



Did you know that each year as VFW Auxiliary members, under the Hospital Program, we celebrate and participate in "the National Salute to Veteran Patients?" Well, you know it now and this year it will take place from **February 11<sup>th</sup> to February 17<sup>th</sup>!**

I ask you to recruit your members, families, students, and community to join with you and create Valentine Cards for the Veterans at the VA Medical Center in Manchester and NH Veterans Home. These beautiful cards will bring joy and happiness to the Heroes that receive their care at these facilities as well as those that reside there. A simple way to simply say *Thank You* for Your Service. Now roll up your sleeves, let's get started.....



**DUE DATE FOR CARDS TO MADELINE – SATURDAY 2/10<sup>th</sup>**

**Contact: Madeline Dreusicke, Hospital Chairman**

**Email: [madelinelavfw@aol.com](mailto:madelinelavfw@aol.com)**

**Cell: 603-508-0843**

*Don't delay - get started today! Thank you!*

*Madeline Dreusicke*

## Ways and Means

The raffle for the cornhole boards is scheduled to be drawn on Feb. 14th.

Please help ways and means by participating in the sale of these tickets.

Return all sold tickets to me by the 13th. Send all monies to Carol Harvey earmarked cornhole boards.

Francine Gregory  
9 Florence Ave.  
Rindge NH 03461

Carol Harvey  
18 Sylvan Way  
Wells, Maine 04090

Thank you for your assistance and cooperation in raising much needed funds for the Dept. of NH Ways and Means.

Dept of NH VFW Auxilary

# S — SPAGHETTI DINNER

## *Fundraiser*

To Benefit the Ways and Means

SATURDAY  
February  
**10**

Alpine Club  
175 Putnam Street  
Manchester, NH 03102  
FROM 5PM - 8PM



TICKETS:  
\$10 per Adult

**MORE INFO /RSVP CONTACT: SUE CLEMENT 603-493-0981**



My fellow members of the VFW Auxiliary, I stand before you in a time of dire need and it come together, to listen this message. My



is time for all of us to and to go forth and share message is simple.....



*Ask Not What Your Country Can Do for YOU but what YOU can do to support a Veteran!*

**Simple Answer: VOLUNTEER!**



Opportunities are all around us, you can start with the **NH Veterans Home.....**

Location:

At the NH Veterans Home  
139 Winter Street  
Tilton, NH



Laundry Room to Fold laundry.

**Volunteers are needed seven days a week between 8 AM – 12 PM (even just an hour would be of great help). Interested???**

**Contact Patty Copeland at 603 527-4449**

**YES, THERE ARE ALSO EMPLOYMENT OPPORTUNITIES AS WELL AT NHVH (and yes you are still supporting Veterans only now you are being compensated as an employee, and these positions are equally as important to care for our Veterans.....**



**Laundry (PT & FT)  
Building & Grounds (PT)  
Food Service Worker (FT & PT)  
Nursing LNA, LPN & RN (PT & FT)  
Recreation Assistant (FT)**

**For more information, benefits & position details, please call 603 527-4400**

*Thank You!*

*Madeline Dreusicke, Hospital Chairman/Rep NHVH*



Now to turn to Volunteer opportunities, to support Veterans, at the

**V A Medical Center**

718 Smyth Road  
Manchester, N.H. 03076

**Requirements:**

Your time  
Commitment  
Training Provided

**Openings:** Pharmacy, Fiscal, Nutrition & Food Service, Business Office, Chaplains' Office & always need drivers to support the DAV office that provides rides to and from the VA for appointments. – **TRAINING PROVIDED FOR ALL POSITIONS!**



**New Opportunity for Volunteers to engage** – “Compassionate Contact Corps: Volunteer your time to call a Homebound Veteran from the comfort and privacy of your own home! More details to be shared soon.

