

AMERICANISM



Veterans Day is a public holiday held on the anniversary of the end of World War I, on November 11, to honor US **veterans** and victims of all wars. This holiday is a celebration to honor America's **veterans** for their patriotism, love of country, and willingness to serve and sacrifice for the common good.



Veterans Day wasn't always called that—and it has to do with how the holiday got started. Veterans Day can trace its origins back to November 11, 1919, the one-year anniversary of the armistice that ended World War I. President Woodrow Wilson declared that day "Armistice Day." In 1926, Congress passed a resolution to make Veterans Day an annual occurrence, but it didn't become a federal holiday until 1938.



In 1954, President Dwight D. Eisenhower changed the name from Armistice Day to Veterans Day so it would honor all veterans rather than commemorate the end of a single war.



Officially, Veterans Day is always Nov. 11. But holiday office closures may shift when Veterans Day lands on a weekend. If Nov. 11 is a Sunday, businesses may observe the holiday the following day. If it lands on a Saturday, businesses might close on Friday instead.



Here's one of those obscure Veterans Day facts you can use to impress your friends: In 1968, Congress passed the Uniform Holidays Act, which put Veterans Day on the fourth Monday in October. It took effect in 1971, but in 1975, President Gerald Ford signed a law returning it to Nov. 11.



While Memorial Day honors Americans who died in the line of duty, Veterans Day commemorates all Americans who have served their country honorably, both living and deceased.



As you may know, Veterans Day is a national holiday that commemorates veterans of all wars. Sometimes confused with Memorial Day, which honors U.S. soldiers who fell during their service to their country, Veterans Day celebrates the life and the sacrifice of military veterans and their families. While the holiday pays tribute to all American veterans, alive or fallen, it especially honors veterans who served honorably during both peacetime and war.



The date is easy to remember because it's celebrated every year on November 11! This date was chosen to honor the eleventh hour of the eleventh day of the eleventh month of 1918, which signaled the end of the Great War. If that's not enough 11's for you, General George Patton, the well-known World War 2 general, was also born on November 11. Talk about a trend!



Along with America, other countries that fought in World War 1 and World War 2 also commemorate the veterans who fought bravely for their country. Great Britain, France, Australia, and Canada all celebrate the holiday in their own unique way. Canada refers to the holiday as Remembrance Day, where the red poppy is adorned as a symbol to remember the deceased. Australia also calls the holiday Remembrance Day, but the day is more similar to our Memorial Day. Britain has Remembrance Sunday, which occurs on the second Sunday of November. Along with the U.S., a two-minute moment of silence is observed at 11 a.m. every November 11 in Europe, Great Britain, and Commonwealth countries.



On November 11, or Veterans Day, the Arlington National Cemetery holds an annual memorial service to honor our U.S. veterans. Every year at exactly 11 a.m., a wreath-laying ceremony is held at the Tomb of the Unknowns in the famous cemetery. Little known fact: the Arlington National Cemetery is home to the graves of over 400,000 people, a majority of whom served in the military in some capacity.



As you go out and celebrate Veterans Day with the nation, please do it with “Hands that Serve, and Hearts that Care.” Let your family and community know that you are doing this as “My Reason to Live, Is My Reason to Give of Myself” and if you do, they in turn will acquire a renewed Patriotic spirit and respect for Veterans Day!

Remember if you are capturing Patriotic unity or Auxiliary traditions in action, tag the activity and/or event using the hashtag #AuxiliaryPatriotism. Record these moments by posting them to social media outlets such as Facebook, Instagram and YouTube!

Take Care,

Buddy Nicholas, NH VFW Aux Americanism Chairman (2022-2023)



Circle of Excellence

November 2022

For Auxiliary Presidents – November 1, 2022



Fall is here and you should be well into your programs for this Auxiliary year. This month, I have a few questions to ask you as Auxiliary President.

1. Can you please tell me briefly what you feel are the job and functions of the Auxiliary President?
2. Are you prepared for your monthly meeting with an Agenda, watch or clock, pen, paper to take notes and a list of items to be discussed?
3. Do you consider yourself a leader? If so, why and if not, why?
4. Do you inspire and motivate your members, motivating members to want to be active and achieve success?
5. Have you begun the Healthy Auxiliary Program Yet? If not, why?
6. What are some of the comments to the questionnaire have you have received from your members if you have completed your Healthy Auxiliary checkup?
7. Is you Auxiliary healthy? If not, why?
8. Do you attend your District meetings? If not, why?
9. Have you contacted your District President to tell her/him what you and your members would like to see as Schools of Instruction? If not, why?
10. Have you planned and/or completed this year at least one project, activity or donation that benefits veterans? If you have, please tell me about what you did and the results. If not, please share with me your plans to complete this project.
11. What are you doing to collect and/or increase your membership?

I am planning training for Auxiliary Presidents and would like your responses to help me decide what to discuss. We will address a number of items, but I want to focus on items that are of interest to our Auxiliary Presidents and on those items where Auxiliary Presidents appear to need assistance. These are just a few of the most important items that we need to address now. I will be notifying everyone when the training is scheduled.

