

AMERICANISM



November 11th is Veterans Day

Grab your American flags because Veterans Day is almost here!

Similar to the Fourth of July in that it's a celebration of patriotism, Veterans Day is a day to honor American history and spend time with loved ones. Whether it's a BBQ outside or hanging out indoors with family, hopefully you get to enjoy this federal holiday off with people you love.

Whether you regularly celebrate the holiday or not, you might be wondering when is Veterans Day 2023, and what is the history behind the celebration? Learn more about the national holiday and its importance to the country.

Here are a few things that we can do **to honor veterans in your life**

1. Say “thank you!” ...
2. Write an old-fashioned letter or send a care package. ...
3. Treat a veteran to a meal. ...
4. Offer to help with household chores. ...
5. Make a commitment to volunteer. ...
6. Donate to a cause that supports veterans. ...
7. Invite a veteran to speak at your child's school. ...
8. Support veteran-owned companies.

Be safe, have a great month and Happy Thanksgiving

Deborah Milligan

NH VFW Auxiliary

Americanism Chairperson (2023-2024)

Department of New Hampshire
VFW Auxiliary President's Special Project
Veterans Homeless Awareness



November 2023 General Information

Fundraiser Submission Request

See the attached for the VFW Auxiliary Cookbook to benefit Department President Kim Copson's Special Project Liberty House.



Where will your donations help?

Homeless & Struggling Veterans in New Hampshire need our help! One of the big issues our Veterans have is paying for the out-of-pocket medical and dental expenses. These expenses include copays, deductibles, and expenses that are not covered by insurance. We all know exactly how expensive medications can be especially when our own insurance will not cover what the doctor has prescribed. Remember your recent visit to the Dentist and its time for a root canal or a crown? Dental insurance typically doesn't cover it all.

A special account has been created at Liberty House in conjunction with the VFW for a specific line in the ledger that will be used for those out-of-pocket expenses. Funds received for this Special Project will be earmarked for this newly created account line item. Funds received will be distributed on an as-need basis to a Veteran in need until the account is exhausted.

What is Liberty House?

Liberty House is an organization that provides substance-free housing and connections to various community services that help New Hampshire veterans transition to independence.

Community veterans: They regularly work with struggling or homeless veterans from the community, male and female, many of whom are on fixed incomes, providing them with assistance such as food, clothing, transportation (gas cards, bus passes), camping gear and community referrals. While our transitional living program only serves male veterans, support for our community veterans is open to both male and female veterans.

Ways to raise funds!

There are many ways to have an event to help! Here are some suggestions but this is only the beginning:

- 5K and 10K races
- Motorcycle rides
- Meat Raffle's
- Restaurant nights
- Food and clothing drives
- Bake sales

WORD!

Now that you have scheduled an event, how do you get the word out? Send me an email or tag me on Facebook with the event information and or a flyer. It will be communicated to the local newspapers, The Patch, WMUR, and Facebook! If you schedule it, they will come! They served our country to keep all of us safe. Let's work together to support this great cause to organizations helping our Veterans get the resources they need and make a difference in their lives.

Events?

Have you scheduled your event / fundraiser? Send me the notification and I will ensure it goes out to all the media outlets in your area! Some media outlets include: WMUR, The Union Leader, The Patch, and the Facebook Department Page.

Don't forget to put your flyer for your event/fundraiser at your local Post Office, Town Hall (if allowed), Senior Center, and Library.

Email to: julie.derubeis@gmail.com

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

Best regards,

Julie DeRubeis

Dept of NH VFW Auxiliary Department
President Special Project Chair 2023-2024



LIBERTY
HOUSE

A Program of Catholic Charities NH

“When Life Offers
a Veteran No
Friendly Direction,
Liberty House Holds
Out the Hand of
Brotherhood.”





**LIBERTY
HOUSE**
A Program of Catholic Charities NH

Department of NH VFW Auxiliary Cookbook

**Proceeds to Department President
Kim Copson's Special Project
Liberty House**

We are creating a cookbook as a Fundraiser for President Kim Copson's Special Project Liberty House. We are looking for recipes from Auxiliary Members and Friends to help make this cookbook an amazing book.

Do you have recipes that have been handed down throughout the years? Do you have a recipe that you enjoy making? Do you want to get your favorite recipe published? You can always include a picture of the recipe or the person who created the recipe?