Contact Stella Lareau @ VAMC 603 624-4366 Ext 6419

**This Message is loud and clear – We Need Your Support Volunteer Today!**



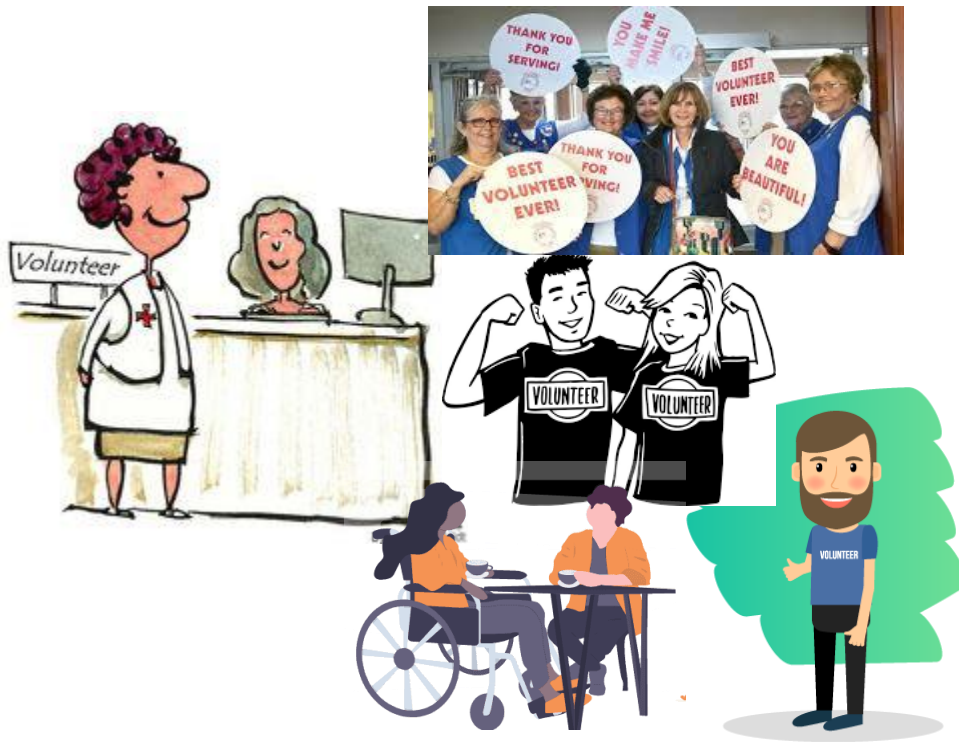
*Madeline Dreusicke, Hospital Chairman*



# In the Spotlight

*It is that time of year we need to look around at our Auxiliary sisters and brothers and see if there are any eligible candidates out there for the.....*

## **VFW Auxiliary National Outstanding Hospital Volunteer of the Year 2023 - 2024**



*Have I got your attention, well follow these steps to see if your Volunteer qualifies....*

## *Eligibility*

- 1. Volunteer who serves as a volunteer in any medical facility in our Department (NH) (including VAMC, community, nursing home, therapy center or clinic)*
- 2. Must have served from 07/01/23 through 03/31/24.*
- 3. Volunteer hours at VA and non-VA facilities may be combined for award purposes.*

*If your candidate qualifies, fill out the attached form along with a statement containing detailed information on the way this VFW Auxiliary Member is an "Outstanding Hospital Volunteer of the Year!"*

**Completed application/statement must be sent to Department Hospital Chairman BY MARCH 31, 2024.**

**Thank You!**

Madeline Dreusicke, Chairman  
Hospital Program 2023-2024  
Email: [madelinlavfw@aol.com](mailto:madelinlavfw@aol.com)  
Cell: 603 508-0843





# VFW Auxiliary National Outstanding Hospital Volunteer of the Year nomination form 2023-2024

## Hospital Award No. 3 for VFW Auxiliary Members

No. 3 "Outstanding Hospital Volunteer of the Year" Citation to the Outstanding Hospital Volunteer of the Year in each of the ten (10) Program Divisions. Winners will be announced and citations presented at the 2024 National Convention in Louisville, Kentucky.