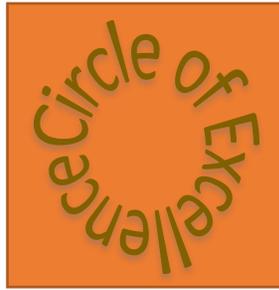
Please take time to send me an email or a letter (if it's easier for you) to respond to these questions. Thank you and I look forward to hearing from you very soon.

Loyally,

Linda K. Meader
2022-2023 Director of Presidents

Email: onelinda@comcast.net
Address: 19 Canterbury Road
Concord, NH 03301





November 1, 2022

Okay, **DISTRICT PRESIDENTS**, I have a few of questions to ask you this month.

1. Can you please tell me what the job of the District President is?
2. Have you set up an inspection of each of your Auxiliaries. If so, have you sent your Inspection Reports to the Department President and me? If not, do you have a reason why you haven't scheduled these inspections yet? Please share with me.
3. Are you aware that the primary reason for a District is for training our members?
 - a. Keeping that in mind, please tell me how many Schools of Instruction you have held so far at your District Meetings this Auxiliary year.
 - b. Please tell me how you decide what Schools of Instruction you will be holding at your meetings.
 - c. Please share how you decide who will teach the School of Instruction.
4. Audits:
 - a. Please share with me when and where you hold your District Audits.
 - b. Who attends your district Audits?
 - c. Is the Audit read out loud at your District Meeting and it is voted on and accepted?
 - d. Who mails the completed and accepted Audit to the Department Treasurer?

I am looking at issues where our District Presidents seem to need help.

We will discuss other items, but these are just a few of the most important items that we need to address now. I am planning some training and want to hear your responses before I prepare and schedule a training class.

Please take time to send me an email or a letter (if it's easier for you) to respond to these questions. Thank you and I look forward to hearing from you.

Loyally,

Linda K. Meader
2022-2023 Director of Presidents

Email: onelinda@comcast.net
Address: 19 Canterbury Road
Concord, NH 03301





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

Health Checkup for Your Auxiliary Member Questionnaire



This is a great tool to get your finger on the pulse of your auxiliary. Auxiliary presidents' hand these out at your meeting, have members turn them back in to you, it will help you find out what is going well for your auxiliary and what things you may want to look at to help improve the "health" of your auxiliary.

Remember to report this activity. I would love to hear the thoughts of your members !

Happy Thanksgiving!

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.***



Health Checkup for Your Auxiliary Member Questionnaire

1. Why are you a member of the VFW Auxiliary? _____

2. Do you volunteer for, or offer financial support to, any of the twelve (12) National Programs: Veterans & Family Support; Americanism; Auxiliary Outreach; "Buddy"® Poppy & VFW National Home; Extension & Revitalization; Historian & Media Relations; Hospital; Legislative; Membership; Mentoring for Leadership; Scholarships and/or Youth Activities?

YES **NO** (circle one)

3. If you answered "YES", to question #2, what do you do and why? _____

4. If you answered "NO" to question #2, please share the reason why. _____

5. Do you feel our National Programs benefit our local veterans, their families and our own members?

YES **NO** (circle one)

6. If you answered "YES", to question #5, what do you do and why? _____

7. If you answered "NO" to question #5, please share the reason why. _____

8. Are there activities you would like to see in this Auxiliary? _____

9. Is the monthly business meeting conducted at a time that is suitable for you?

YES **NO** (circle one)

If not, what time would you like to see the meeting scheduled? _____

10. Is the monthly meeting length appropriate for the business conducted?

YES **NO** (circle one)

11. Do you have ideas on how to increase meeting attendance? _____

12. What do you feel would bring new members into our organization? _____

13. Where do you see the VFW Auxiliary ten years from now? Will you still be a part of it? _____

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

What? "Buddy"® Poppy distribution include the VFW National Home

- Hold a fall *"Buddy"® Poppy* distribution event before the days become too cold and stormy.
- Include in your event a display of your *"Buddy"® Poppy* creation and provide children and adults alike with a copy of the *Story of the VFW "Buddy"® Poppy*.
- Have on hand informational material on the *VFW National Home for Children*.
- Remember, while a donation for a *"Buddy"® Poppy* is welcomed, we never sell Poppies!

When? Veterans Day & weekend...or any day!

- Every day is *"Buddy"® Poppy* day!
- Veterans Day, 11 November, perfect day to honor our Veterans!

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

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

- Take some Poppies to your local hospitals, nursing homes (make arrangements in advance). Bring along a **"Buddy"® Poppy** display for all to see. Recite a short poem honoring Veterans.
- My favorite, grab several Poppies and as you shop provide them to Veterans...a lot of Veterans now are identifiable by the hats they wear.

Where? In your community, at Posts, Supermarkets, local stores (Big and Small), Fall Fairs, Fundraisers, Schools

- The possibilities are endless as long as you have a plan.

Why? Your presence in the community is welcomed and educational

- Folks of all ages look forward to getting their Poppies especially around Memorial Day and Veterans Day.

