

AMERICANISM



National Pearl Harbor Remembrance Day, which is annually on December 7, commemorates the attack on Pearl Harbor, in Hawaii, during World War II. Many American service men and women lost their lives or were injured on December 7, 1941. National Pearl Harbor Remembrance Day is also referred to as Pearl Harbor Remembrance Day or Pearl Harbor Day.

On this day let us all pause to reflect upon the supreme sacrifice made by so many Americans at Pearl Harbor and during the grim struggle which followed. Let us reaffirm our dedication to the principles of freedom and justice, the cornerstones of our Nation.

The events at Pearl Harbor include wreath-laying, military band music, rifle salutes, various aircraft flyovers, the ringing of ship bells, the national anthem, and moments of silence.

Here are some ideas that you can do to help remember Pearl Harbor

1. Fly Flags at Half-Staff

The American flag flies at half-staff until sundown on December 7, as poignant an honor as any afforded our country's heroes. For flags displayed on homes—and therefore unable to be set at half-staff—a growing custom is to affix a black crepe streamer to the staff on which the flag hangs, just below the top.

2. Revisit the Day

It's a streaming world now, with many households subscribing to a video service such as Netflix or Amazon Prime. Depending on the availability of such titles (since many movies come and go), consider watching a documentary such as *Remember Pearl Harbor* and *History of Pearl Harbor: A Documentary*. More of a bookworm? Consider the well-reviewed [All the Gallant Men: An American Sailor's Firsthand Account of Pearl Harbor](#). You can also watch this quick one-minute video from U.S. Money Reserve and share it with friends and family.

3. Observe a Moment of Silence

Pearl Harbor Remembrance Day activities don't need to be elaborate. One remembrance can be as simple as a quiet minute or two. The attack on Pearl Harbor commenced at 7:55 a.m. local time. Whatever your time zone, take a moment to silently reflect upon the day's events, what they meant to the people of Oahu, and how they changed the course of history.

Happy Holiday to everyone and be everyone stay safe

Deborah Milligan

NH VFW Auxiliary

Americanism Chairperson (2023-2024)



MERRY DECEMBER

With the holidays firmly upon us, what a great time to gift someone with a National Home membership. It's a gift you both can feel good about. No driving through traffic nor fighting the crowds, just go on the National Home's website at vfnationalhome.org or if you need further assistance simply call 1-800-313-4200

You may also help support the National Home by contributing to the Health and Happiness Fund which supports the following at the national home;

Christmas gifts

Graduation gifts

Maintenance of Auxiliary-sponsored buildings

Emergency repairs and renovations

Donations can be made online in Malta or by mail

Donations by mail, send a check earmarked Health & Happiness to:

VFW Auxiliary National Headquarters

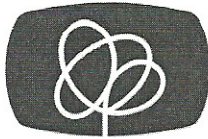
Attn: Health & Happiness Donations

406 W. 34th Street, 10th Floor

Kansas City, MO 64111



Respectfully; Department of NH Chair Colleen Pierce



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.



VFW Auxiliary Department of NH

December 2023 General Information



Historian Media Relations

2023-2024

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

VFW Auxiliary Elevator Speech

An “elevator speech” is a brief description of what an organization (or person or business) does. A good elevator speech should grab someone’s attention and last no longer than a brief elevator ride – 30 to 60 seconds – therefore, the name “elevator speech.”

” An “elevator speech” also provides consistent messaging about the organization. It can be challenging to provide information about an organization when you’re in everyday conversation with someone, but that’s often the best time to “sell” the organization.

We encourage you to practice the VFW Auxiliary Elevator Speech below and become comfortable saying it to members of the media, the general public and potential members when someone asks you what our great organization does.



VFW Auxiliary Elevator Speech

The VFW Auxiliary is one of the nation’s oldest veterans’ service organizations and our members are the relatives of those who served in a location of foreign conflict. We have nearly 470,000 members nationwide who volunteer millions of hours and fundraise millions of dollars for charitable projects that benefit veterans, military service personnel, and their families.

Through our National Programs, we assist the VFW pass or block legislation that impacts veterans and their families, provide nearly a million volunteer hours in the VA medical system, conduct patriotic programs with thousands of students and offer hundreds of thousands of dollars in scholarships for our nation’s youth. With more than 3,600 Auxiliaries, there is likely one in your area working to improve the lives of America’s uncommon heroes.