Submit your recipe and photo to cookbookvfwauxnh@gmail.com

by **January 6, 2024!**

Categories

- Appetizers & Beverages
- Soups & Salads
- Vegetables & Side Dishes
- Main Dishes
- Breads & Rolls
- Sauces / Dressings
- Beverages
- Desserts
- Cookies & Candy
- Slow Cooker / Crock Pot / Air Fryer / Instant Pot

Cost?

\$10 per book

How to order?

Details on how to order will be included in the December General Orders

Questions?

Contact Julie DeRubeis at cookbookvfwauxnh@gmail.com or 603-546-5533



Recipe

Servings _____ Prep time _____ Cook time _____

INGREDIENTS

DIRECTIONS



Recipe

Servings _____ Prep time _____ Cook time _____

INGREDIENTS

DIRECTIONS



UNWAVERING SUPPORT
FOR UNCOMMON HEROES

Recipe

Servings _____ Prep time _____ Cook time _____

INGREDIENTS



DIRECTIONS



UNWAVERING SUPPORT
FOR UNCOMMON HEROES

Recipe

Servings _____ Prep time _____ Cook time _____

INGREDIENTS

DIRECTIONS



VFW Auxiliary Department of NH



November 2023 General Information

Historian Media Relations

2023-2024

Keep up the great work and keep posting your event's pictures and upcoming events!

From my Ambassador – Diana Moore-Morris

Make this be a year of courage, kindness, service, and unlimited “mission” of possibilities!

You can ensure the future of your Auxiliary this year and make your mission matter. Get creative and inject enthusiasm. Let me hear about all your wonderful “missions”.

Let's smile at new members and make them feel welcome. Share those photos on your Auxiliary walls and memories in our hearts by using the camera lens all the while remembering to be mindful of the individuals you are photographing. Everybody can be great because everybody can serve. You only need a heart full of grace and a soul generated with love.

Drag out all those dusty old photo albums from your archives and spend a few minutes at each of your meetings looking back at the history. Not only will your older members enjoy reliving the older days of the Auxiliary, but your new members will also get a good lesson in the history of your Auxiliary.

Let's have fun! Let's make it interesting! Each one of us can only reach as far as our arms (camera lens) will go. Let us link arms. Our Historians, this program, will be a core group of Auxiliary members with extra motivation, passion and camera spirit that lifts the other members of our wonderful organization.

But most of all – “Let's Make It Happen!”

STARS

- Have you chosen your legacy member? Please email me with the legacy member's information that you have chosen to interview.
- Remember this should be fun and the legacy member is a great source of information.
- Photography opens doors to the past, but it also allows a look into the future. A camera is a SAVE button. Let your Auxiliary legacy members become STARS, for without our STARS, our Auxiliary would not exist. This Program Year, connect with a legacy member and complete a three-to-five-minute video interview:
 - Ask why they joined.
 - Please emphasis on bringing the past to life
 - Ask about their favorite memorable moment(s)
 - If your Auxiliary has no legacy members, look to your District or Department
- Submit your video interview to your Department Historian & Media Relations Chairman by March 31, 2024, for judging. The Department Chairman will sign and send a copy of the completed Department winning entry along with the winning video to the National Historian & Media Relations Ambassador by April 30, 2024. The winning video may be shown at National Convention



○ **Tips & Tricks**

- *Be clear when you speak.*
- *Do not talk too fast.*
- *Pause at the end of a question so that you don't talk over the interviewee.*
- *Smile and look interested.*
- *Sit up straight and have good body language.*
- *Keep up good eye contact – look at your camera rather than at the screen.*
- *Make sure the microphone on your phone or camera is close enough to hear.*
- Test your phone or camera in advance to ensure it's working properly, and you know how to use it.

○ **Need some Help?**

- Give me a call and I will be glad to help!!

November Events to Capture in Pictures

- Marine Corps Birthday
- Thanksgiving
- Veterans Day
- Meat Raffles / Dinners / Socials

Don't forget to keep posting on your Facebook, Instagram, TikTok, and all other social media sites.

- Tag 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.