How? Monthly, Quarterly, Semiannually

- Have a Meat Raffle where the proceeds are divided between your Relief Fund and the **VFW National Home for Children**. Include a Poppy in each meat bundle.
- Provide poppies and The Story of the **"Buddy"® Poppy** to your local elementary school and nursing homes along with a Poppie page for coloring. Young and old love to color!

*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 - 2022-2023
General Information - November 2022

"Buddy"® Poppy Display Contest – January C of A

Where: Council of Administration Meeting
Concord, NH

When: 14 January 2023

Theme: ? ? ?

Send me your ideas !!!

katevfw@aol.com

I have received 2 ideas so far....please send your theme ideas to katevfw@aol.com.

Please take few minutes to report your display creations.

I look forward to hearing from you!

And as always, Thank You!

Kate

Kate Ouellette

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

VFW Auxiliary Department of NH – Historian/Media

November 2022 General Information

Historian Media Relations



LET'S TALK ABOUT PICTURES



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
 - Using **#NHVFWAUXHISTORIAN & #VFWAUXHISTORIAN**
- 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

WHY HAVE YOU JOINED?????

You joined the VFW Auxiliary because???

- To honor the service of a family member.
- To promote patriotism within your community to all citizens young and old.
- To participate in programs that bring family and community members together for worthwhile projects.
- To stress that veterans and their entitlements be a number one priority for legislators.
- To be the voice of those veterans that gave the ultimate sacrifice so we can all live in a democracy.



I joined under the eligibility of my father Harold W. Schneider who served in the Army in the 300th Battalion during the Korean War 1950-1953. He was a mechanic and operated a retriever tank on the 38th parallel. My father told stories from the war and was injured by a piece of shrapnel that injured his ankle. Each year especially towards the end of his life he would ask to see the shrapnel on Veteran's Day to never forget his deployment and the men that did not return home.

YOUR TASK!!!!

1. This November and for Veteran's Day, let me know in pictures who you joined under and why. We should never forget why we joined.
 - a. The Auxiliary that provides the most "Why we joined" will receive a gift at the January COA in Concord, NH
2. Send me your Veterans Day event by **Monday, November 7th by 7PM** and it will be sent to all media outlets including: WMUR, Union Leader, Patch, Rock 101, 95.7 WZID, and WFEA.

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



From the Hospital Chairman's Desk.....

Members: The following "Wish List" as I call it was shared by:

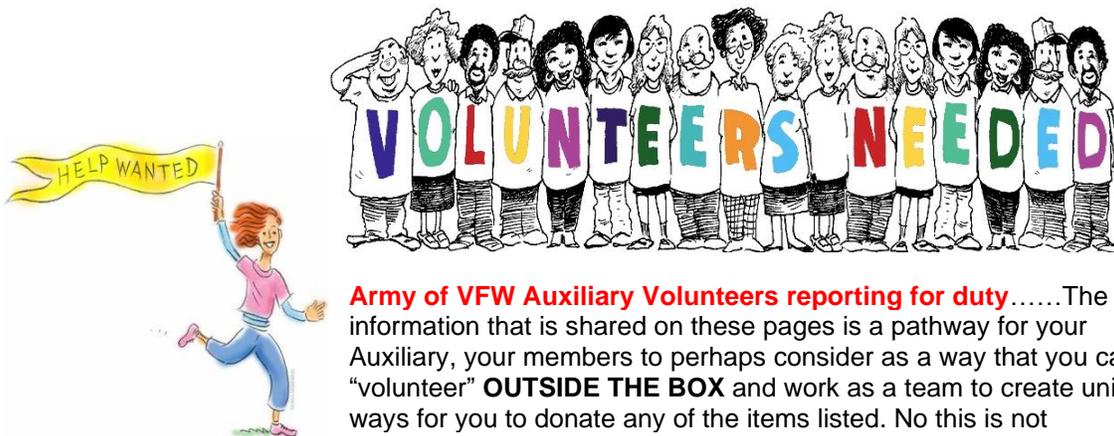
Sara Lasko, SPRS- Recreation Therapist
Manchester VA Medical Center
Outpatient Recreation Therapy
603-624-4366 ex: 2321

I believe I spoke to the excellent and wide-range of activities that are available at the VA at the Fall Conference this past weekend at Laconia VFW Post., I shared with all of you that the VA is working hard at also engaging outpatient Veterans in several programs as well as the Community Living Center Veterans. However, as we all know this takes some doing to provide the items needed or even sponsorships to execute the activities. Therefore, I felt it was important that this information be shared statewide to provide additional avenues for us all to VOLUNTEER, as able, outside the box by possibly donating any of these items that are detailed below. Yes, this is a lot of information to digest, but it is merely a suggestion to see if your Post or Auxiliary can support.....