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!!



December Events to Capture in Pictures

- Pearl Harbor 12/07
- National Guard Birthday 12/13
- Wreaths Across America Day 12/16
- Christmas Parties
- New Years Eve
- Meat Raffles / Dinners / Socials

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

- 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.

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



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



December 2023 General Information

Fundraiser Submission Request

All Recipes need to be submitted to cookbookvfwauxnh@gmail.com before January 6, 2024, in order to be prepped for printing.



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.”





Important

Please share this with your members ASAP!



WRJ VA Medical Center

163 Veterans Drive

White River Junction, VT 05009

Sunday December 3rd

Event is limited to 10 people only

Contact Madeline Dreusicke for details,



VA Medical Center

718 Smyth Road

Manchester, NH 03104

Sunday, December 10th (**Note date change!!**)

6:00 PM Community Living Center/Granite State

Room. **Enter thru the Seacoast Entrance! Elevator up to 1st Floor.**

NOTE: If attending this event, you can be right next to a Veteran if you have a mask on. If you are 6 ft away from Veteran, you can take your mask down.

Please note these are the VA Medical Center's protocols, if attending we have to follow them.



New Hampshire Veterans Home

139 Winter Street

Tilton, N.H. 03276

Sunday, December 17th **2:30 PM** (Note date change!)

Note: If you are planning on attending the NHVH Christmas Party on Sunday December 17th please see the following details:

- If you can help transport Veterans to the event, Please meet in the Town Hall at 1:45 PM for instructions from the staff to assist with transporting the residents.
- The party itself, with “Jackie Lee & Associates” & refreshments will begin at 3:30 PM.



Please note scheduling issues at these facilities, changed around our “typical dates” that we have had in previous years, please read this material carefully and share with your members so they have the correct information.

THANK YOU!

Madeline Dreusicke, Hospital Chairman



From the VFW Auxiliary Hospital Chairman's Desk

Dear VFW members, VFW Auxiliary members, family, friends and so many more wonderful supporters,

As your Department of NH VFW Auxiliary Hospital Chairman, I am faced with many challenges with so many needs and projects to help Veterans from all generations, all conflicts, young and old alike. Please know in your hearts I embrace each challenge, with my whole heart and determination to cross the finish line. But I say this **emphatically** and **without hesitation** that I embark on the challenge with the **full support** of all of **YOU** helping me to continuously move forward. Without your unconditional support, monetary support, and most of all the best wishes that are tucked into each response I received, we climb the mountain together and successfully accomplish all the goals we set our sights on..... This journey to bring a "Thanksgiving Dinner Basket" to Veterans and in many cases to Veterans & their families, is never done **by one person but all who enabled me to execute with your financial support!**

No words can summarize enough the thanks, gratitude, and appreciation for all the generous sponsors who were able to support the 2023 Thanksgiving Dinner Basket Drive this year. Thanks to all of you, we were able to fill **78** baskets (Market Basket "Box Bags") which are great, sturdy and reuseable for these families to use again and again. The baskets for Veteran families, I was able to fill with snacks, juices and cookies for the kids and single Veterans also were able to have some extra

treats to enjoy! This was made possible simply by your generosity and support. I am sure that you will all agree, with any monies that are left from this project, I will purchase additional Market Basket and Hannaford Gift Cards for a denomination recommended by both Volunteer Services as well as the VASH team to help Veterans provide for their family thru the approaching winter months.

When the cards are given to Volunteer Services or VASH Program, they are distributed in a monitored fashion which is totally accountable as they keep track of all the cards they receive and give out to Veterans when they get referred to their office.

The 78 bags were loaded up in a friend's delivery panel truck in order of the case workers assigned to the Veterans. Each bag had a colored ribbon indicating their case worker's name which made for smooth unloading and getting to the case workers who were lined up in the parking lot at Brady Sullivan when we arrived. What a welcoming sight indeed. Each basket was also accompanied by an apple or pumpkin pie and an 8 pack of dinner rolls. I quote from the case worker that I worked with on this project.....

