



*VFW Auxiliary Dept of NH
Presidents Special Project
Suicide Awareness*



October 2022 - General Information



HAVE YOU SCHEDULED YOUR EVENT!

Send me a copy of your event so I can ensure everyone knows including the media outlets

**2021 National Veteran Suicide Prevention
Annual Report shows decrease in Veteran suicides**

Published on September 8, 2021

Matthew Miller, Ph.D., is the director of VA's Suicide Prevention Program
at the Office of Mental Health and Suicide Prevention

VA's latest data from 2019 shows a decrease in suicide among Veterans from the year prior. The decrease, reflecting the lowest number of Veteran suicides since 2007, provides hope and motivation for continued prevention efforts. This message is part of the new 2021 National Veteran Suicide Prevention Annual Report, which includes findings from our most recent analysis of Veteran suicide data from 2001-2019. The report contains the most comprehensive set of data about Veteran suicide mortality to date.

VA holds fast to the anchors of hope in this report, but notes that there is more work to do to address Veteran suicide.

2021 National Veteran Suicide Prevention Annual Report, which includes findings from our most recent analysis of Veteran suicide data from 2001-2019. The report contains the most comprehensive set of data about Veteran suicide mortality to date.

Key report findings include:

- In 2019, there were 6,261 Veteran suicide deaths, 399 fewer than in 2018.
- In 2019, the Veteran suicide rate was 31.6 per 100,000, substantially higher than the rate among non-Veteran US adults (16.8 per 100,000).
- Adjusting for age- and sex-differences, the rate among Veterans in 2019 was 52.3% higher than for non-Veteran US adults. The rate difference between Veterans and the non-Veteran U.S. population was highest in 2017 at 66.3%.

- From 2018 to 2019, there was a 7.2% overall decrease in the age- and sex-adjusted Veteran suicide mortality rate in 2019, while among non-Veteran US adults, the adjusted suicide mortality rate fell by 1.8%.
- The age-adjusted suicide rate for male Veterans decreased 3.8% in 2019 from 2018 while the age-adjusted suicide rate for female Veterans decreased 14.9% in 2019 from 2018.
- Firearms were more often involved in Veteran suicides in 2019 than in 2018 (among Veteran men who died from suicide: 69.6% in 2018, 70.2% in 2019; among Veteran women who died from suicide: 41.1% in 2018, 49.8% in 2019).

Best regards,
Julie DeRubeis

Dept of NH VFW Auxiliary Department - President Special Project Chair - 2022-2023

Email to: julie.derubeis@gmail.com Phone: 603-546-5533

Mail via US Postal Service: 12 Hartwood Dr - Merrimack, NH 03054





YOUTH ACTIVITIES OCTOBER 2022

Hands that Serve, Hearts That Care

Get excited for the **Red White and Blue !**

VFW Auxiliary National Singing Contest

- An individual singing contest for youth in grades K-12 at the time of local entry, and a U.S. citizen or U.S. national. Youth learn the words to "The Star-Spangled Banner" while expressing their creativity. The contest highlights the vocal talent of young people while promoting patriotism.
- Entry will be judged on vocal ability, mastery of lyrics, originality or interpretation and entertainment value.
- The contest consists of two grade divisions: K-8 and 9-12. There is one National winner in each grade division, with awards for first, second and third place in each grade division.

Please see the following pages:

- 1. Contest Rules and Contest Eligibility, and Deadline dates.**
- 2. Contest Entry Form Must be completed and signed.**

IF you should have any questions, please feel free to contact me.

**Youth Activities Chairman
Susan Joslyn
603-762-7446 cell or 603-239-8607
Email susanjoslyn61@gmail.com**





Get Excited for the **Red, White and Blue!**

VFW Auxiliary National Singing Contest A video solo vocal performance of The Star-Spangled Banner



Entry will be judged on vocal ability, mastery of lyrics, originality or interpretation and entertainment value.

Contest Rules

- Video of contestant's solo vocal performance of The Star-Spangled Banner must be recorded between **July 1 and March 31**.
- One entry per contestant.
- Student shall state name, age and grade level prior to vocal performance.
- Student may sing a cappella, with backing tracks or instruments.
- Student may sing in the arrangement and genre of their choice.
- Student entries must be submitted to a sponsoring participating VFW Auxiliary by **March 31**.
- Student may **NOT** change the words. Student may **NOT** lip sync.
- Video must be a recorded live unedited version.
- Complete and sign contest entry form. Parent/Guardian signature required on entry form.
- Video must be saved on YouTube and submitted with completed entry form to a VFW Auxiliary for judging.

Contest Eligibility

- Open to students in grades **K-12** who are enrolled in a public, private, parochial school or home study program in the United States, its territories and possessions; or dependents of U.S. military or civilian personnel in overseas schools.
- Although U.S. citizenship is not required, students must be lawful U.S. permanent residents or have applied for permanent residence (the application for which has not been denied) and intends to become a U.S. citizen.
- Student does not have to be related to a VFW or VFW Auxiliary member to participate.
- Foreign exchange students and students aged 20 or older are ineligible.
- National grade division winners of previous *Get Excited for the Red, White and Blue!* students may enter the subsequent grade division but are ineligible for the same grade division of which they are a previous National winner.

National Awards

Grades K-8

First place: \$500 gift card
Second place: \$300 gift card
Third place: \$200 gift card

Grades 9-12

First place: \$500 gift card
Second place: \$300 gift card
Third place: \$200 gift card

VFW Auxiliary is not responsible for incomplete, lost, late, misdirected or poor-quality video entries. All scores are final as received from the judges. Falsifying information on the entry form is reason for immediate disqualification. All contestants agree to abide by the contest rules. Any violation of these rules shall be cause for immediate disqualification and forfeiture of award.