Best regards,

Julie DeRubeis – Dept of NH VFW Auxiliary Historian / Media Relations Chair 2023-2024

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

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



*Auxiliary Members, yes, the leaves have all changed their colors, and the air that embraces us has brisk chill reminding us that Fall Now embraces us. Time to gather and do some planning how best to **HONOR AND THANK** our **VETERANS** for their service on Veterans Day!*

Gather up your members, local schools, have a Post and focus on an cards, writing poems and



cards of thanks and appreciation to all our



reach out to your family day at your activity like making planning some type of activity that you can bring your beautiful homemade



Veterans whether they just live next

door, reside in Home or your



a local Nursing Hospital in community.

The Community Living Center at the VA Manchester Medical Center, the NH Veterans Home will welcome your greetings for all who reside within their walls. The greatest gift anyone can give to a Veteran is their "Thank You" with a smile or in a beautiful card. The warmth of knowing in their hearts that they are not forgotten brings a smile to their faces.

As Auxiliary members we should lead the way by recruiting the youth to join in and create, plan and execute how to Honor especially those that be with their loved



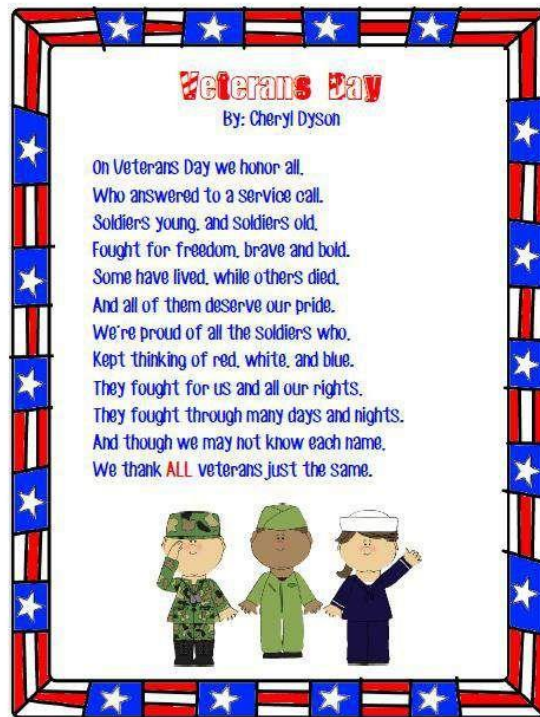
**FOR VISITORS
ESPECIALLY WHEN YOU ARE BRING CHILDREN!**



- **Simple Request**
- **Recruit youth to help and participate**
- **Go the extra mile to honor all Veterans and to say Thank You to them!**
- **Visit Nursing Homes & Hospitals with your cards and watch those smiles appear!**



Madeline Dreusicke, Hospital Chairman



& Thank our Veterans are patients and may not ones this year.

**REMEMBER
TO ALWAYS CHECK
WITH THE FACILITY
YOU ARE VISITING
AS TO THEIR POLICY**





Greetings from the Hospital Chairman,

I have chosen for the November General Orders, because of my limitations of sitting at my desk for long periods of time trying to create hospital promotions to encourage you to work and promote the goals of the hospital program. Thank you for your patience and understanding.

- First off, I can share that the Christmas “Parties” for the 3 facilities we support at this time have been set for:

WRJ - Sunday, December 3rd. As to the time, details of the activity/event have not been determined yet and as soon as I receive confirmed details I will share accordingly.

NHVH – Sunday, December 10th. - Based on current activities at the Veterans home I believe we will have some type of face-to-face event but more concrete details to follow.

VAMC – Sunday, December 17th. We will be having the VAVS meeting on Wednesday Nov 1st and

confirmed details regarding Christmas Parties with VSOs (Veteran Service Organizations) will be discussed. Stay tuned for confirmed details as well.

So, where do you fit in as an Auxiliaries.....

- Please continue to get your Hospital Christmas Party donation to Dept Treasurer, if you have not done so, as soon as possible.
- Pay close attention to your emails for updated information on these events.
- Start now collecting Christmas Cards for Veterans in all 3 facilities, especially from students in your community.
- Finally, do not hesitate to reach out if you have questions, I will do my best to answer your questions.



Yes, the days are passing by quickly, start early and bring smiles to Veterans in all facilities with your greetings and visits, best advice ever. Save these dates!

Thank you!

Madeline Dreusicke, Hospital Chairman



Sharing some news from the NH Veterans Home:

The Annual Veterans Day Ceremony will be held on Friday, November 10th at 11 a.m. in the NH Veterans Home Town Hall.