### Eligibility:

- Volunteer may be any VFW Auxiliary member who serves as a VFW Auxiliary Hospital Volunteer in any medical facility in your Department (VAMC, military, community, children's hospital, nursing home, therapy center or clinic).
- Volunteer must serve from July 1, 2023, through March 31, 2024.
- Volunteer hours at VA and non-VA facilities may be combined for award purposes.
- VAVS Representatives and Deputies are also eligible to be considered as Outstanding Hospital Volunteer of the Year.

Hospital Volunteer Recruiter's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Hospital Volunteer Recruiter's Membership No.: \_\_\_\_\_

Hospital Volunteer Recruiter's VFW Auxiliary No.: \_\_\_\_\_ Department of: \_\_\_\_\_

Total number of volunteers recruited: \_\_\_\_\_ Program Division Number: \_\_\_\_\_

How long has the Hospital Volunteer Recruiter been a hospital volunteer? \_\_\_\_\_

Total lifetime hours served as a hospital volunteer: \_\_\_\_\_

Number of hours served from July 1, 2023, through March 31, 2024. \_\_\_\_\_

VA and non-VA facilities where the Hospital Volunteer Recruiter volunteers. \_\_\_\_\_

What are the volunteer assignments? \_\_\_\_\_

What other Hospital programs has the Hospital Volunteer Recruiter participated in? \_\_\_\_\_

Auxiliary Hospital Chairman signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please attach a separate sheet with detailed information on why this VFW Auxiliary Member is an Outstanding Hospital Volunteer of the Year.**

Auxiliary Hospital Chairman signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Forward nomination forms to your Department Hospital Chairman by March 31, 2024.**

Department Hospital Chairman signature: \_\_\_\_\_ Date: \_\_\_\_\_

**The Department Hospital Chairman will select ONE Outstanding Hospital Volunteer and forward it to the National Hospital Ambassador Mary Spindler by April 30, 2023.**

The National Hospital Ambassador Della Steege will select **ONE** Outstanding Hospital Volunteer of the Year for each of the ten (10) Program Divisions to be recognized.

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



## **February 2024 General Information**



### **VFW Auxiliary Cookbook**

As was stated at the COA on 01/18/2024, due to circumstances beyond my control the cookbook will not be available until the April COA. Please accept my sincere apologies and understanding.

Thank you to everyone that contributed to the Cookbook and I can't wait for everyone to start cooking to help our Veterans in New Hampshire!

### **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.

### **Look beyond the box!**

You will never know where you will find your next donation! Post your event on social media (Facebook, TikTok, Instagram, and X (formerly Twitter)). A great example: I posted on a local Facebook page about the cookbook, I received a message from a local woman. "I don't really have any good recipes but would like to donate to Liberty House." She donated a TON of items including (Hats, Socks, Water Bottles, Deodorant, Razors, Shaving Cream, and Snack Bars.

### **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](mailto: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







Welcome to February, as you know by now the Lifetime membership for National Home is only \$50.00., That's a one-time payment that will help change a veteran family's lives forever.

## BECOME A LIFE MEMBER

Join the VFW National Home family! Become a Life Member or an Associate Life Member and create a lasting bond between yourself and the mission of the National Home.

## LIFE MEMBERSHIP

VFW and VFW Auxiliary members and organizations are eligible to become Life Members. Life Members may vote for the trustees who represent their National Home District and approve any proposed changes to our bylaws and articles of incorporation. The National Home Board of Trustees approved the use of electronic voting beginning with the 2022 Trustee District election, therefore, Life Members must have a valid email and/or a mobile phone number on record in order to vote.

Will you be my Valentine by helping support our National Home this year?