To acquire contact information and application assistance in your state please email info@vfwauxiliary.org

VFW Auxiliary judging and deadlines

- **March 31:** Student entries must be submitted to a participating sponsoring VFW Auxiliary.
- **April 15:** One winner from each VFW Auxiliary advances to the VFW Auxiliary Department (state).
- **May 5:** VFW Auxiliary Department (state) winners due to VFW Auxiliary National Headquarters.
- **July:** Students will be notified of entry status via the email address provided on the entry form.
- **August:** First through third place winners named in each of the two grade divisions on VFW Auxiliary National Headquarters social media pages and shown at the VFW Auxiliary National Convention.

Get Excited for the **Red**, **White** and **Blue**!

VFW Auxiliary National Singing Contest A video solo vocal performance of The Star-Spangled Banner



Contest Entry Form

Please **print** or complete fillable form at vfwauxiliary.org
This form must be submitted with the video entry at all levels of judging.

Student Name: _____ Age: _____
Address: _____ City: _____ State: _____ Zip: _____
Email: _____ Phone: _____
School Name: _____ Grade: _____
Parent/Guardian Name: _____
Parent/Guardian Email: _____ Parent/Guardian Phone: _____

*I certify that I have met all the contest requirements and that I am the sole author of the attached/enclosed video entry. By entering the contest, I grant the VFW Auxiliary royalty-free rights to use, edit, share, publish and broadcast my contest video entry for the **Get Excited for the Red, White and Blue!** national anthem singing contest for any and all promotional purposes by the VFW Auxiliary. I understand the video will not be sold but will remain the property of the VFW Auxiliary.*

To acquire contact information and application assistance in your state please email info@vfwauxiliary.org

Parent/Guardian Signature: _____ Date: _____
Student Signature: _____ Date: _____

YouTube link: _____

This section to be filled out by VFW Auxiliary at each judging level.
National Headquarters only accepts Department level first place winners.
Any other entries received at National Headquarters will be disqualified.

Sponsoring VFW Auxiliary No.: _____ **Department of:** _____

Please check the appropriate grade division.

This first place entry is for: Grade K-8 _____ OR Grade 9-12 _____

VFW Auxiliary Judging deadline date March 31.

Auxiliary Youth Activities Chairman verification signature: _____

Email: _____ Phone: _____

VFW Auxiliary Department Judging deadline date April 15.

Department Youth Activities Chairman verification signature: _____

Email: _____ Phone: _____

Final Level - Department first-place entry must be received at VFW Auxiliary National Headquarters by **May 5** or it will be disqualified.
ATTN: Program Awards Administrator

Veterans and Family Support

October 1, 2022 General Information Newsletter

A new focus this month will center around “Food Banks” and the assistance they can provide in your community for those in need of meal and food assistance (particularly homeless veterans and those families in need of some level of food assistance due to joblessness or family illnesses).



Attached hereto is a list of communities within New Hampshire which have one or more local food pantries, soup kitchens, food shelters, food banks, and other forms of food assistance throughout the State. Let's make sure that no one goes hungry within our State, particularly our veterans and their families.



The National Veterans and Family Support Ambassador is encouraging members to coordinate with your community and/or local Veterans Administration to establish a way to distribute meals and food to those experiencing food insecurity. **NO ONE SHOULD GO HUNGRY IN THE UNITED STATES of AMERICA** (particularly our veteran heroes and their families).

See attached list of New Hampshire communities with Food Pantries.

CAREGIVERS: Chapter 3

Continuing with my goal to touch upon concerns related to the issues that arise in the lives of the caregivers of our military veterans, the "Caregiver" article this month will continue to expand upon ways to recognize "caregiver burnout" and ways to offer assistance to those suffering from this condition.



First off, be aware that for veteran senior living, certain financial benefits may be available to military veterans and their surviving spouses. The U.S. Department of Veterans Affairs (the VA) offers benefits which provide financial assistance for long-term assisted living facilities.

There are financial assistance programs available for caregivers. Below is information related to the Wounded Warrior's Family Support Caregiver Respite Program.



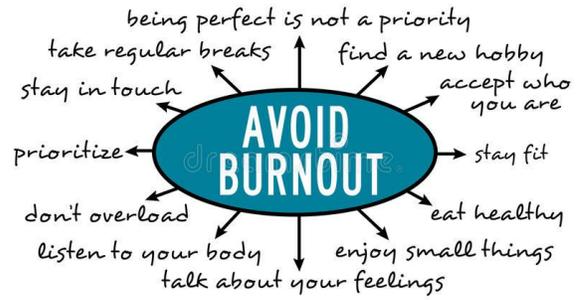
You can go online to obtain additional, more extensive information.

This WWFS Program provides respite and supplemental services nationwide to the caregivers and families of wounded war veterans. WWFS assists with meals, housekeeping, medical travel grants, and In-Home care services. The program goal is to ensure that family members who were thrust into the role of caregivers are provided with the support they need to keep their families intact while keeping themselves healthy. Caring for a wounded veteran can be demanding physically and psychologically. Often caregivers are spouses or family members who have many other responsibilities, such as work. Caregivers of veterans, without respite assistance often spend long



hours caring for their loved one, feel high levels of stress and neglect their own personal health.

Be aware of this potential circumstance and utilize the numerous assistance programs available to veteran caregivers and thus avoid burn-out.



As mentioned in prior editions of the Department General Information



Newsletter, “veteran suicide awareness” is a component of the “Veterans and Family Support Program.” Thus, we need to be mindful of Veterans in crisis. The National Ambassador of this program, however, regularly reminds the program Chairs that we “also need to be mindful of and supportive of those families who have lost their veteran family member to suicide”.

There are numerous ways to offer or show support to the families that have experienced the trauma and grief associated with veteran suicides. Below are some suggestions on how to demonstrate caring and concern for these grieving families.

- Point family members in the direction of a VFW Service Officer.
- Be familiar with support services offered by the VA.
- Be kind and offer hugs of support. Let the family know you care and are available for support.



Washington Department of Veterans Affairs



- Provide a meal.



- Help with day-to-day activities such as yard work or house cleaning.