The Sunshine Cart:

The Sunshine Cart provides a wide selection of donated personal care items to the residents. The Sunshine Cart is particularly important to those residents who are not able to participate in shopping trips by allowing them to make their own selections **free of charge.**

They accept monetary donations as well as donations of *standard size* (not trial or travel size) personal hygiene products such as toothpaste, mouthwash, denture supplies, deodorants, aftershave, additional items listed below.

For more information on acceptable Sunshine Cart items, contact the Supervisor of Volunteer Activities at (603) 527-4449.

If you would like to make a monetary donation, please reference "Sunshine Cart" in the Reference line & Please fill out a donation form to send I with your donation.

Sunshine Cart Items

- Sensodyne (or other sensitive teeth specific Toothpaste)
- Pre-Shave & After Shave (Electric Razors are the most used here)
- Denture Adhesive
- Denture Cleaning Tablets
- Denture Toothbrushes
- Men's Lotion
- 2 in 1 Shampoo & Conditioner



**SPONSORSHIP
OPPORTUNITY!**



Want to Remind All, don't forget you can sponsor a Veteran from the NH Veteran



**Home
for
\$75.00**

for Christmas you will help fill his Christmas Wishes. Share at your meetings, and hopefully your Auxiliary will vote to sponsor!

HOW TO SPONSOR A VETERAN

- Vote at your next meeting
- Write a check to NHVH and in the ref line write “Sponsor A Veteran.”
- Mail to NHVH
139 Winter Street
Tilton, N.H. 03276
- Include your donation form!

Thank You! Madeline Dreusicke, NHVH Rep.

Legislative Program

2023-2024

Department of NH VFW Auxiliary Legislative 2023-2024

Be An Advocate-Be Informed-Be Engaged

November 2023 General Information

Dear Brothers and Sisters,

I hope you all were able to attend the fall conference 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 how to sign up for Action Corps, I hope that it was informative and that you were all able to join. This month we will explore the legislative branch more in depth. This is especially important this month because the candidates for the 2024 Presidential Election will be making it official. It is important that we pay close attention to each candidates platform to ensure they are running with our veterans and their families in mind. 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.

Unfortunately with all the drama within Congress and electing a Speaker of the House not many bills that support our veteran were introduced, however, in September the following bills were introduced:

H.R. 1774, the VA Emergency Transportation Act, would reimburse veterans for the cost of emergency medical transportation to a federal facility by redefining emergency treatment as “services”—to include emergency treatment and emergency transportation. The bill would codify emergency transportation to mean transportation of a veteran by ambulance or air ambulance by a non-Department provider or a facility for emergency treatment; or from a non-Department facility where such veteran received emergency treatment to a Department or other federal facility. This legislation would expand access and eligibility to much needed service for reimbursement of emergency care related to ambulance transportation.

H.R. 2818, the Autonomy for Disabled Veterans Act, would increase the amount of funding available to disabled veterans for improvements and structural alterations provided to them by the VA for home improvements related to their disability. This bipartisan legislation would increase the amount of funding for VA grants for disabled veterans to make necessary modifications to their homes to fit their needs, including wheelchair ramps, structural changes, medical equipment, and would adjust the amount to account for inflation.

H.R. 4150/S. 1954, The Improving Whole Health for Veterans with Chronic Conditions Act would authorize the Department of Veterans Affairs (VA) to provide dental care services to enrolled veterans diagnosed with diabetes and heart disease. These chronic conditions are closely linked with poor dental health and lack of dental care exacerbates these conditions, worsening their progression and increasing medical costs. However, only 15% of veterans are eligible for dental care through the VA health care system. Many of the remaining 85% of veterans who are not eligible for dental care struggle with access to affordable, quality dental care that meets their physical and oral health needs.

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.

Tammy L. Baker
Department of NH VFW Auxiliary
Legislative Chair 2023-2024

Membership 2023-2024

November 2023

“Challenging The Needs Of Our Veterans”

Department of NH is currently at 72.42% as of 10/19/2023. This means our production is almost ¾'s of the way done!! As of the above date we are so close to the goal. This time of year when gathering with coworkers, friends and family and they ask how are things, what are you doing now? Don't forget to mention all the great work we do for veterans and their families. You are planting little kernels and never know where your next member will come from.