Next poppy theme military children



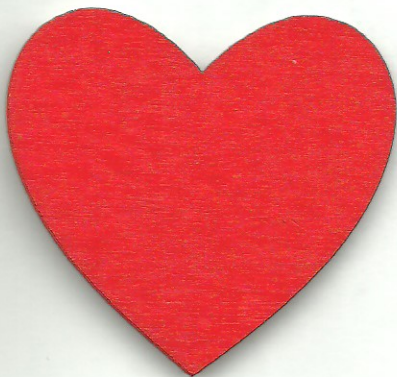
Respectfully,

Thank you for your support next poppy

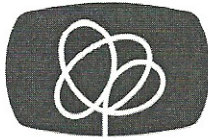
2023-2024 Department of New Hampshire

Buddy Poppy/National Home Chair

Colleen M. 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 <b>allow 3-4 weeks</b> for your membership certificate, card and other information to be sent. You can also <b>apply online at:</b> <b><a href="http://www.vfwnationalhome.org/membership">www.vfwnationalhome.org/membership</a></b>	One time membership fee and Life Member pin \$50
	<input type="checkbox"/> Check enclosed and made payable to <b>VFW National Home for Children</b> <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.



## EXTENSION AND REVITALIZATION



**Extension: Share the Many Opportunities**

**Revitalize: Renew. Refresh and Rejuvenate  
Give your Auxiliary a “facelift”!**

What do these two words mean to you as Presidents and District Presidents? The act of bringing again into activity and prominence. Yes, we hope to utilize extension to grow with new Auxiliaries, but that is not always easy to do. But we can use it to grow our own Auxiliaries. These two words go hand and hand to help get new members and increase participation at our meetings.

Presidents, have you handed out your Healthy Auxiliary Questionnaire? If so, only part of your job is done. Did you get them back? Then what do you do? These can be totally anonymous; the members don't have to sign them. Have a secure place for the members to put their completed questionnaire when they are finished, so they don't have to hand it to you. They will not put down their true feelings or ideas if they feel there might be repercussions for their thoughts. Read each one carefully; take their feelings and ideas to heart. You can't mentor properly if you do not listen and acknowledge your members. After going over the questionnaires bring them up at your next meeting to assure the members that you all will be working together to make the Auxiliary bigger and better than ever for our Veterans and their Families. Auxiliaries that I have visited have handed them out but don't get them back. This defeats the purpose. We need the results to help us create a bigger and better Auxiliary through communications and showing that we want and need new ideas.

District Presidents

You hold a vital role in this program. Do you upon your inspections ask if they have completed the Healthy Auxiliary Questionnaire program? Do you ask to see and read the questionnaires? From what I have seen I guess not. Let's do this program properly so it will benefit us. I have been in contact with the Director of Presidents to go over the reports and inspections done so far. It is part of your Circle of Excellence to do this. So Presidents and District Presidents let's do the job right and not sugar coat it.

I know right now if you read this you all are going to be calling me names, but that's okay; sometimes we have to take a look in the mirror and see who is looking back. Whether you have been a member for one year or thirty-five years we all have something to contribute. PLEASE use the tools in front of you properly and it will bring good results. I am always available by phone or in person to talk to anyone at any time. Remember that Extension and Revitalization and mentoring go hand in hand. So listen to your members and continue to grow. Call me any time, my number is in you directory.

Dot Mattson  
Chief of Staff and  
Extension and Revitalization Chairman



**By “Banding Together for Our Veterans” we will be “Challenging the Needs of our Veterans”**

## MENTORING FOR LEADERSHIP



Without trust and respect and open communication we are never going to be able to mentor anyone. When this year first started I said that we have a lot of experience within all of the people that are holding an office in their Auxiliaries. I suggested that you would be a good mentor, but that you had to look around and see the potential in your members. Listen, you can't sit in the same chair forever. We need our members to know that we have faith in their ability and you as Presidents and District Presidents are our eyes and ears out there. From what I have seen on reports is not promising. I am working with the Director of Presidents to go over reports and inspection reports. Some of the things that we talked about at our training does not seem to be going into effect. Remember some of this does affect your Circle of Achievement. I know we have great leaders out there so show us what I know that you can do. Open your communications and earn their trust and respect.

Remember this little saying, well it carries a big impact.

**C**- Catch the member when they first join.

**A**-Ask them to participate.

**R**-REMEMBER WHAT IT FELT LIKE TO BE NEW.

**E**-Engage them in a program that fits them.

Please don't turn them off by saying oh no you can't help with that because that is Jane Doe's job. If you turn them down once that is enough to make them not come back. Remember to get your questionnaires done and you might be surprised at the answers. I am always available by phone or in person, so call.