- Have a fundraiser to help; with family expenses such as utility bills or other expenses.



Share throughout this year that we in the Department of New Hampshire share our National President's desire to demonstrate:

“Hands that Serve” and “Hearts that Care”.

Let us always remember as well to emulate our Department President throughout this year by demonstrating as well that:

Our reason to Live is our Reason to Give of Ourselves.”



Linda Theroux

Department Veterans and Family Support Program
Chair

merrimackaux8641@gmail.com

(603) 661-8248



Food Pantries

New Hampshire Food Pantries

There are several food pantries and food banks in the state of New Hampshire. With help from users like you we have compiled a list of some. If you know of a listing that is not included here please submit new food pantries to our database.

Food Pantries

Find local pantries, soup kitchens, food shelves, food banks and other food help.

Subsidized Groceries

FoodPantries.org works hard to gather the best government and non profit subsidized grocery resources on the Internet.

Cities in New Hampshire

[Alstead](#) (1)

[Alton](#) (2)

[Antrim](#) (1)

[Ashland](#) (2)

[Auburn](#) (1)

[Barnstead](#) (1)

[Barrington](#) (1)

[Bedford](#) (1)

[Belmont](#) (1)

[Berlin](#) (2)

[Bethlehem](#) (1)

[Boscawen](#) (1)

[Bradford](#) (1)

[Brentwood](#) (1)

[Bristol](#) (1)

[Campton](#) (1)

[Canaan](#) (2)

[Center Strafford](#) (1)

[Chesterfield](#) (1)

[Chichester](#) (1)

[Chocorua](#) (1)

[Claremont](#) (2)

[Colebrook](#) (1)

[Concord](#) (11)

Contoocook (2)	Conway (2)	Danbury (1)
Deerfield (1)	Derry (8)	Dover (2)
Dunbarton (1)	Durham (2)	East Rochester (1)
Enfield (1)	Epping (3)	Epsom (1)
Exeter (1)	Farmington (2)	Franconia (1)
Franklin (1)	Fremont (1)	Gilmanton (1)
Glen (1)	Goffstown (1)	Greenfield (1)
Greenland (1)	Greenville (1)	Groveton (2)
Hampstead (1)	Hampton (5)	Henniker (1)
Hillsborough (1)	Hooksett (2)	Hudson (2)
Jaffrey (2)	Keene (4)	Kingston (1)
Laconia (7)	Lancaster (1)	Lebanon (2)
Lee (1)	Lincoln (1)	Litchfield (1)
Littleton (5)	Londonderry (2)	Loudon (2)
Madison (1)	Manchester (15)	Marlborough (1)

Meredith (1)	Merrimack (3)	Milford (1)
Milton (1)	Moultonborough (2)	Nashua (10)
New Boston (1)	New Durham (1)	New Hampton (1)
Newbury (1)	Newfields (1)	Newmarket (1)
Newport (1)	North Conway (1)	Northwood (1)
Nottingham (1)	Pelham (3)	Penacook (2)
Peterborough (2)	Pittsfield (1)	Plaistow (1)
Plymouth (2)	Portsmouth (1)	Portsmouth (5)
Raymond (3)	Richmond (1)	Rindge (1)
Rochester (6)	Rollinsford (1)	Rye Beach (1)
Salem (4)	Sanbornville (1)	Sanborton (1)
Seabrook (4)	Somersworth (1)	Strafford (1)
Tamworth (1)	Tilton (2)	Troy (1)
Walpole (1)	Warner (1)	Weare (3)
Webster (1)	West Lebanon (1)	West Nottingham (1)

West Ossippe (1)

West Swanzey (1)

Whitefield (3)

Wilmot (1)

Winchester (1)

Windham (1)

SCHOLARSHIPS

October 2022

TRICK OR TREAT

I have not heard of anyone having any issues with getting the information into our schools? I am hoping this means you were able to provide the information to our local school districts and superintendents. Remember we have the backing of the Governor so if you have a problem let me know so I can help!

How can I help you promote this program?

What are some ways you promoted this program, let me know so I can share in the next GI.

I would love to hear from you.

Please note the new deadline highlighted in Red for the Department entry

Entries to VFW Post - Midnight, October 31

Post Judging Complete - November 15

District Judging Complete - December 15

Entries to Department Chair by December 31st, 2022

Mail To: Trish St.Germain

86 Grand Ave

Manchester NH 03109

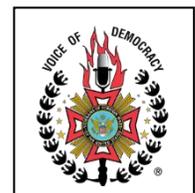
Department Judging Complete - January 10

Department Winner to VFW National Headquarters - January 15



Voice of Democracy

Voice of Democracy Audio-Essay Contest is an audio essay contest that is Open to students in grades 9-12 by the October 31 deadline who are enrolled in a public private or parochial high school or home study program in the United States, its territories and possessions; or dependents of U.S. military or civilian personnel in overseas schools.



The theme for the 2022-2023 year is:

"Why is the Veteran Important?"

I am excited to announce the top 3 prizes have increased by \$5000. Below are the new prizes

National Awards:

First Place - \$35,000 scholarship

Second Place - \$21,000 scholarship

Third Place - \$15,000 scholarship

Fourth through 36th Place - \$7,000 to \$1,500 scholarship

37th - 53rd Place - \$1,000 scholarship

Patriots Pen



The Patriots Pen Essay Contest is a written essay open to students in grades 6-8, by the October 31 deadline who are enrolled in public, private or parochial school or home study program in the United States, its territories and possessions; or dependents of U.S. military or civilian personnel in overseas schools.

The theme for the 2022-2023 year is:

"My Pledge to Our Veterans."

National Awards:

First Place - \$5,000
Second Place - \$4,000
Third Place - \$3,500
Fourth through 53rd Place - \$2,750 to \$500

If you have someone struggling about what to write about why suggest the National President theme as inspiration *Hands that Serve, Hearts that Care*, or how about our Department President *Hands that Serve, Hearts that Care*.