Great work to all the cast and crew!! Thank you for what you have done so far. Lets keep up the amazing work we are doing.

A little thank you goes along way.....

Not only do we want to get new members we also want to keep the ones we have! A simple “thank you” can go a long way. Recognizing your members' contributions to your VFW Auxiliary's success is the first step to positive membership retention. Auxiliary members are volunteers who juggle multiple daily responsibilities and still manage to give their time and/or membership dues to support the efforts of the Auxiliary.

Here are several “sure-fire” ways that your Auxiliary can recognize its members:

- Feature a “Member of the Month” in your Auxiliary correspondence or Facebook page.
- Host a member appreciation event at least once a year
- Send press releases to newspapers when groups of new members join; include photos when possible
- Treat each other with respect and humility.
- Send a thank you note in the mail
- Thank them publicly

Did you know MALTA has a whole section just on membership with great information and ideas??

The information can be found by logging into Malta. Click Member Resources on the Top of the page. Then click membership on the left hand side.

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

Membership Incentive for January C of A

\$50 for every Auxiliary that reaches 100%. Every Auxiliary that reaches 100% will be put in for a \$50.00 drawing. All dues must be in Malta by DECEMBER 31st 2023

Note: Once you are in for the drawing you stay in so have a chance to win 1 or more. All dues will be verified the first day of the subsequent month.

Banding Together for Our Veterans

Irish St. Germain Membership Chair 2023-2024

Welcome to November



Coming into this holiday season please don't forget those less fortunate than ourselves by giving to our national Home

And don't forget to report,report,report no matter how insignificant you may think what you do is. If you see a person with a veteran's hat while you're out and about and hand them a single poppy please report that, they do add up.

Respectfully 2023-2024

Poppy/National Home Department of N.H. Chair

Colleen Pierce



VFW National Home Campus, Eaton Rapids, MI

OUR COMMUNITY

Families find a healing calm in our tranquil, rural, small-town community. Tree-lined streets connect 42 single-family homes with facilities such as:

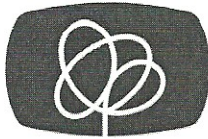
- Child Care Center
- Gymnasium
- Library
- Playgrounds
- Fishing Pond
- Hiking Trails
- 4H Barns
- Computer and Science Labs

YOUR DONATION CAN BECOME A GIFT OF HOPE

Do you or someone you know need the National Home?

Please call our Military and Veteran Family Helpline at 800 313-4200 or email help@vfnationalhome.org.

To make a donation, contact us at 866 483-9642 or visit our website at www.vfnationalhome.org



LIFE MEMBERSHIP APPLICATION

MEMBER INFORMATION

Title: Mr. Mrs. Ms. Miss	Name:	
Address:		
City:	State:	ZIP Code:
Date of birth:	Email:	Phone:
Membership Type: <input type="checkbox"/> Associate (<i>not a member of the VFW or VFW Auxiliary</i>) <input type="checkbox"/> Life Member (<i>must be a member in good standing of the VFW or VFW Auxiliary or a unit of the VFW or VFW Auxiliary. Complete affiliation information below. If no Post or Auxiliary number is provided, an Associate Membership will be issued.</i>)		

VFW & VFW AUXILIARY INFORMATION (Required if a VFW or VFW Auxiliary member)

I am a member of VFW Post _____ in the Department of _____ VFW

I am a member of VFW Auxiliary _____ in the Department of _____ VFW Auxiliary

RECRUITER (Not required)

Recruiter name: _____ Recruiter Post or Auxiliary number: _____

PAYMENT INFORMATION

Please allow 3-4 weeks for your membership certificate, card and other information to be sent. You can also apply online at: www.vfwnationalhome.org/membership	One time membership fee and Life Member pin \$50
	<input type="checkbox"/> Check enclosed and made payable to VFW National Home for Children <input type="checkbox"/> Charge my <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover <input type="checkbox"/> American Express
Name on card:	Card number:
Signature:	Expiration date:

WHY SHOULD YOU BECOME A LIFE MEMBER

BEING A LIFE MEMBER or an Associate Life Member of the VFW National Home for Children is one way you can create a bond between yourself and the mission of the National Home. Your support and encouragement honors our veterans and today's military by helping their children and families in times of need. Life Members in good standing with the VFW or VFW Auxiliary may vote for trustees representing their National Home District and proposed Bylaw or Articles of Incorporation changes.