Dot Mattson Chief of staff.

Mentoring for Leadership chairman.



**Mentoring**  
Makes a Difference

**By "Banding Together for Our Veterans" we will be "Challenging the Needs of our Veterans"**



## AMERICANISM



Have you heard the story about the 4 Chaplains.

The **Four Chaplains**, also referred to as the **Immortal Chaplains** or the **Dorchester Chaplains**, were four World War II chaplains who died rescuing civilian and military personnel as the American troop ship SS *Dorchester* sank on February 3, 1943, in what has been referred to as the second-worst sea disaster of World War II.<sup>[1]</sup> The *Dorchester* was a civilian liner converted for military service in World War II as a War Shipping Administration troop transport. She was able to carry slightly more than 900 military passengers and crew.<sup>[2]</sup>

The ship left New York on January 23, 1943, en route to Greenland, carrying approximately 900 as part of a convoy of three ships escorted by Coast Guard Cutters *Tampa*, *Escañaba*, and *Comanche*.<sup>[3]</sup> During the early morning hours of February 3 the vessel was torpedoed by the German submarine *U-223* off Newfoundland in the North Atlantic.<sup>[4]</sup> The chaplains helped the other soldiers board lifeboats and gave up their own life jackets when the supply ran out.<sup>[5]</sup> The chaplains joined arms, said prayers, and sang hymns as they went down with the ship.

The impact of the chaplains' story was deep, with many memorials and extensive coverage in the media. Each of the four chaplains was posthumously awarded the Distinguished Service Cross and the Purple Heart.<sup>[6]</sup> The chaplains were nominated for the Medal of Honor, but were ineligible as they had not engaged in combat with the enemy. Instead, Congress created a medal for them, with the same weight and importance as the Medal of Honor.





Presidents' day is the third Monday in February it is a US Federal Holiday it is in honor of George Washington, the first president of the United States. Increasingly, the holiday became more to celebrate both George Washington and Abraham Lincoln as his birthday was February 12<sup>th</sup>.

Happy Ground Hogs day and I hope everyone stays safe this month. Just think spring is not that far away

*Deborah Milligan*

NH VFW Auxiliary

Americanism Chairperson (2023-2024)



# VFW Auxiliary Department of NH

## February 2024 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** *Deadline is Approaching*

- 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!!

## February Events to Capture in Pictures

- Groundhog Day (02/02)
- Presidents Day (02/19)
- USO Birthday (02/04)
- Coast Guard Reserve Birthday (02/19)
- Valentines Day (02/14)
- 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](mailto:nhvfwauxhistorian@gmail.com) Phone: 603-546-5533

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





# Legislative Program

## 2023-2024

Department of NH VFW Auxiliary Legislative 2023-2024

Be An Advocate-Be Informed-Be Engaged

### February General Information

Dear Brothers and Sisters,

Hope everyone is well. It was nice seeing auxiliary members at both the January C of A and I hope you enjoyed yourselves if you attended the Scholastic Banquet. At the C of A I touched base on the importance of signing up for Action Corps as well as voting in the election that occurred that week. I know that the Franklin post hosted Nikki Haley the night before the primaries and I hope other posts/auxiliaries were able to do the same. Last month I gave an overview of what happens when the President reviews the bills once received from Congress. This month I would like to give an overview of the bills that are being for review to Congress.

**H.R. 1815/S. 495**, the Expanding Veterans' Options for Long Term Care Act, would require the VA to implement a three-year pilot program (with the opportunity for an additional three years) to provide assisted living services in no fewer than six geographically diverse areas. Veterans who would be eligible to participate are those who are already receiving nursing home level care paid for by the VA, are eligible for such care from the VA, or exceed the requirements for domiciliary care paid for by the VA but do not meet the requirements for nursing home level care paid for by the VA. This bill would also require the VA to report on the cost of care at each assisted living facility, including an analysis of any cost savings by the VA when compared to the cost of nursing home care, feedback from participants in the pilot program, and recommendations on whether the model studied in the pilot program should be continued or adopted throughout the department.