VA OUTPATIENT & CLC RECREATION THERAPY

- Plastic model kits (cars, boats, planes, and such)
- Settlers of Catan- [Amazon.com: Catan Board Game \(Base Game\) | Family Board Game | Board Game for Adults and Family | Adventure Board Game | Ages 10+ | for 3 to 4 Players | Average Playtime 60 Minutes | Made by Catan Studio : Toys & Games](#)
- Settlers of Catan expansion- [Amazon.com: Catan Board Game Extension Allowing a Total of 5 to 6 Players for The Catan Board Game | Family Board Game | Board Game for Adults and Family | Adventure Board Game | Made by Catan Studio : Toys & Games](#)
- Buzzword- [Buzzword \(amazon.com\)](#)
- Catchphrase-[Catch Phrase Game \(Amazon Exclusive\)](#)

- Wood carving blocks-2 of these-[Amazon.com: YIPLED 12 Pack Unfinished Basswood Carving Blocks Kit, Rectangular Wooden Blocks for DIY Carving, Crafting and Whittling for Adults Beginner and Experts\(4 x 1 x 1 inch\)](https://www.amazon.com/YIPLED-12-Pack-Unfinished-Basswood-Carving-Blocks-Kit-Rectangular-Wooden-Blocks-for-DIY-Carving-Crafting-and-Whittling-for-Adults-Beginner-and-Experts-4-x-1-x-1-inch/dp/B000000000)
- Rubber stamp carving blocks-[Amazon.com: 10 Pcs 4"x6" DIY Rubber Stamp Applies for Adults and Children, Rubber Carving Blocks for Stamp, Making Kit for Printmaking, Stamp Soft Rubber Crafts, Soft Rubber Crafts Easy to Carve \(Pink\) : Arts, Crafts & Sewing](https://www.amazon.com/10-Pcs-4-x-6-DIY-Rubber-Stamp-Apples-for-Adults-and-Children-Rubber-Carving-Blocks-for-Stamp-Making-Kit-for-Printmaking-Stamp-Soft-Rubber-Crafts-Soft-Rubber-Crafts-Easy-to-Carve-Pink-Arts-Crafts-Sewing/dp/B000000000)
- Rubber ink roller-[Amazon.com: Speedball Pop-In Hard Rubber Brayer, 4-Inch](https://www.amazon.com/Speedball-Pop-In-Hard-Rubber-Brayer-4-Inch/dp/B000000000)
- Multi-color Stamp ink- [Amazon.com: XoreArt Finger Ink Pads for Kids Washable Craft Ink Stamp Pads, 16 Color DIY for Rubber Stamps, Paper, Scrapbooking, Wood Fabric, Best Gift for Kids : Arts, Crafts & Sewing](https://www.amazon.com/XoreArt-Finger-Ink-Pads-for-Kids-Washable-Craft-Ink-Stamp-Pads-16-Color-DIY-for-Rubber-Stamps-Paper-Scrapbooking-Wood-Fabric-Best-Gift-for-Kids-Arts-Crafts-Sewing/dp/B000000000)
- Sled-hockey helmet- Color-White Size Medium-[Bauer Re-Akt 85 Hockey Helmet Combo \(hockeymonkey.com\)](https://www.hockeymonkey.com/Bauer-Re-Akt-85-Hockey-Helmet-Combo)
- Plastic model kits (cars, boats, planes, and such)



Army of VFW Auxiliary Volunteers reporting for duty.....The information that is shared on these pages is a pathway for your Auxiliary, your members to perhaps consider as a way that you can "volunteer" **OUTSIDE THE BOX** and work as a team to create unique ways for you to donate any of the items listed. No this is not considered "bedside volunteering, making phone calls, scheduling Veterans for appointments **BUT** it is a unique, creative, and inclusive of your members to raise funds, however they choose, and help provide these recreational tools for Veterans to enhance their time while receiving physical therapy by using their hands/minds with the activities that these items will provide!

Let **"The Hands that Serve, and the Hearts that Care** be your **"Reason to Live and the Reason to Give of Yourselves"** as **Volunteers to support Veterans & their needs.**

Madeline Dreusicke, Hospital Chairman



THERE
ARE NO



WITHOUT



HEROES
HER!



When I was scrolling thru pictures on FB I came across this one....I thought about it for a moment and thought to myself what if this Mother was talking to her daughter about joining the military? What words could she share that would truly impact her daughter and that we can share as well....

This mother having served herself, perhaps she would say,
"Women Veterans have achieved amazing successes in the military. Some have become four-star generals, commanded ships, earned medals of honor, and piloted space shuttles. There is no limit to what they can achieve. They've served our country with courage, loyalty, and pride. After they have taken off their uniforms, they continue to serve as leaders in so many ways, leaders in government, leaders in their community, and leaders in business with the training they received. They are mothers, daughters and so much more....Today's women Veterans are shaping the future, and did you know that the VA is committed to providing women Veterans the access to gender-specific care they have earned and deserve!



But who can be a Women Veteran...

“A woman is a Veteran if she served in the active military, naval or air service and separated under any conditions other than dishonorable. There are **more than 2 million women Veterans living in the U.S. today**. Women are the fastest growing group in the Veteran population. In 2000, women were only 4% of the Veteran population. **By 2040, women will be 18% of the Veteran population**. Today’s women Veterans are the best-educated and most diverse generation. **They are generally younger than male Veterans and will**

have many opportunities to receive VA care!!!