Auxiliary Outreach

November 2023

Banding Together for our Veterans



Happy Thanksgiving to all! I thought I would pass along this information received from the National Ambassador Outreach Program to assist you.

The VFW Auxiliary Outreach Program is your Auxiliary volunteering to partner with and help other organizations or local groups. It is all about the time given and not the money spent to help. It is a partnership where one or more of your Auxiliary members help another organization or group make their program successful. Like us, many organizations are short on volunteers.

I believe when it comes to Auxiliary Outreach, we must think outside the box and search for organizations that may need our help. We are so used to being the go-getters and making things happen, whether we are short-handed in volunteers or not, we get it done. I think other organizations are in the same boat. They have a shortage of volunteers. This is where we can come in and save their day and make their event successful. In doing so, we will make new friends, learn something new and maybe even recruit a new member while giving of our time.

The first step is reaching out and seeking an organization needing assistance with their event.

School is back in session! Perhaps your local school needs help with reading to students, playground monitors or lunchroom assistance. Reach out and see what they might need that fits Auxiliary Outreach and bring it to your next Auxiliary meeting to vote to approve it. Then keep track of your hours and report them.

Do you like to knit or crochet? Does your senior center or local assisted living home need someone to teach some of their residents? Or maybe you play the piano, ask if they would like you to come by and play for an hour or two? Maybe this could be weekly or once a month.

Check your local community calendars for upcoming fall events. I just saw where a local group was looking for volunteers for a marathon coming up and they needed parking attendants, registration assistance and water station help.

Does your community food cupboard distribute holiday food baskets to the homebound citizens or those less fortunate? Help put the boxes together or deliver them.

How about your local fire department, public safety or EMTs. Do they have any breakfasts planned. Need help restocking their medical supply closets, help with fire prevention education? These are just a few suggestions,

Remember when you are helping these other organizations, be sure to wear your Auxiliary shirt or hat to identify our organization.

The Holiday season is right around the corner, there should be a lot of activities going on with different organizations and groups in your area. Reach out and help make their activities successful.

Contact your local veterans home and see if they need help with upcoming activities making holiday cookies or decorations. They may even do scheduled weekly activities like bingo or board games and need some assistance.

One thing for sure, after you have given your time, the pride and self-gratitude that you feel is rewarding enough to want to help some more!

Keys to making your Auxiliary Outreach Program successful

- Find the organization that needs your help
- Vote on the activity at your meeting
- One or more Auxiliary member must participate
- Wear your VFW Auxiliary attire (name badge, shirt, hat, jacket, etc.)
- Report your hours given

You all work very hard on your programs, please remember to report all your good work. Most important have fun. Remember Challenging the needs of our Veterans.

Thank you all,
Susan Joslyn
Auxiliary Outreach Chairman NH
Susanjoslyn61@gmail.com
Cell 603-762-7446 or Home 603-239-8607





Phew!!!!

Now That VOD and Patriot's Pen have been put to bed our work is not done!



There are still 2 more scholarship opportunities out there for us to work on both Auxiliary programs!

Don't forget to work on the Patriotic Art scholarship program using the email list for the schools to get those applications into the hands of the art teachers in your community. Deadline for the department is March 31, 2024. Also, if you are holding fundraisers for the Patriotic art escrow account reach out and I'll try to attend if I'm available.



Also, there is still the continuing education scholarship available for one member of each conference applications are in member resources in Malta. Deadline for that is February 15, 2024, to National headquarters.



[This Photo](#) by Unknown Author is licensed under [CC BY-ND](#)

VETERANS & FAMILY SUPPORT

Banding Together for Our Veterans

“We may think of Thanksgiving as a celebration of pilgrims, parades, football, shopping sales, and eating until we’re fit to burst. But Thanksgiving wasn’t a national Holiday until Lincoln made it one.

“After the war’s onset, Sarah Josepha Hale, the editor of the influential *Godey’s Lady Book* monthly magazine, appealed to President Lincoln to declare a national holiday of thanksgiving. Lincoln, seeing a chance to boost war morale, complied and on October 3, 1863, he declared the final Thursday in November a national Thanksgiving Day.

“In 1941, Congress decided that Thanksgiving would be celebrated as it is today-on the fourth Thursday in November.” - The Book of Unusual Knowledge

A happy Thanksgiving to my Auxiliary Brothers and Sisters!