**H.R. 6331/S. 2465**, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2023. This bill would establish a pilot program within the Department of Veterans Affairs (VA) to provide pregnant and post-partum women veterans access to doula services in an effort to foster better child and maternal health outcomes. Pregnancy, labor and delivery, and the early days of motherhood, can be difficult in the best of circumstances, but for women veterans, they can be further complicated by physical and mental health conditions related to military service—this includes anxiety, depression, PTSD due to combat or military sexual trauma, musculoskeletal problems and neurological issues. Doulas act as advocates before, during, and after pregnancy, helping expectant and new mothers navigate their birth experience and empowering them to self-advocate for their care, which can be especially important when health care needs are profound or veterans do not have strong, established support networks. This legislation would enhance support services for pregnant women veterans by providing access to doula care within pilot facilities, which is vital as the demand for maternity care services continues to trend upward within VA due to the growing population. By establishing Doula Service Coordinators, this legislation would also help aid in the effort to coordinate care between VA and community providers. In addition, with a focus on health equity, the establishment of the pilot program would be important in addressing poorer

maternal health outcomes among minority veteran groups. Consistent with DAV Resolution No. 027, to support enhanced medical services and benefits for women veterans, we support H.R. 6331/S. 2465.

**3341, the Advancing VA's Emergency Response to (AVERT) Crises Act of 2023**, would improve VA's response to natural disasters, pandemics and other emergencies to ensure continuity of VA medical care for veterans, and ensure that the department is better prepared to activate its fourth mission authority in responding to national emergencies. It would require VA to implement fully-operational emergency communications systems throughout VA medical facilities and improve VA's emergency cache program—stored reserves at facilities containing drugs and medical supplies to be used during an emergency.

**S. 3526**, the Lactation Spaces for Veteran Moms Act, would require each VA medical center to create a lactation station for veterans who are nursing. As the number of women veterans using VA health care continues to grow, VA must ensure that it creates environments that are safe and welcoming to all veterans. This includes private, convenient and hygienic lactation stations that women can easily and safely access while they are obtaining the health care they have earned.

As you can see the DAV works diligently to get these bills in front of Congress. It is our responsibility to take action the ActionCorp to make sure we are heard.

**Is your Auxiliary caught up on reporting?** Do not forget that you should report when you have emailed representatives, taken action and/or read Action Corps, shared any legislative information with your auxiliary.

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

## Membership 2023-2024



### February

The Department of NH is currently **91.08% as of 01/20/2024**. Our production of Grease featuring THE MEMBERS has stalled a bit, as with any production this can happen. Let's work together to complete the production!! We are almost at 100% keep up the momentum. Great work to all the cast and crew!! Make this the year of ***"Challenging The Needs Of Our Veterans" AND "Banding Together for Our Veterans"***

#### FEBRUARY INCENTIVE

**We need about 470 more members to reach our goal!**

**Starting January 20<sup>th</sup> 2024 to February 29<sup>th</sup> 2024 11:59pm** Auxiliaries who add new, new life, rejoin, or lapse member (didn't pay dues by 12/31/23) will received **\$4.00 per paid member not already in Malta on 1/20/2024**.

**Important Note:** Payments will made until the current incentive budget runs out or the deadline whichever comes first. This means it is first come first serve!! So get your dues in as soon as possible.

**All members must be in Malta February 29<sup>th</sup> 2024 11:59pm to be eligible.**

#### Life Membership Incentive!!

**Reminder the Department of NH has rolled 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.**

**WE HAVE ALREADY HAD 3 AUXILIARES REACH THIS GOAL AND 7 ARE CLOSE!! THIS IS REACHABLE.**

#### Reporting!

When reporting your membership projects keep in mind these goals from our National Ambassador

Auxiliaries that utilized any of the Membership materials/resources available in MALTA Member Resources.

Auxiliaries that promoted, participated, hosted or co-hosted with their VFW Post activities regarding VFW and/or VFW Auxiliary education and Membership Recruitment.