Scholarship and Contest Resources

Complete list of all contest rules can be found in the following resources:

- vfw.org/community/youth-and-education
 - VFW Auxiliary website:
 - vfwauxiliary.org/scholarships
- Promotions from National Ambassador
- VFW Store: vfwstore.org or 1-833-VFW-VETS

Please reach out if you have any questions.

Trish St.Germain
Department of NH Auxiliary Scholarship Chair
trishvfw@gmail.com





VFW Auxiliary Department of NH
Extension & Revitalization
Maintain and Strengthen Current Auxiliaries
Present to Unaffiliated Posts Establish New Auxiliaries
October 2022



What are the goals of the Extension & Revitalization Program?

Maintain and Strengthen Current Auxiliaries. Present to Unaffiliated Posts.
Establish New Auxiliaries

Last month we looked at ***Present to Unaffiliated Posts***

This month let's look at some of the steps to ***Establish New Auxiliaries***



Step 1. The Department President appoints the official organizer of that Auxiliary, and he/she must be a member of the Auxiliary.

Step 2. A minimum of 15 eligible applicants must be on the application for the Charter. Transfers are accepted at the close of the institution and just prior to the installation of the newly formed Auxiliary.



The organizing team investigates and ensures each applicant is complete and meets all eligibility requirements.

Next month we will look at the ***Instituting a new Auxiliary***

Stay well and God Bless.

MJ

Mary-Jane Ryan
VFW Aux. Dept. of NH
Chief of Staff 2022-2023

My Reason to Live is my Reason to Give of Myself to mentor and encourage our members with their ***Hands that serve, Hearts that Care.***



VFW Auxiliary Department of NH Mentoring for Leadership
Ensure a Positive Member Experience. Engage in Learning and Training Opportunities
Develop and Empower Members for Leadership Roles
October 2022

How to Ensure a Positive Member Experience? One way would be to mentor.



Ask yourself. Am I ready to mentor someone?"

Let's look at some factors that might help you decide you have plenty to offer another member.

- ✓ You have held a position, either as an officer or a chairman.
- ✓ You have helped with several different programs.
- ✓ People rely on you to remember how things are done.
- ✓ You are ready and willing to lend a helping hand to projects.
- ✓ You care about veterans and their families.
- ✓ The organization is very important to you for many reasons.



ANY of these (not necessarily ALL of these) make you qualified to mentor another member. You don't have to be a certain age or have been a member for any specific length of time or even know everything there is to know about the organization.

More importantly than any qualification, what you really have to do is:

CARE.

C: Catch the member when they first join.

A: Ask them to participate.

R: Remember what it felt like to be new.

E: Engage them in a program that fits them.

Stay well and God Bless,
MJ
Mary-Jane Ryan
VFW Aux. Dept. of NH
Chief of Staff 2022-2023

My Reason to Live is my Reason to Give of Myself to mentor and encourage our members with their
Hands that serve, Hearts that Care.



Circle of Excellence

October 2022



AUXILIARY PRESIDENTS

Our “Circle” this month is a “Circle of Hands”, symbolizing working together, working as a team, and many hands working to accomplish the same result. It also symbolizes the vision of strength and togetherness to attain a common goal. You can use this concept on two projects for entering the Circle of Excellence for 2022-2023.

First, the National Organization has mandated that each Auxiliary **must complete at least one project, activity or donation that benefits veterans**, by April 30, 2023. If not, the Dept. **must** submit a request for a suspension for that Auxiliary.

Have you and your Auxiliary decided what your project, activity or donation will be? Please let me know what your Auxiliary has decided.

When you think of it, this is the whole reason the VFW Auxiliary exists, i.e., to help our veterans, so when you look at the requirement is it actually the job the Auxiliary is established to do anyway. If you need assistance with ideas, please let me know. I'll be happy to help you.

Second, the Auxiliary & VFW must participate jointly on a project, activity or donation other than the Scholarship Program, to be completed by April 30, 2023. If you haven't yet discussed this with your Post, please do so right away. Please let me know what you have planned. Again, I'm happy to help if you need ideas.

DISTRICT PRESIDENTS

One of the most important tasks of the District President is to complete an Inspection of each Auxiliary in her/his District. If you haven't started the Inspections, now is the time to do so. The idea of helping an Auxiliary if there are issues or problems only works when they are caught early!!

The District President is also required to send a copy of their Inspection Report for each Auxiliary to the Department President, to the Director of Presidents and to the Auxiliary President **within 10 days of the Inspection**. To date I have received only 2 Inspection Reports. Please send them as you complete each Inspection. Thank you.

As you work to accomplish these goals, please remember that **“My Reason to Live, Is My Reason to Give of Myself”** is best expressed when you join hands with others to complete a circle of **“Hands that Serve, Hearts the Care”** for our Veterans and communities.

Loyally,

Linda

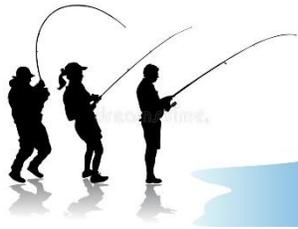
Linda K. Meader
Director of Presidents



Updates & news from the VA Medical Center, something for everyone, so grab a ☕ some paper to make notes and remember your mission to spread the word.....

- Hard to believe that the summer months are fading, and the Fall is now upon us. The VA appreciates all our organization has stepped up and done by “volunteering” outside the box with sponsoring special refreshments, activities, movie nights, game nights, and the list goes on and on thanks to the creative ideas put forth by the Recreation Department of the Community Living Center! Together we can help enrich the Veterans lives by supporting all activities. It is important to make sure that no matter what you do that supports the “CLC”, you provide a completed “donation form” so they can properly record your support and most importantly it gives them the information needed to properly thank your Auxiliary. Therefore, it is extremely important that all donations go thru the Office of Leadership and Civic Engagement aka “Voluntary Services”. You can reach out to Madeline @ madelinelavfw@aol.com and I will be more than happy to assist you. In addition, I will gladly remind you to *“Report this under the Hospital Program!”*
- *The newest addition to the Recreation Team Mike Bassett, a Marine Corp Veteran and Recreation*

Therapist His field is adaptive sports and will be assisting and offering many new additions to this program. He will be expanding this program to Saturdays that will open this program to a lot more Veterans who may have work schedules. As support and assistance is needed for this activity, this will offer additional opportunities for “volunteering” not only outside the box, but also outside the building. Stay tuned!