She served, she deserves
the best care anywhere!!!



“Well, where do you find VA care???”

You start out by contacting.....

- Women Veterans Call Center: 855-VA-WOMEN for information,

OR

- **Laura Caisse, LCSW
Women Program Manager
Rm W643, 6th Floor, 718 Smyth Road, Manchester, NH
03104
603-624-4366 Ext. 6541
Email: Laura.Caisse@va.gov**

Care that is provided at VA Manchester health care.....an overview to start:

The women's health program offers women Veterans comprehensive care, including:



- Primary care
- Gynecology
- Maternity care, childbirth education classes, and postpartum support
- Ultrasounds and mammograms
- Mental health care and counseling
- Lifestyle wellness services

Here are more specific details under the above care:

What women's health services does VA provide? (according to the VA Manchester website)

They provide primary care services, including:

- General services, like disease prevention and nutrition counseling
- Reproductive health services, like birth control, preconception counseling, and menopausal support (hormone replacement therapy)
[Learn more about reproductive health services](#)
- Screenings, like cervical cancer screens (Pap smears) and breast cancer screens (mammograms)
- Mental health services for depression, posttraumatic stress disorder (PTSD), and substance use problems
[Learn more about mental health services](#)
- Free, confidential (private) counseling and treatment for mental and physical health conditions related to military sexual trauma (MST)
[Learn more about services for MST](#)

They also provide specialty services, including:

- Screening and management of chronic (long-lasting) conditions, like heart disease and diabetes
- Screening and management of sexually transmitted diseases (STDs) like HIV/AIDS and hepatitis
- Maternity care and other reproductive health services
- Treatment for sexual problems, urinary incontinence, and other issues
- Prosthetic and sensory aid (PSA) services, like prosthetic limbs, hearing aids, and post-mastectomy items
- Referrals for physical therapy, occupational therapy, speech-language therapy, and other rehabilitation therapies

- [Homebound and long-term care for those who meet specific requirements](#)

Telephone care

If you're a woman Veteran and you're currently signed up for VA health care, you can reach a VA health care provider at your local VA medical center by phone 24 hours a day, 7 days a week. This provider will answer questions and give you advice on health concerns. If you're currently signed up for VA health care, contact your VA medical center and ask for the provider's phone number.



Take the time to share this valuable information and foundation to all women Veterans so they too can embrace the Women's Health Services that are available at the VA Medical Center in Manchester, remember.....

She served, she deserves the best care anywhere!

Remember, "With Hands that Serve, and Hearts that Care" take time and put these important telephone numbers in your phone today so you can be ready to share as needed.....



- Women Veterans Call Center: 855-VA-WOMEN
- Center for Homeless Vets: 877-424-3838
- Veteran Crisis Hotline: 800-273-8255, press 1
- Caregiver Support Line: 855-260-3274

In doing so, you have demonstrated, "*your reason to live is your reason to give of yourself*" and help Women Veterans receive the gender specific medical care that they earned and so rightly deserve.....

Thank you! Madeline Dreusicke, Hospital Chairman



Department of NH VFW Auxiliary Legislative 2022-2023

Be An Advocate-Be Informed-Be Engaged

November 2022 General Information

Dear Brothers and Sisters,

I hope you all were able to attend the fall conference and C of A last month. It was very informative and there were a lot of good suggestions provided by the chairs of each committee. Last month I provided some information on the legislative branch of Government. This month we will explore the legislative branch more in depth. This is especially important this month because November 8th is the general election and we all need to get out there and vote for those candidates who support our veterans. As previously stated the legislative branch is made up of the House and Senate, collectively known as the Congress. Below are some specific duties of the legislature.

- Make all laws
- Declares war
- Regulates interstate and foreign commerce
- Controls Taxing
- Controls spending policies

As you can see the legislative branch holds a lot of power but the one most important to us is that they make all laws. Whenever a bill is introduced to the house that supports our veterans we rely on those candidates we put in office to ensure that those bills pass. If we do not get out there and vote our veterans could be left with members who do not support our military or their families.

In September the following bill was introduced:

H.R. 6961 – Dignity for MST Survivors Act: This bill modifies communications and procedures for the Department of Veterans Affairs and Board of Veterans Appeals regarding claims for compensation based on military sexual trauma experienced by veterans. It requires the VA to ensure each BVA member is offered MST training and that claims for compensation based on residuals of MST must be assigned to a member of the Board who has completed the annual training. It would also require communications to veterans filing appeals be sensitive in language and that clinicians providing examination are trained to use trauma informed practices.

H.R. 8398- The DRIVE Act: The driver reimbursement increase for veteran equity Act. The current mileage rates for beneficiary travel do not always cover the actual expenses for gas and associated costs of using a personal vehicle. Currently the reimbursement rate for veterans (41.5 cents) while federal employees using personal vehicles for business receive 62.5 cents This bill would tie veterans mileage reimbursement to the rate government employees receive for using their personal vehicles for government business.