"I want to extend a huge thank you to Madeline, Jorg and the gentleman that helped deliver the baskets, everything was so organized and streamlined, and made for a quick and efficient drop-off to our VASH team, which in turned helped us all to get our baskets delivered in a reasonable amount of time before Thanksgiving! "On behalf of all of us at VASH, thank you everyone who played a part in this wonderful gift to these Veterans!"

Once again, I say Thank You from the bottom of my heart for supporting me and this project that truly embraces who we are and what we do for Veterans!

I will be filling out donation forms for the VA, from each sponsor and bring it to the Volunteer Office on your behalf.

As far as "reporting" is concerned, I would greatly appreciate you reporting your donation under the "Hospital Program" as this project did originate from the VA Hospital. But again, this is your choice to report under the program you choose.....Thank you!

Madeline Dreusicke, Hospital Chairman



VASH 2023 Thanksgiving Basket Drive

*Madeline, you and Jorg and your volunteers are amazing!!!
 Thank you so much for another very successful and fun Thanksgiving Basket drive!!!
 This event means so much for the veterans and many of them look forward to this time of year!
 Thank you for all you do now and always!!!*

James M.
VASH Chairman





Oh my, in going over my Christmas list, it appears they are all on the “*Nice List*”, are the *NH Veteran Home Veterans*....but we still need some *SPONSORS* for these Veterans.....

The time is running out, please talk to your members and if they would like to SPONSOR A VETEAN FOR CHRISTMAS AT THE NH VETERANS HOME.....

- Make your check for **\$75.00** out to the NHVH
- Mail to: NH Veterans Home
139 Winter Street
Tilton, N.H. 03276
- Ref Line: Sponsor a Veteran for Christmas



The staff at the NHVH do a wonderful job celebrating Christmas with these Veterans each year. Your sponsorship helps them to bring Christmas Wishes to all they serve and care for and put smiles on their faces. Thank you for your support!

DON'T DELAY – ACT TODAY!!! PLEASE INCLUDE DONATION FORM!



Madeline Dreusicke, Hospital Chairman



New Hampshire Veterans Home

139 Winter Street
Tilton, NH 03276



DONATION FORM

Thank you for your thoughtful donation. Please provide us with the following information so we can properly acknowledge your generosity. If this is a financial donation, please make the check payable to the "NHVH Resident Benefit Fund".

Name of Donor: _____

I represent an Organization, Group or Business

Organization, Group or Business Name: _____

Donor's title at the above establishment: _____

Does your organization, group or business have a:

Website? ___No ___Yes; the site is: _____

Facebook Page? ___No ___Yes; the name is: _____

COMPLETE MAILING ADDRESS:

ITEM(S) DONATED:

ESTIMATED VALUE: \$ _____ TODAY'S DATE: _____

SIGNATURE OF DONOR: _____

FOR NHVH STAFF USE ONLY

Location of donation: _____

Signature of employee accepting donation: _____



Membership 2023-2024

December 2023

“Challenging The Needs Of Our Veterans”

Department of NH is currently **at 78.15% as of 11/20/2023**. Our production of Grease featuring the members is just over three quarters of the way done!! 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!!

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.

Deceased Members

Just a reminder it has been tradition not to report deceased members until after July 1st of the new program year.

Why?? Reporting already paid deceased members during the current reporting year will impact the Membership report for not just the Auxiliary but also for District and Department making it more challenging to reach goals.

NEW INCENTIVE!!

I am excited to announce the Department of NH is rolling out a new incentive program for Life Members. Think of these as loyal viewers for our production of Grease!

For each Auxiliary who converts or enrolls 10 Life members will be put in a drawing for \$500.

This will be cumulative from July 1st 2023 to May 31st 2024. All members must be in Malta by May 31st 2024 to be eligible.

Attracting new members to your Auxiliary is critical, but never underestimate the importance of **engaging existing members**. What keeps them coming back? Think of your members as your best production crew.

Here are some suggestions for engaging existing Auxiliary members:

- 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.
- 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. 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.
- 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.

Banding Together for Our Veterans

Irish St. Germain Membership Chair 2023-2024

**HAVE A SAFE AND WONDERFUL
CHRISTMAS**



Auxiliary Outreach December 2023

Banding Together for our Veterans



Happy Holidays and Merry Christmas to all!