➤ Another great opportunity for new & exciting “Volunteer Opportunities” Recreation is taking at developing a program opportunity for Veterans to engage I fishing (spin casting; They are looking for a volunteer who can help teach the skills if necessary.....know someone who might be interested, please reach out to **Sarah 603 624-4366 X2321, wait there is more....**



*This program is designed to help to build on their Arts and Humanities Program offerings. The recreation Dept is very excited about this new initiative and feel it will also help to relieve stress and move the body while having fun. Wanted a **Volunteer** who would like to help teach any style! Please reach out to Sara with questions or to share your interest to volunteer by calling Sara @ 603 624-4366 ext 2321!*



I truly understand that we are all extremely busy in our daily lives and you may not have time to *sign up to volunteer* at the VA Medical Center, but you must not forget there are other ways to “*volunteer*”, simply  by stepping up and “volunteering” your time & efforts to shop for many of the items needed to provide activities to Veterans in the medical facilities in your community as well as the VA. Please remember to reach out and see what their individual needs are, how best you can support these needs and “*volunteer*” to get the job done. For example, currently the items currently needed by the Recreation Dept that works with the Veterans in the Community Living Center at the VA are:

- Lego Architecture Series Kits**
- Fishing Rods & Reels**
- Fly Rods, Lures etc.**
- Disposable Tablecloths (seasonal)**
- DVDs – new release of any genre**
- Wood for wood burning**
- Tabletop decorations for the holidays**
- Window & Unit decorations for any holiday**



Please know your support whether in person or by donation, is greatly appreciated and brings smiles to the faces of the Veterans who enjoy these recreational programs!



Don't forget there are still Volunteer Positions needed at the VAMC:

- Business Office
- Pharmacy
- Transporters
- Dispatchers
- Optometry (reminder calls)
- Logistics
- Warehouse (2)
- Drivers
- Drivers for Recreational Therapy (short & long trips)
- Recreational Therapy (monthly mailings & reminder calls)

So, I am calling all members to roll up their sleeves and together with your members figure out a way you can best offer your support, volunteer your time, recruit other members to join you in bringing conversation, company, activities, recreational items

and so much more from the list I have shared and share the greatest gift of all you can offer.....

*Your time & talents for we all feel in our
“Hearts that Care” is “our reason to live is our
reason to give of Ourselves!”*

*Madeline Dreusicke, Hospital Chairman
October 2022*

Auxiliary Members,

In a few short weeks Halloween will be on our doorsteps! Time for you to recruit some "Youth Volunteers" to create greeting cards, decorations for the doors and windows and bring a little spooky cheer to the rooms of the Veterans at the



Community Living Center at the VA in Manchester, the NH Veterans Home, or any other medical facility in your community. Just because they are still not letting visitors into the

Community Living Center and especially children, you can still roll up those sleeves worn by your recruited youth volunteers and have them get to work on creating colorful, spooky maybe even scary decorations, cards and any other creative ideas they may have. Afterall Halloween is for kids – so reach out and recruit their help

today &



**REMEMBER
UNTIL YOU**



support with
decorations and
**YOU WON'T
ASK!!!!**



**cards.
KNOW**

Try
Bash (but



scheduling an
leave enough



early Halloween
time to complete



this mission and be able to deliver to the facility of choice,

By providing a safe environment for the kids to come together and celebrate with music and games including time set aside to write out cards and draw pictures to drop off at the VA or even mail to the Veteran's Home in Tilton & other facilities! All that is required is crayons, paper, time (don't forget some refreshments) & the willingness to organize and carry it out. Have a contest and give out prizes for the funniest, scariest, spookiest cards and give the kids some **RAP** coins for their efforts and support.

To Drop off cards etc to VAMC you can go to the front entrance (Eagle Entrance) and give to a VA Ambassador for "Voluntary Services" to give to the CLC or contact Madeline @ 603 508-0843 I am at the VA 1-3 times a week.

For the Veteran's home mail to:

NH Veteran's Home
139 Winter Street
Tilton, N.H. 03276
Att: Maureen Campbell



You can also reach out to medical facilities in your own community and create then donate for the Veterans or other patients at that facility. Remember any hospitalized patient always appreciates your efforts no matter the town you are in.....every patient loves to get mail! In doing so, we honor our motto this year, *"Our reason to live is our reason to give of ourselves...."* While using the *"Hands that serve, and the Hearts that Care!"*



Thank You!

*Madeline Dreusicke, Hospital Chairman
October 2022*

Thanksgiving Dinner Basket 2022



1 gift card to Market Basket for 12-16lb turkey

- 2 cans of turkey gravy
- 1 box instant potatoes
- 2 cans of vegetables
- 1 box stuffing mix
- 2 cans cranberry sauce
- 1 can coffee (small size)
- 2 cans of fruit cocktail

In these difficult times, that we as a nation are coping with, some struggle more than others. This is the time when we come together to help our Veterans and their families who need our help..... A fresh pie and 6 pack of rolls will be added to each basket day of delivery to family!



I am thankful for being part of a wonderful organization that always rises to extend the hand of help and do what is necessary in time of need.....**Volunteer Your Time, Your Money & Your Support is our motto!**

VASH case workers are currently working on a list of families that could certainly use a basket filled with all the goodies needed for a Thanksgiving family dinner, but due to circumstances beyond their control, this is not something they can afford to do for their family. I am reaching out to VFW **Post & Auxiliaries** who would like to help fill one of these baskets and help provide this holiday meal for struggling



Veteran families during these difficult times. As I have shared previously the number of VASH families has

increased 😞 !!! If any member wishes to do this individually that also helps.

