

## Region 3 Report March 2019

Because AVVA members and their involvement in helping Veterans, is one of the many reasons which makes me so proud of everyone in Region 3. I have urged the state reps and presidents to remind their chapters to keep track of and report their volunteer hours (VISTA) for this year. I have forwarded to them the VISTA program and form and asked that they pass the information to the chapters in their states.

I have been trying to keep in contact with my state reps and presidents through phone calls and emails. When items of importance to Veterans are received, I try to forward to everyone so as to keep them informed.

I attended the 2019 George C. Duggins Region 3 Conference which was held March 21<sup>st</sup> through March 23<sup>rd</sup> in Durham, North Carolina. The conference was hosted by the VVA North Carolina State Council. In addition, Debbie Musolino (NC State Representative) was a presenter at one of the Saturday morning seminars. Saturday afternoon, there was a separate breakout session for members of AVVA. During this session, I spoke to the AVVA members from Region 3 as well as distributing the accomplishments of AVVA, convention registration forms, delegate registration forms and membership applications. Candidates for the AVVA Region 3 Director and Deputy Director were given a chance to speak to the AVVA members during this session.

Saturday evening, I presented the AVVA Region 3 Heart & Soul Award to Denise Sellers. Denise is associated with VVA Chapter 962 and the reward was well deserved. Certificates of Appreciation were presented to two other nominees – Wynella Bethards and Kathy Mattingly.

The Region 3 Conference is about the longest standing regional conference in VVA. The first conference was in 1990 and it was held in Charleston, South Carolina. George Duggins was the founder of the Region 3 Conferences while he was the Director of Region 3. In 2009, during Bruce Whitaker's tenure as the Region 3 Director, the conference name was changed to include "George C. Duggins" in honor and memory of the former VVA President. George was a long-time resident of Virginia. He was elected to the position of Vice President and later became President of VVA. He is truly missed by those of us living in Region 3. He was considered to be an asset to VVA and a friend to all of us.