H.R. 8686, the Wounded Warrior Research Enhancement Act: This bill directs the Department of Defense (DOD) to award grants to entities with the purpose of advancing orthotic and prosthetic care for members of the armed forces, veterans, and civilians who have undergone amputation, traumatic brain injury (TBI), and other serious injuries resulting from combat or military service.

I took action on these bills and I hope you did as well. I will be back next month with more information regarding our legislative program and don't forget **GET OUT AND VOTE ON NOVEMBER 8th!!!!**

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

November 2022 Membership

Tracy Kelley(NH)

Tracyk372@yahoo.com

Our reason to live with Hands that serve and Hearts that

Care is our reason to give our Continued

Membership" Currently our department is at 75.84%

membership we need 898 more members to pay their dues to be at 100%. This month lets focus on retaining the members we currently have by reminding them why we are thankful to have them as members of our great organization. Reach out to your membership

Make members feel appreciated by recognizing their achievements and celebratory occasions such as membership milestones (for example, a 10-year member), work promotions, anniversaries, or birthdays.



Develop a formal mentor program for involved members to support less active or new members.

Receive regular feedback from members to confirm that they are experiencing the benefits they were promised when they joined.

Encourage members to serve on committees that suit their skills or interests.

Give members a clear sense of your Auxiliary's long-range goals and vision. Invite them to attend a District or Department meeting or training event.

Keep an up-to-date list of service projects, and have members take turns leading projects that interest them.

Feature photographs of your members at recent Auxiliary service projects and events on your website, Facebook page, and in newsletters in order to recognize their contributions.

Update members regularly on progress toward Auxiliary goals as a way to build loyalty, pride, and an understanding of the need for long-term involvement.

Any Auxiliary that gets to 100% by Nov. 30th will receive \$25.00. Remember to remind current members that if dues are not paid by Dec. 31 they are no longer a member in good standing. Reach out now before the holidays get here and people get busy.



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

November 2022

Should your Auxiliary start a mentoring program?

**Mentoring
Program**

Every Auxiliary should have some sort of mentor program. This can be done formally or informally. The more members you have and the more quickly you're growing may indicate that you need to have a process in place to get those new members involved and included as soon as possible.

Three members could take this on, perhaps those who remember well what it felt like to be new and who know enough about the organization to be helpful. (For a smaller Auxiliary, one person may be able to handle this.) As soon as a new member is voted on and accepted, their name and contact information should go to this team. Based on what they know about this new member, someone should be assigned to that member for at least the first year. It doesn't have to be a member of this team, but a member who would be willing to reach out to someone new and show them the ropes. Even the little things like sitting near a new member during a meeting so you are able help them understand how the meeting operates and answer any questions they may have.

If you have a mentoring program in your auxiliary that's wonderful, let me know all about it! Maybe you could mentor another auxiliary on how to start one?



Happy Thanksgiving!

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.***

SCHOLARSHIPS

November 2022

WOW how quickly the first round of Scholarship programs went!! You should now have your VOD and Patriot Pen applications/essays. The next deadline is Post/Auxiliary judging to be completed by November 15th.

Did you hear??

I am happy to announce the Department of New Hampshire Auxiliary will now have two categories, the Young American Creative (2D Art) & 3-Dimensional Patriotic Art Contest. This brings us in line with our National Scholarship Program and supports the National Presidents Project.



Did you know the National Presidents special project is the Auxiliary's Newest Art Contest?

While the three-dimensional art entries have been part of Young American Creative Patriotic Art since the 2018-2019 Program Year.

However, this Program Year, these entries will belong to a separate contest called the 3-Dimensional Patriotic Art Contest. So the Young American Creative Patriotic Art Contest entries are now all two-dimensional (2-D art), while 3-Dimensional Patriotic Art Contest entries are exclusively 3-D art pieces.

Funds contributed to incoming National President Reape's special project will establish an escrow fund to provide 3-Dimensional Patriotic Art Contest scholarships to students in the years to come.

Young American Creative & 3-Dimensional Patriotic Art Contests

Who is Eligible to Apply?

- Any student in grades 9-12 who is 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.
- Although U.S. citizenship is not required, students must be permanent residents or have applied for permanent residence (the application for which has not been denied) to become a U.S. citizen.

What is the Scholarship Amount?

- Young American Creative Patriotic Art: (two-dimensional artwork only.) The first-place winner from each Department (state) competes for National awards totaling \$34,000.
- 3-Dimensional Patriotic Art: (three-dimensional artwork only) The first-place winner from each Department (state) competes for National awards totaling \$4,000.

Please note: Digital art, photography and jewelry are NOT ACCEPTED.

Visit vfwauxiliary.org/scholarships for deadlines and submission requirements.

For Applications or More Information, visit www.vfwauxiliary.org

To support National Presidents Project:

Log in to MALTA. Click on "Make a Gift." Select National President's Special Project. Mail checks earmarked 3-Dimensional Patriotic Art to: VFW Auxiliary National Headquarters Attn: Scholarship Fund 406 W. 34th St., 10th Floor Kansas City, MO 64111

Scholarship and Contest Resources

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



Please reach out if you have any questions.

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

VFW Auxiliary Dept of NH

Presidents Special Project

Suicide Awareness

November 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!