Auxiliaries that regularly educate their members on the benefits of their membership (Example: insurance plans, travel benefits, cancer grants, hearing plans, etc.)

Auxiliaries that educate their members on the National Membership Program Awards.

Any Auxiliary Members that participated in any recruiting

Auxiliaries that recruited at least one new member.

## What type of Benefits are available to Members in good standing?

Members of the VFW Auxiliary are the relatives of those who have served in overseas combat. For more than 100 years, we have been serving veterans, the military, their families and our communities in honor of the sacrifices and commitment of every man and woman who has served in uniform.

As a Member in Good Standing there are many benefits:

***Personal Benefits Veteran & Military Support*** – Anyone with a heart for veterans can count their membership as an important way to stand with veterans and the military community on Capitol Hill and in local legislative battles affecting them.

***Networking*** – Through local and national events, members have the chance to meet people from all walks of life and many career backgrounds, creating a vast network of people who are passionate about veterans, active-duty military and their families.

***Friendships*** – The camaraderie gained from serving together for a cause that is close to everyone's heart leads to lifelong friendships and a strong network of support. ***Personal Fulfillment*** – Longtime volunteers will be the first to tout the benefits of serving others and the sense of personal fulfillment it brings. The organization offers multiple avenues for service, such as hospital volunteering and the adoption of military units.

***Personal Growth & Development*** – We offer multiple ways for members to acquire skills, such as leadership, fundraising, event planning and community outreach. ***Cancer Grants*** – After one year of continuous membership, members who are battling cancer may be eligible for a grant to help cover expenses.

***Service Benefits VFW National Veterans Service*** – A network of highly-trained professionals are available to identify the benefits you may be eligible for and assist you in filing a claim. These services are available at no cost to veterans and their dependents.

***VFW Auxiliary EMagazine*** – Published 6 times a year, this magazine will keep you informed about what members are doing nationwide, as well as exciting events and national programs. ***Insurance Benefits*** – The VFW Auxiliary sponsors discounted policies for life, health, accident, long-term care and dental, along with many other benefit plans.

***Discount Shopping*** – Get access to discounts on products and services that are important to you – including local offers!

***VFW Store*** – A wide variety of VFW Auxiliary and other patriotic products are available at [www.vfwstore.org](http://www.vfwstore.org).

***Financial Services*** – Credit cards and certain financial services are available through USAA by calling 1-866-575-2859

These are just some of the benefits listed. For more information refer to MALTA.





# AUXILIARY OUTREACH FEBRUARY 2024

"Banding together for Our Veterans"



♥ February Greetings to you all! ♥

Thank you all for all your hard work that you and your Auxiliaries have been doing to partner with other organizations.

We are half way through our program year and still have lots of time to give of ourselves to help others.

## **The five steps in making your volunteering successful.**

- > Find the organization that needs help.
- > Ask your Auxiliary to approve the activity and vote on it.
- > One or more of your members participate in the activity.
- > Wear your VFW Auxiliary name tag, shirt, or hat.
- > Report back to your Auxiliary the number of participants and hours volunteered.

I'm here for you if you need assistance please reach out. It is very important to REPORT all your hard work, and have fun.

"Challenging The Needs of Our Veterans."

Thank you all,  
Susan Joslyn



Auxiliary Outreach Chairman NH

[Susanjoslyn61@gmail.com](mailto:Susanjoslyn61@gmail.com)

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





**Deadline coming up!!**

**MARCH 31<sup>ST</sup> IS RAPIDLY APPROACHING MAKE SURE YOU HAVE A PLAN IN PLACE TO GET YOUR 2D AND 3D PATRIOTIC**

**ART SUBMISSIONS TO ME.**

**If your Auxiliary is planning to hold a fundraiser to donate to the Patriotic art scholarship fund at National please let me know so I can plan to attend if available.**



VectorStock® VectorStock.com/26662507

I also want to extend my congratulations to all the winners at the Scholastic banquet last month. Such a great job was done by all remind them that if they didn't win on the state level, they can always enter again next year. We have some talented kids' let's continue to encourage them going forward.