This is a busy time of year, when other organizations or groups can use our help. Please reach out to them. Don't forget to bring it back to you meeting to be voted on.

Please find attached a copy of Auxiliary Award No.1 as well as the yearend report for your reference.

I'm here for you if you need any assistance, please reach out. Please make sure you repost all your good work. Most important have fun, remember Challenging the needs of our Veterans.

Thank you all!

Susan Joslyn

Auxiliary Outreach Chairman

Susanjoslyn61@gmail.com

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





Auxiliary Outreach

Auxiliary Award No. 1

Entry Form • 2023-2024 Program Year

1. Most outstanding community partnership with another organization.
 - **Citation** to every Auxiliary that partners with another organization within their community. Citations will be mailed directly to participating Auxiliaries from VFW Auxiliary National Headquarters.
 - **Citation and \$25** to one Auxiliary in each of the four (4) Conferences with the most outstanding community partnership with another organization. Winners will be announced at the 2024 National Convention in Louisville, Kentucky. Citations will be mailed directly to winning Auxiliaries from VFW Auxiliary National Headquarters and money will be deposited into Auxiliary account after VFW Auxiliary National Convention.

**Auxiliaries are to send this completed form to their Department
Auxiliary Outreach Chairman by March 31, 2024.**

Auxiliary Name: _____ No.: _____

Department of: _____

Describe the activity and/or event at which the Auxiliary partnered with another organization within their community. (E.g., flyers, brochures, social media posts, newsletters, e-newsletters, handouts, photos, links to videos, etc.)

Department Auxiliary Outreach Chairman: _____ Date: _____
(signature)

April 30, 2024 - The Department Auxiliary Outreach Chairman is to sign and send the completed Department winning entry form to National Auxiliary Outreach Ambassador Sandra Pinsonault for judging.

AND

April 30, 2024 - The Department Auxiliary Outreach Chairman must **email** VFW Auxiliary National Headquarters at info@vfwauxiliary.org a total combined **list** of every Auxiliary in their Department that completed and submitted an entry form.

Forms sent directly to VFW Auxiliary National Headquarters will not be processed.

Year End Report 2023 – 2024

Must be submitted to Department Chairman by April 15,2024

Auxiliary Name _____ Auxiliary # _____

- 1.) Did your Auxiliary utilize any of the Auxiliary Outreach material/resources available in Malta Member Resources. _____
- 2.) Did your Auxiliary as a group volunteer/partnered with another organization not affiliated with the VFW or VFW Auxiliary. _____
- 3.) Number of organizations that Auxiliaries volunteered/Partnered with during the year.
First Responders _____
Churches _____
Towns _____
Disaster relief _____
Cancer, heart, ALS Association _____
Other _____ Explain _____

- 4.) Number of Auxiliary members that volunteered _____ and hours volunteered _____.

Auxiliary chairman Signature _____

Date _____

Must be received by Chairman by April 15,2024

Send to: Susan Joslyn

174 South Parrish Rd

Winchester NH 03470

Or Email susanjoslyn61@gmail.com

Scholarship (NH)
December2023
Tracy Kelley

SCHOLASTIC BANQUET

NOW THAT VOD AND PATRIOT'S PEN HAVE BEEN SUBMITTED FOR JUDGING THANKS ALL WHO SUBMITTED ENTRIES. WE HAVE BEEN WORKING ON THE BANQUET!



The Banquet will take place at SNHU University in Manchester.

On Saturday January 20th with a meet and Greet at 2pm and the banquet to commence at 3pm. I need all district presidents to reach out to me to let me know who will be there representing your

district (as president) for the parade of winners. Meal order form will be forth coming from the VFW.

If there are any questions reach out to me at any time.

