



**Carol Whitmore**  
**Junior Vice Commander-in-Chief**  
**Veterans of Foreign Wars of the United States**

Carol Whitmore was elected Junior Vice Commander-in-Chief of the Veterans of Foreign Wars of the U.S. on July 27, 2023, at the 124th VFW National Convention in Phoenix, Arizona.

Carol served in the United States Army from 1977 to 2013, earning her VFW eligibility by serving in Iraq. In recognition of her service, she received the Legion of Merit Medal, Bronze Star Medal, Army Commendation Medal (six), Army Achievement Medal, Good Conduct Medal, Army Reserve Components Achievement Medal (two), National Defense Service Medal, Iraq Campaign Medal, Non-Commissioned Professional Development Ribbon (three), Army Service Ribbon, Overseas Ribbon (three), Armed Forces Reserve Medal with "M" device, and the Combat Action Badge.



She joined the VFW in 2012 at Post 9127 in Des Moines, Iowa, where she maintains her Gold Legacy Life membership. She has served in elected and appointed positions at the Post, District and Department levels, culminating with her election as the VFW Department of Iowa Commander from 2018 to 2019, in which she achieved All-American status. On the national level, she served on the Legislative Committee, the General Resolutions Committee, and on the National Council of Administration from 2019 to 2023. In 2022, she was elected as designee for National VFW Commander-in-Chief for the year 2025, becoming the first woman and first Iowan to hold the position.

Carol attended the University of Northern Iowa and Hawkeye Community College, where she received her nursing certification. She is retired.

She is a life member of the Military Order of the Cootie, the VFW National Home, the American Legion and its Auxiliary, and a member of the Iowa Veterans Commission.

Carol and her husband, Brad, reside in Des Moines, Iowa.