Not too early to start thinking about what I’m looking for during this reporting year. First, please get into MALTA and checkout the materials/resources provide there for Veterans & Family Support. Whether solely as an Auxiliary of jointly with your Post, promotion of Disaster Relief, MAP, NVS, Unmet Needs and/or Veterans & Military Suicide Prevention and Mental Health Awareness. Plus, what we do on a daily basis is any direct aid to veterans, service members and their families. If you have submitted an entry to increase Suicide Awareness or Mental Health.

National Veterans Service

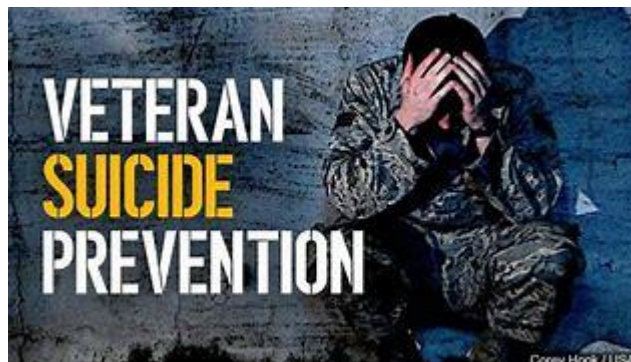
Our Veterans Service Officers do a fantastic job getting those needed services to our veterans. Please if you find a veteran who needs help; refer him/her to your local Service Office within your Post.

Veteran & Military Suicide Prevention



I'm still looking for the best suggestion to successfully address the issue of preventing or reducing veteran suicide. Your submissions need to be sent to me by Christmas day to qualify. As of this writing I've received one! Surely there's another Auxiliary out there with some creative ideas.

It is worth repeating each month that the Suicide & Crisis Lifeline is 988 and provides 24 hour, 7 days a week support.





Mental Health Awareness

A few simple tips if you're or someone else is having suicidal thoughts and how to overcome them:

1. Call 911 immediately
2. Call or text 988
3. Talk about your feelings with those close to you
4. Seek out the support of a mental health professional
5. Join a support group
6. Grant yourself kindness
7. Practice mindfulness and steady breathing techniques
8. Focus on your five senses
9. Allow yourself time in your safe place

Ways you can support someone else in crisis:

1. Familiarize yourself with the warning signs
2. Call 911 if the person is at immediate risk
3. Encourage the person to call or text 988
4. Help get professional help
5. Be an active listener
6. Be a positive presence in that person's life
7. Be a safe space

Familiarize yourself with the warning signs:

1. Talking about plans for suicide
2. Increased anxious behavior
3. Talking about feeling like a burden, trapped or hopeless
4. Increased use of alcohol or drugs
5. Sleeping too little or too much
6. Withdrawal from usual social activities
7. Sharing thoughts of hopeless feelings about the future
8. Extreme mood swings



Presidentially Speaking



I will end each month hereon in with what I will call “Presidentially Speaking”, which is a quote from a former US President.

“Things are more like they are now than they ever were before.” - Dwight D. Eisenhower

Celeste Nicholas

Dept. Of VA Veterans & Family Support Asst. Chair

(603)393-3092 - text only

union7663aux@gmail.com

For Chairman Linda Theroux



We have much to be thankful for and nothing makes us more thankful than our Youth! It is our job to guide, nurture, and help them make good sound decisions while they're young.



Going to school every day is one thing, but a lot that makes a well-rounded person happens in their social life. It is our job to make sure they are shown all the good opportunities life has to offer! Being in the VFW Auxiliary we have the tools to get these young people on the right track to have a successful childhood, which in turn leads to a successful adult life. Thanksgiving makes me think of the things I am thankful for. May it be the church, the boy scouts, the military, or the VFW auxiliary—I feel with my parent's guidance, I made the right choices. Some youths do not have the father figure I had, but with a little help from us, we can make a difference in a child or teenager's life.



So please get out there and let our youth know about all our programs, volunteer to help our youth at the library, sporting events, church events, helping our disabled veterans, and participating at as many Patriotic events that come your way!

Have a Happy Thanksgiving!



Loyally,

Nathaniel "Buddy" Nicholas

NH VFW Auxiliary Youth Activities Chairman (2023-2024)