Tracy Kelley 603-305-7003 or tracyk372@yahoo.com

VETERANS & FAMILY SUPPORT

Banding Together for Our Veterans

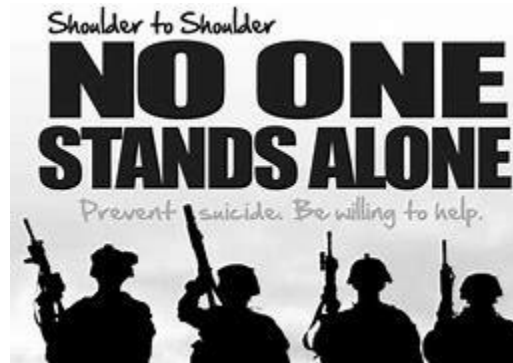


Welcome to December! Best time of the year to be **banding together for our Veterans** as we approach the holidays. Now let's look at this wonderful program "Veterans & Family Support" and think about **challenging the needs of our Veterans and their families** throughout December and into the New Year. Make everyone welcome to your Posts and gatherings. Remember; their needs never stop, so as you take time to celebrate with YOUR family, take that extra time to celebrate with those within our community in need.



"More than 1,000 women earned their WASP wings, logging over 60 million miles of operational flights. Though their jobs were risky, the WASPs were considered civilian employees and didn't receive military benefits. ..., the female pilots freed up experienced male pilots for combat duty. Thirty-eight WASP pilots lost their lives in service. The program was disbanded in December 1944, after a Congressional bill to give WASPs full military status and benefits failed to win approval." - The Book of Unusual Knowledge

Veteran & Military Suicide Prevention

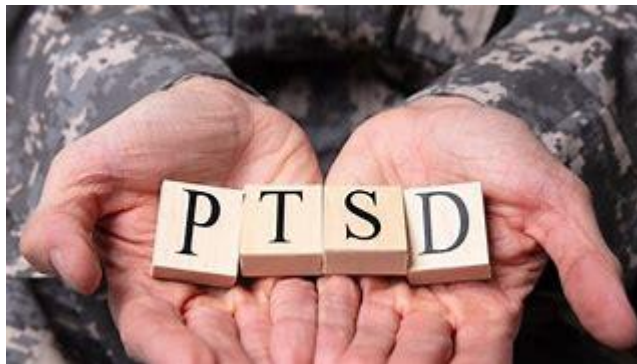


I'm still looking for the best suggestion to successfully address the issue of preventing or reducing veteran suicide. You still have time to get your suggestions to me by Christmas day to qualify.

Congratulations to John W. Weeks Lancaster for getting your suggestion to me. They have initiated a Coffee Club where any veteran, member or not, is welcome to morning coffee and refreshments. They include some board games and good conversation with others who have been through similar life experiences.

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



The most difficult time of the year is during the holidays. Please watch for the signs that someone is struggling. Reach out, provide a listening ear, guide them to seek further help.



Presidentially Speaking

In honor of our recently deceased first lady Eleanor Rosalynn Carter (8/18/1927-11/19/2023), our quote this month:

“I have often wanted to drown my troubles, but I can’t get my wife to go swimming.” Jimmy Carter

Celeste Nicholas

Dept. Of VA Veterans & Family Support Asst. Chair

(603)393-3092 - text only

union7663aux@gmail.com

For Chairman Linda Theroux



YOUTH ACTIVITIES

What can I say, but the year is almost done, and we still have much to do for our youth. Christmas is a good time to get together with our communities and let them know we care and offer many opportunities for their children through our scholarships!



Illustrating America

It is open to any student in grades K-8 by March 31, 2024, who are enrolled in a public, private or parochial school or home study program! Please visit MALTA Member Resources/Youth Activities for all contest rules.





R.A.P. CARDS

Have you observed any youth showing Patriotism?

Have you seen a child thanking a Veteran?

Have you witnessed a child or youth place their hand over their heart correctly?

Have you seen a child or youth show respect to our American Flag?

If so, give them a R.A.P. card. We have Christmas parties at many Veterans' homes and nursing homes (who also take care of our Veterans) you may see a child or youth talking or sharing a meal with them—give them a R.A.P. card!

Go to MALTA Member Resources, Youth Activities, to locate a template to print out cards.





Get Excited for the Red, White and Blue!

If you happen to be at a school or church Christmas show, that has our children and youth singing, take note on their performance and tell their parent or guardian about the VFW Auxiliary's singing contest. Let them know about how singing our national anthem could earn them a great monetary prize! For more information and deadlines please visit MALTA Member Resources, Youth Activities.



I wish you all a fun but safe Holiday!

Loyally,

Nathaniel "Buddy" Nicholas

Department of NH VFW Auxiliary Youth Activities Chairman (2023-2024)