Please reach out to Madeline Dreusicke, Hospital Chairman at madelinelavfw@aol.com or

Cell 603 508-0843 for more information how to grant this simple wish.....

DEADLINE TO TAKE A FAMILY: Date 11/08/2022 to allow time for me to shop and for case workers to deliver to families who are located all over the state.

You can shop or I will do the shopping for you, just let me know you want to sponsor a family in need for Thanksgiving 2022 as soon as possible!! **PLEASE BRING THIS UP TO YOUR POST MEMBERS IN TIME TO DONATE PRIOR TO THIS DEADLINE DATE.** Thank you for your support, your participation for as we all know, we have the *"Hands that serve, and the hearts that Care!*

*Madeline Dreusicke, Hospital Chairman
October 2022*



Department of NH VFW Auxiliary Legislative 2022-2023

Be An Advocate-Be Informed-Be Engaged

October 2022 General Information

Dear Brothers and Sisters,

I hope you all enjoyed your summer and are ready to dive back in to our busy season. Last month I provided some information on the three branches of Government and their purpose. This month we will explore why the three branches of Government were established. The Constitution divided the Government into the three branches which was an important decision because it gave specific powers to each branch and set up something called checks and balances. Just like it sounds, the point of checks and balances was to make sure that no one branch would be able to control too much power, and it created a separation of powers. Here are some examples of how the difference branches work together:

- The legislative branch makes laws, but the President in the executive branch can veto those laws with a Presidential Veto.
- The legislative branch makes laws, but the judicial branch can declare those laws unconstitutional.
- The President in the executive branch can veto a law, but the legislative branch can override that veto with enough votes.
- The legislative branch has the power to approve Presidential nominations, control the budget, and can impeach the President and remove him or her from office.
- The judicial branch interprets laws, but the President nominates Supreme Court justices, court of appeals judges, and district court judges who make the evaluations.
- The judicial branch interprets laws, but the Senate in the legislative branch confirms the President's nominations for judicial positions, and Congress can impeach any of those judges and remove them from office.

So as you can see from the above explanations, the checks and balances system does provide the protection from any one branch of having too much control and allows for a fair and democratic system of government.

In the last months GI's I also stated that I would begin providing information on the new bills being introduced to Congress on behalf of our veterans. In August the following bill was introduced:

H.R. 7589 – Reduce and Eliminate Mental Health Outpatient Veteran Copays Act (REMOVE) :
This bill would eliminate the first three copayments for mental health services in the calendar year.

I took action on this bill by emailing my congressman through Action Corp and you can too. If you have not signed up for it yet, please see previous general information letters for reference. Next months general information will focus more on the specific duties of the Legislative Branch. I hope everyone was able to get out and vote in their primaries this past month!!!

Tammy L. Baker
Department of NH VFW Auxiliary
Legislative Chair 2022-2023



Hands Up if you have paid your Dues

**Currently the Department of NH is at
71.46% 3rd lowest in our conference.**

**Let's show the rest of the Eastern
Conference What we Can do!!!!**

**Any Auxiliary that reaches 100% by the end
of October will go into a drawing for
\$100.00. Let's show that we care about
our Veterans and get those Dues paid!!!**

VFW Auxiliary Department of NH – Historian/Media

October 2022 General Information

Historian Media Relations



LET'S TALK ABOUT PICTURES



It is now October and I know each Auxiliary is having events, but I have only seen a handful of pictures.

\$\$\$ INCENTIVE \$\$\$

The Auxiliary that does the most of following will receive a prize at the January COA Meeting.

- Tags me on your Facebook Post with Pictures
- Email me Photos of your Events
- Send me your event information to be sent to WMUR / Union Leader / Patch
- Request me to attend an event



Don't Forget This Great Place to Post Your Events

Community Centers / US Postal Service

Many community centers and your local US Postal Office have bulletin boards where you can post your flyer for the event. A great rule of thumb is to have the flyer there a few weeks before the event. Provide contact information on the flyer for further information.

New Platform



1. To setup a TikTok account:

1. Download TikTok from Google Play or the App Store.
2. Open the app.
3. Tap **Profile** in the bottom right.
4. Choose a method to sign up.

Note: Make sure your email & phone # are valid as they are needed for log in & password recovery.

2. To add or change a profile photo or video:

1. Tap **Profile** in the bottom right.
2. Tap **Edit Profile**.
3. Tap **Change Photo** or **Change Video**.
4. For photo, select **Take a photo** or **Upload photo**. For video, select from your gallery.

Note: Profile photos will not be visible on your profile once a profile video is set. Photos must be at least 20x20 pixels to upload.

3. Make your first TikTok video and join a community of creative, collaborative, and trendsetting creators!

To create a new video:

1. Tap **+** at bottom of the screen.
2. Upload content from your device Library or use the TikTok camera.
3. Add Sounds, Effects, Filters, or other camera tools.
4. Start your video by pressing the **Record button**.
5. Record your content.
6. Tap the **check mark**.
7. Make additional edits on the post page.
8. Post your video!

MALTA

Everything you need for Historian / Media Relations can be found in Malta.

<https://malta.vfwauxiliary.org/MemberResources>

- Publicity Tools & Press Releases
- Sample Photo Release Forms
- Sample Speeches
- Speaker's Bureau Tool Kit
- VFW Auxiliary Emblem Branding Center
- Websites & Social Media - Facebook
- Websites & Social Media - Websites

Best regards,

Julie DeRubeis – Dept of NH VFW Auxiliary Historian / Media Relations Chair 2022-2023

Do you have photos/ articles / flyers to be submitted?

Email to: nhvfwauxhistorian@gmail.com

Phone: 603-546-5533

US Postal Service: 12 Hartwood Dr - Merrimack, NH 03054



Auxiliary Outreach

Hello New Hampshire and welcome to October!

