



Detachment of Texas

Commander's Travel Notes
February 14, 2023

One of the most rewarding trips that I've taken this year as Detachment Commander was right in my hometown. I representing the Detachment and the Adjutant of my Post Cheryl Williams visited two local nursing homes and delivered 125 Valentine's gifts to the veterans and their families currently residing in these facilities.

Some gifts are given with no expected return. For example, we often give presents to young children that have no way of reciprocating, or even our pets. While it could be argued that these gifts are reciprocated in other ways, altruism could also be at play. Love and appreciation are two of the biggest motivators for altruistic gift giving.

Giving gifts to help others can include donating money or volunteering for a charity. There are several theories that attempt to explain why individuals do this. One theory claims that dopamine-using pleasure circuitry in the brain is activated by charitable giving. Effectively, we give because it makes us feel good. And I can speak for both of us. We left both places feeling absolutely ecstatic.

Please see some of the pictures attached. The sheer joy on their faces and the grateful gestures were heartwarming, to say the least. As one veteran told me thanks for caring. If that doesn't get to you I don't know what will.

Always remember members our basic core mission and the highest compliment you can give a veteran is to look out for them and their families. Always lift up to help your fellow man and never step on.

Constantly try to make us better,

Clifton Guillory
Commander, Detachment of Texas