WHY?

The current state of our Veterans and their mental health is an increasing issue in New Hampshire. Over 22 Veterans a day commit suicide and that is 1 too many. According to the U.S. Department of Veterans Affairs, after accounting for age differences, the Veteran suicide rate in New Hampshire is significantly higher than the national Veteran suicide rate. The Veteran suicide rate in New Hampshire was significantly higher than the national general population suicide rate.

Personally, I had a coworker and friend that was a Vietnam Veteran that was dealing with mental health issues. In March 2021, my boss reached out to me knowing I was involved with the NH VFW Auxiliary, advising our coworker was in a mental spiral and needed assistance. Within 4 hours, I had help to his home and he began working with the Veterans Affairs to assist with his mental suicidal state. He retired shortly thereafter from my company. Unfortunately, a few months later he committed suicide. We need more assistance for our Veterans especially in rural areas in New Hampshire.

One of the organizations we are teaming up with is the Lakes Region Veterans Coalition (LRVC). LRVC is comprised of local veterans and community leaders working to implement the Veteran-focused Together with Veteran's suicide prevention program in the Lakes Region. Their Mission is: Enlisting rural Veterans and their local partners to join forces to reduce Veteran suicide in our community.

What is the LRVC? The Lakes Region Veterans Coalition follows the Together with Veterans (TWV) Rural Suicide Prevention Program funded by the VA Office of Rural Health and supported by the Office of Mental Health and Suicide

Prevention. TWV's guiding principles are Veteran-Driven, Collaborative, Evidence-Informed, and Community-Centered. The Together with Veterans is a five-phase process to support rural communities in developing a local action plan to prevent Veteran suicide. The five Phases guide the community through identifying Veterans and other key partners; learning about suicide prevention and specific community strengths and needs; and developing and carrying out an effective local Veteran suicide prevention action plan.

GET READY for **10-DIGIT Dialing** for New Hampshire calls

INCLUDE **603** for ALL NH CALLS starting **OCTOBER 24, 2021**

To ensure that users can dial 988 to reach the existing National Suicide Prevention Lifeline after July 16, 2022

NATIONAL SUICIDE PREVENTION LIFELINE™
1-800-273-TALK

AFTER 7/16/22 DIAL **988**

We all have a role to play. Together, we can help save Veteran lives.

Support for Veterans, their Families and Friends

Veterans Crisis Line 1-800-273-8255
Text to 838255
Confidential Chat at VeteransCrisisLine.net

Veterans Crisis Line
1-800-273-8255 PRESS 1

Click here to visit The Veterans Crisis Line

SUICIDE FREQUENCY

22 PER DAY
ONE EVERY **65 MINUTES**

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



GENERAL INFORMATION NEWSLETTER

November 1, 2022

Military Suicide Awareness: One strongly effective means of preventing military and veteran suicides is to minimize or completely eradicate lethal objects from a family home environment. The lethal means objects that are commonly used by active military members in a potential suicide crisis include guns, medications, alcohol, opioids, and other items such as ropes, cords, or sharp objects. Recent research shows that, if easily accessible, these items can become deadly. However, increasing the time and distance between a military member or veteran in a potentially suicidal crisis and the items noted above and below can reduce the risk of suicide and potentially save lives.



guns



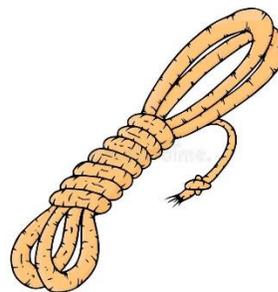
alcohol



medicines



opioids



ropes



sharp objects

However, despite the numerous means of committing suicide, research indicates that nearly 7 out of every 10 veteran's death by suicide are the result of firearm injuries. That being said, contrary to popular belief, research shows that, if a person is experiencing a suicidal crisis and can't access the method or instrument they intended to use, they generally do not seek out other lethal means to commit suicide.

According to recent research, though it may seem like a small barrier, securing guns with something as simple as a common lock puts space between the thought and the trigger.



“the thought”



“the trigger”

Similar to most families, to many Veterans and their own family members, taking medication is necessary and part of leading a healthy life. But like guns, medications should be securely stored when not in use.

Tips for preventing intentional or unintentional overdose:

- Medications should be secured out of a child’s sight and reach.
- Portion pills out for the week, then lock the rest away.
- Secure sedatives, stimulants, or opioid medications in a locked location.
- Dispose of any medication past its expiration date, unused within the last 12 months, or no longer needed.

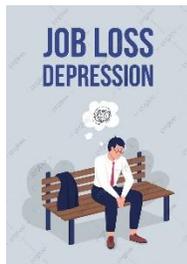


What are the signs of a potential suicide crisis?

There are two common signs of a military or veteran’s intent to commit suicide.



The end of a personal relationship.



The loss of a job.

Everybody faces difficult times in life, and people cope with stressful situations in different ways. When emotional issues reach a crisis point, contact the Veterans Crisis Line.