As most of you know we've already had snow on Mount Washington! It didn't stick but was just a warning of things to come. With the colder weather coming I have a few ideas on reaching out to our communities with Hands that Serve and Hearts that Care.

- 1) Collect winter coats and clothing for community coat drives
- 2) Help elders in the community stack/store wood and pellets
- 3) Volunteer in local food pantry
- 4) Give blood at blood drives being hosted by OTHER organizations

And don't forget the key here is to help other organizations with their aims and goals.

Remember to "brand" yourself by wearing something that identifies you as an auxiliary member.

You are there to help them, not your auxiliary, but nothing wrong with letting them know you are there!

Our reason to live is our reason to give of ourselves

Be the Unity in your Community



Respectfully;

Colleen Pierce

Auxiliary Outreach chair 2022-2023

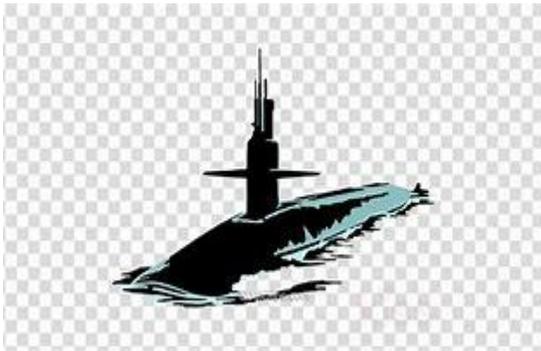


AMERICANISM

On Friday, October 13, 1775, meeting in Philadelphia, the Continental Congress voted to fit out two sailing vessels, armed with ten carriage guns, as well as swivel guns, and manned by crews of eighty, and to send them out on a cruise of three months to intercept transports carrying munitions and stores to the British army in America. This was the original legislation out of which the Continental Navy grew and as such constitutes the birth certificate of the navy.



USS Gerald R. Ford



Submarine

Submarines were the "silent service"—in terms of operating characteristics and the closed-mouth preferences of the submariners. Strategists had, however, been looking into this new type of warship, influenced in large part by Germany's nearly successful U-boat campaign. As early as 1912, Lieutenant Chester Nimitz had argued for long-range submarines to accompany the fleet to scout the enemy's location. The new head of the Submarine Section in 1919 was Captain Thomas Hart, who argued that submarines could win the next war: "There is no quicker or more effective method of defeating Japan than the cutting of her sea communications." However, Hart was astonished to discover how backward American submarines were compared to captured German U-boats, and how unready they were for their mission. The public supported submarines for their coastal protection mission; they would presumably intercept enemy fleets

approaching San Francisco or New York. The Navy realized it was a mission that isolationists in Congress would fund, but it was not actually serious. Old-line admirals said the mission of the subs ought to be as eyes of the battle fleet, and as assistants in battle. That was unfeasible since even on the surface submarines could not move faster than 20 knots, far slower than the 30 knot main warships. The young commanders were organized into a "Submarine Officers' Conference" in 1926. They argued they were best suited for the commerce raiding that had been the forte of the U-boats. They therefore redesigned their new boats along German lines, and added the new requirement that they be capable of sailing alone for 7,500 miles on a 75-day mission. Unrestricted submarine warfare had led to war with Germany in 1917, and was still vigorously condemned both by public opinion and by treaties, including the London Treaty of 1930. Nevertheless, the submariners planned a role in unrestricted warfare against Japanese merchant ships, transports and oil tankers. The Navy kept its plans secret from civilians. It was an admiral, not President Roosevelt, who within hours of the Pearl Harbor attack, ordered unrestricted warfare against any enemy ship anywhere in the Pacific.



The United States Naval Academy (US Naval Academy, USNA, or Navy) is a federal service academy in Annapolis, Maryland. It was established on 10 October 1845 during the tenure of George Bancroft as Secretary of the Navy. The Naval Academy is the second oldest of the five U.S. service academies and it educates midshipmen for service in the officer corps of the United States Navy.



