nominee

As we step into February, we find ourselves at a point where the excitement of the New Year begins to settle, and the realities of our daily lives take center stage. This month offers an opportunity for reflection, resilience, and renewal.

February reminds us that growth often happens in quiet moments—the stillness of winter, the steady pursuit of our goals, and the small, meaningful steps we take each day. Whether we are focusing on personal development, building stronger relationships, or simply finding balance in our routines, this time of year encourages us to stay committed to our values and aspirations.

An essential part of this journey is continued support for one another. We understand the unique challenges that come with military service, and the importance of standing together as a community. Whether through a kind word, lending a helping hand, or simply being there to listen, our shared experiences unite us and strengthen our bonds. Take time to reach out to a brother or sister and let them know you're there.

Let's embrace this season as a chance to cultivate patience, practice kindness, and recognize the potential within ourselves and those around us. Progress isn't always about grand gestures; sometimes, it's about showing up, staying consistent, and believing in the journey ahead—both for ourselves and for those who walk alongside us.

May this month bring you clarity, motivation, and the courage to keep moving forward, one step at a time.

Creamed Chipped Beef on Toast

The dish that feeds our military to this day! Affectionately known as SOS! You can feed an army with this stuff.

This recipe makes one serving. For more than one serving just multiply the measured ingredients by the appropriate number of servings.

INGREDIENTS

1. One 4.5 oz jar of Armour Sliced Dried Beef
2. 2 slices of white or wheat bread (for toast)
3. 1 tablespoon of salted butter
4. 1 tablespoon of all purpose flour
5. 1 cup of whole milk or half-and-half
6. Salt and pepper to taste. (Red pepper flakes are optional)

INSTRUCTIONS

1. Divide the slices of dried beef in half and on a cutting board cut the half stack of dried beef into pieces so each slice yields eight chips of beef. Return the other stack of dried beef to the jar and refrigerate for another day.
2. In a bowl of water, place the chips of dried beef to soak to take out the excess salt in the beef. About 4 minutes. Drain and squeeze out excess water.
3. In a saucepan, melt 1 tablespoon of salted butter over medium heat until fully melted.
4. Sprinkle in 1 tablespoon of all-purpose flour and allow the flour to cook in the butter to remove the flour taste. Stir constantly to separate and smooth the flour. Do not overcook the flour. You do not want the flour to brown.
5. Maintaining a medium heat, place the drained beef chips in the saucepan and stir until the flour and butter covers the beef chips. Cook the beef chips for about a minute or two in the butter/flour mixture.
6. Pour 1 cup of whole milk or half-and-half into the saucepan and reduce heat to medium low. Bring to a low boil. While stirring, let the milk beef mixture reduce until the mixture thickens into a nice creamy sauce.
7. Add salt and pepper to taste. Red pepper flakes can be added if you want the chipped beef mixture to have bit of a kick.
8. Toast 2 pieces of bread and place on a plate. Pour or ladle the creamed beef over the toast and serve immediately. Great with scrambled eggs.



Always remember this ratio for the cream sauce – 1 to 1 to 1. Use one tablespoon of fat (butter in this case), to one tablespoon of flour, to one cup of milk. This makes the cream sauce for one serving of chipped beef. Enjoy!







Valentine's Day Party

15 February 2025

6PM to 11PM

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Canteen Closed
2  Happy Groundhog Day! Canteen Closed	3 Canteen Closed	4 Canteen Open 5PM – Closing House Committee Meeting 6:30 PM	5 Canteen Open 5PM - Closing	6 Canteen Closed	7 Canteen Open 5PM - Closing	8 Canteen Closed
9 Canteen Closed	10 Canteen Closed	11 Canteen Open 5PM - Closing Post/Auxiliary Meeting at 6:30 PM	12  LINCOLN'S BIRTHDAY Canteen Open 5PM - Closing	13 Canteen Closed	14 Canteen Open 5PM - Closing Auxiliary Spaghetti Night at 6PM-8PM	15 Canteen Open 5PM - Closing Valentine Party at Time 6PM to 11PM
16 Canteen Closed	17  HAPPY PRESIDENT'S DAY Canteen Closed	18 Canteen Closed	19 Canteen Open 5PM - Closing	20 Canteen Closed	21 Canteen Open 5PM - Closing	22  WASHINGTON'S BIRTHDAY Canteen Closed
23 Canteen Closed	24 Canteen Closed	25 Canteen Closed	26 Canteen Open 5PM - Closing	27 Canteen Closed	28 Canteen Open 5PM – Closing Steak Night at 6PM – 8PM	