Crisis Signs

According to the Veterans Crisis Line web site, the signs listed below require immediate attention. If a veteran loved one is experiencing any of these and needs medical attention, call 911 immediately or contact the Veterans Crisis Line at the number listed above or Dial 988, and press 1.



- Thinking about hurting or killing one's self
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior, such as drug abuse, risky use of weapons, etc.

Warning Signs

The signs listed below may indicate that a Veteran needs help. This bears repeating: If you or a Veteran you know is experiencing any of these warning signs, contact the Veterans Crisis Line now: Dial 988, then Press 1.

- Appearing sad or depressed most of the time
- Hopelessness



- Anxiety, agitation, sleeplessness, or mood swings



- Feeling excessive guilt, shame, or sense of failure



- Rage or anger



- Engaging in risky activities without thinking



- Increasing alcohol or drug misuse

- Losing interest in hobbies or work



- Neglecting personal welfare and appearance



With **“Hands that Serve”** and **“Hearts that Care”**, we can make a positive difference in a veteran’s life, demonstrating that **“Our Reason to Live is our Reason to Give of Ourselves”**.

Linda Theroux, PDP, NDCM#1

Department Veterans and Family Support Program, Chair

Merrimackaux8641@gmail.com

(603) 661-8248





YOUTH ACTIVITIES NOVEMBER 2022



Hands That Serve, Hearts That Care

Illustrating America Art Contest

VFW Auxiliary National Art Contest For Students in Grades K- 8

- A patriotic art contest for elementary and middle/junior high school students that encourages students' artistic abilities and rewards their hard work. It's fun to see how our youth see the world through their drawings and paintings.
- The contest consists of three grade divisions: K-2, 3-5 and 6-8. There are National awards for first, second and third place in each grade division.

Please see the following pages:

- 1.) Contest rules and contest eligibility, and deadline date.**
- 2.) Contest entry form must be completed and signed.**

Cell

If you should have any questions. Please feel free to contact me.

Youth Activities Chairman

Susan Joslyn

Cell 603-762-7446 or 603-239-8607

Email susanjoslyn61@gmail.com



LAND
of the
FREE
Because of the
BRAVE





VFW Auxiliary National Illustrating America Art Contest

An Art contest for students in grades K-8

Contest Rules

- Entry must be completed during the current school year.
- Entry must be two dimensional.
- Entry must be on canvas or paper.
- Submit canvas entries on a stretcher frame or canvas board. Other entries if matted must be matted in white. Do not use color mats.
- Reinforce the back with heavy paper. Mounted and floating mats may also be used. Do not frame art.
- Entries may not be smaller than 8" x 10" and not larger than 18" x 24", not including mat larger than 18" in any direction.
- Watercolor, pencil, pastel, charcoal, tempera, crayon, acrylic, pen, ink, oil, glitter, marker or other media may be used.
- Complete contest application and attached to back of entry.
- If the American Flag is used, it **DOES NOT** need to conform to the Federal Flag Code in relation to colors or numbers of stars and stripes.
- Parent or guardian signature required on contest application
- Entry will be judged on patriotic theme and technique.
- Coloring Sheets, digital art, photography and jewelry are **NOT** accepted.

Contest Eligibility

- Students in grades K-8 who are enrolled in a public, private, parochial 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 15 or older are ineligible.
- National grade division winners of previous Illustrating America contests may enter the subsequent grade division but are ineligible for the same grade division of which they are a previous national winner.

Awards for Grades K-2

First place: \$100 gift card
Second place: \$50 gift card
Third place: \$25 gift card

Awards for Grades 3-5

First place: \$100 gift card
Second place: \$50 gift card
Third place: \$25 gift card

Awards for Grades 6-8

First place: \$100 gift card
Second place: \$50 gift card
Third place: \$25 gift card

VFW Auxiliary is not responsible for incomplete, lost, late, misdirected 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 email provided on entry form.
- **August:** First through third place winners named on VFW Auxiliary social media pages and displayed at the VFW Auxiliary National Convention.
- **September:** Art will be returned to address on entry form.



VFW Auxiliary National Illustrating America Art Contest

An Art contest for students in grades K-8

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

**I hereby grant permission of the artwork by the student listed above to be published in VFW Auxiliary Magazine, on the VFW Auxiliary website and to be used for any and all promotional purposes by the VFW Auxiliary and the VFW Store if named a winner of one of the top national awards. I hereby verifying that the entry was done by the student listed above.*

Parent/Guardian signature:* _____

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: GradeK-2_____ OR Grade3-5_____ OR Grade 6-8_____

VFW Auxiliary Judging deadline date March 31

Auxiliary Youth Activities Chairman verification signature: _____

Email: _____ Phone: _____

Artwork is property of the student and must be returned immediately to the address listed above if not advancing to the next level.

Department Judging deadline date April 15th

Department Youth Activities Chairman verification signature: _____

Email: _____ Phone: _____

Artwork is property of the student and must be returned immediately to the address listed above if not advancing to the next level.

Final Level - Department winning entries must be received at
VFW Auxiliary National Headquarters by May 5 or they will be disqualified.
ATTN: Program Awards Administrator