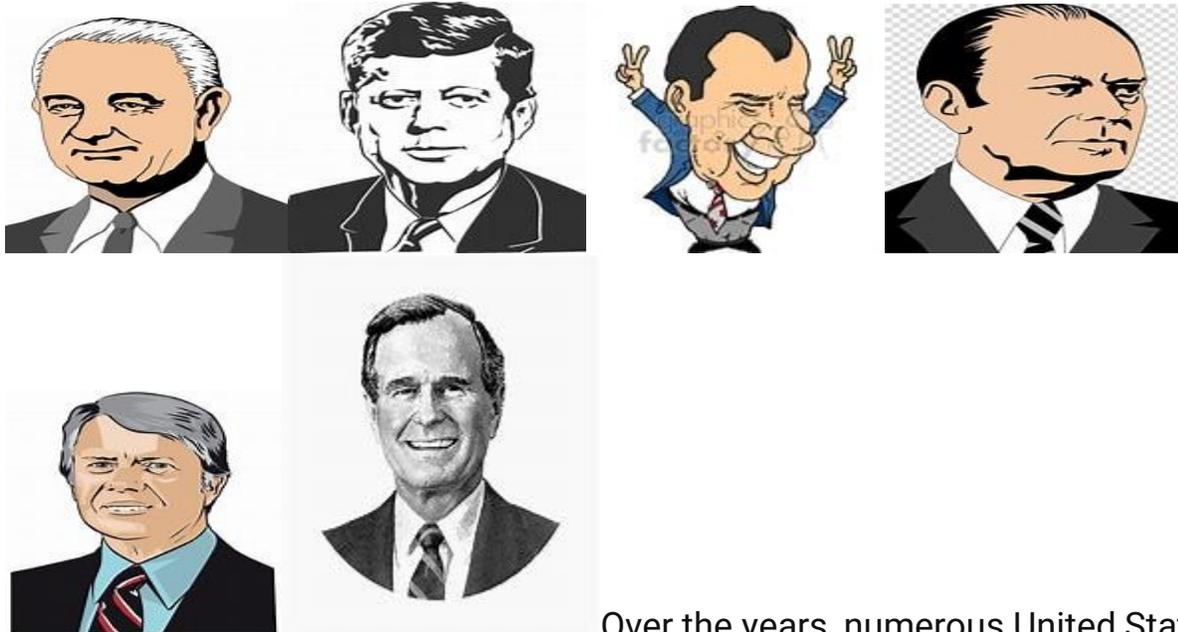
U.S. Navy SEALs

OUR MOST ELITE TEAM

The Naval Special Warfare (NSW) community is the most elite fighting force in the world. Composed of SEALs and SWCCs (Special Warfare Combatant-craft Crewmen), as well as support personnel, NSW operates with deliberate stealth beyond the reach of conventional forces, conducting strategic reconnaissance, direct action, hostage rescue, and many other specialized mission sets. With an

unparalleled legacy of service that goes back to the Underwater Demolition Teams (UDT) of WWII, they have always been the true tip of the spear.

SEALs have executed some of the highest risk, no-fail operations in history. A few have been publicized, but the vast majority remain unknown to the public. Through these clandestine missions, NSW continues to sacrifice for our nation, maintaining their global presence and remaining at the ready. They are on the front line; right now, and always.



Over the years, numerous United States Presidents (**John F. Kennedy, Lyndon B. Johnson, Richard Nixon, Gerald Ford, Jimmy Carter, George H.W. Bush**) served in the Navy.

So, on October 13th wish all of your Navy veterans a big Happy Birthday! They all showed us their unfailing love of country, eagerness to defend it against all enemies; undivided allegiance to the flag!!

For more information about patriotic days and ways to celebrate, visit vfwauxiliary.org/what-we-do/americanism

Buddy Nicholas,

NH VFW Auxiliary Americanism Chairman (2022-2023)

"Buddy"® Poppy & VFW National Home for Children - 2022-2023
General Information - October 2022



Goal: Education and Community Outreach of the "Buddy"® Poppy, National "Buddy"® Poppy Display Contest & VFW National Home for Children

Making a difference for veterans and their families: 5 Ws and a H?
The who, what, when, where, why and how of the "Buddy"® Poppy & VFW National Home for Children Program.

- Educate your members about our *National Home* to help educate our communities by promoting the *"Buddy"® Poppy & VFW National Home for Children* Program.

Who? Auxiliaries, Posts and individual members. All our eligible!

What? Become a Home Front Hero

- Want to make a consistent and lasting difference in the lives of military and veteran families? **Become a Home Front Hero today!**

When? Now, is a perfect time!

- Do not put off to tomorrow what you can do today!
- Start today for as little as \$10 a month.

Where? VFW National Home for Children

- The *Home* is located in Eaton Rapids, Michigan



Why? We provide "Unwavering Support for Uncommon Heroes".

- By making a monthly gift as a *Home Front Hero*, you'll help provide a loving and secure home for the children and families of America's war heroes.

"Buddy"® Poppy & VFW National Home for Children Program KMO 1 Oct. 2022

"Buddy"® Poppy & VFW National Home for Children - 2022-2023
General Information - October 2022

How? Monthly, Quarterly, Semiannually

- Have a fundraiser donating a portion of the money on a regular basis.
 - Your fall **"Buddy"® Poppy** distribution event
 - Meat raffle
- Start today for as little as \$10 a month!
- You determine the amount of your monthly donation.
- Increase, decrease or suspend your gift at any time.
- <https://vfnationalhome.org> to donate on-line



Home Front Heroes take a leading role in the mission by pledging to make a recurring monthly contribution to the **National Home**. You become their front line of support, helping provide a steady, reliable source of funding for the National Home's essential programs and services.

As a monthly donor and **Home Front Hero**, you will help ensure the strength and longevity of all the **VFW National Home for Children** programs and services.

- Don't forget to create a **"Buddy"® Poppy Display** for the *October C of A* meeting. **Please ensure that your display is ready to be judged before the start of the C of A.**

My Reason to Live is My Reason to Give of Myself knowing that Hands that Serve have Hearts that Care!

Thank you!

Kate

Kate Ouellette

**"Buddy"® Poppy & VFW National Home for Children
Chairman 2022-2023**

Contact info: katevfw@aol.com Phone: 603-635-3870

"Buddy"® Poppy & VFW National Home for Children Program KMO 1 Oct. 2022

"Buddy"® Poppy & VFW National Home for Children - 2022-2023
General Information - October 2022

"Buddy"® Poppy Display Contest - October C of A

Where: Council of Administration Meeting
Laconia Post #1670

143 Court Street, Laconia, NH

When: 15 October 2022 - 9AM

Theme: Tip Your Hat For Our Veterans

Category 3: Artistic or Decorative Use of Poppies

Reminder: At least one Poppy used in the display must be in its original form and color, with label attached.

- Displays may be accompanied by a white card, not to exceed 4 X 6 inches in size, on which is lettered in black ink an explanation of the theme for the display or other information of interest to the viewer or the judges.
- In addition, I request that you provide me with a white card with your Auxiliary's display information; don't forget to include your Auxiliary's name along with the number of people, hours and poppies.

Post name, Post number, city, or state (including the shape of your state) may not be visible on display entries. However, this information can be listed on the backside of the white card.

I look forward to viewing your creative designs and as always, have fun with your Auxiliary and VFW members and community folks working on your entry! Remember, your hard work for this event is reportable under the "Buddy"® Poppy/VFW National Home Program, under "Buddy"® Poppy!

- Don't forget to create a "Buddy"® Poppy Display for the October C of A.
- Please ensure that your display is ready to be judged before the start of the C of A.

Kate

Kate Ouellette

"Buddy"® Poppy/VFW National Home for Children - Chairman - 2022-2023

"Buddy"® Poppy & VFW National Home for Children Program KMO 1 Oct. 2022