# VETERANS & FAMILY SUPPORT

## *Banding Together for Our Veterans*



February is upon us! As we all know it is also the shortest month of the year. The Anglo-Saxons called it Sol-Monath or cake month which was offered to the gods. Derived from the Latin *febuo* which means purity or to cleanse, I'm thinking cake and reaffirmation. Let's bake! What better way to get out and **challenge the needs of our Veterans and their families** by offering fresh baked goods to warm up a cold February day.



Washingtons Birthday/President's Day is observed on the third Monday in February. This year it falls on February 19. Of course, how can we forget Groundhog Day (Feb. 2), Valentine's Day (14), Susan B. Anthony Day (15), National Caregivers Day (3<sup>rd</sup> Fri.-16) and the Super Bowl; (11). February is also Black History month all month.

## Veteran & Military Suicide Prevention



“Happy families are all alike; every unhappy family is unhappy in its own way.”-  
Leo Tolstoy, *Anna Karenina*

The Suicide & Crisis Lifeline is 988 and provides 24 hour, 7 days a week support. Watch for the signs and never fail to act. Our sightfulness and action does make a difference when we see someone suffering and in need of help.

- 1) How to overcome suicidal thoughts
  - a) Call 911 immediately
  - b) Call or text 988
  - c) Talk about your feelings with those close to you
  - d) Seek out the support of a mental health professional
  - e) Join a support group
  - f) Grant yourself kindness
  - g) Practice mindfulness and breathing techniques
  - h) Focus on your five senses
  - i) Allow yourself time in your safe place
- 2) Ways you can support someone else
  - a) Familiarize yourself with the warning signs
  - b) Call 911 if the person is at immediate risk
  - c) Encourage the person to call or text 988
  - d) Help get professional help
  - e) Be an active listener
  - f) Be a positive presence in that person's life
  - g) Be a safe space
- 3) Familiarize yourself with the warning signs
  - a) Talking about plans for suicide
  - b) Increased anxious behavior
  - c) Talking about feeling like a burden, trapped or hopeless
  - d) Increased use of alcohol or drugs
  - e) Sleeping too little or too much
  - f) Withdrawal from social activities
  - g) Sharing thought of a hopeless feeling about the future
  - h) Extreme mood swings



## Mental Health Awareness

First, we need to get past the stigma surrounding mental health. Support and educate the public. NAMI (National Alliance on Mental Illness) has a plethora of information online, use it.



National Caregivers Day is February 16, please help them in support of all they do to care for those suffering. A card, kind words, even a hot meal would go a long way.



Ants stretch when they wake up. They also appear to yawn in a very human manner before taking up the tasks of the day. (The Book of Extraordinary Facts) Now it's time for each of us to take that big stretch and get to work. The end of the reporting year is fast approaching. With this post you will find my end of year report form. It will also be made available on the web site. Please take a quick preview to determine where you may be lacking in for filling the report. Thanks for all that you have each been doing and I look forward to seeing it all in writing in a short couple of months.



## Presidentially Speaking



“As yesterday’s report card shows, children do learn when standards are high, and results are measured.”-George W. Bush

*Celeste Nicholas*

*Dept. Of VA Veterans & Family Support Asst. Chair*

*(603)393-3092 - text only*

*[union7663aux@gmail.com](mailto:union7663aux@gmail.com)*

*For Chairman Linda Theroux*

## Veterans & Family Support Year-End Report

Auxiliary Name \_\_\_\_\_

Auxiliary Number \_\_\_\_\_

- 1) The number of times that your Auxiliary utilized any of the V&FS material/resources available in MALTA Member Resources. \_\_\_\_\_
- 2) Number of times that your Auxiliary promoted, participated, hosted or co-hosted with the VFW Post activities for any VFW Program listed below:  
\_\_\_\_\_
  - a) Disaster Relief
  - b) Military Assistance (MAPP)
  - c) National Veterans Service (NVS)
  - d) Unmet Needs
  - e) Veterans & Military Suicide Prevention and Mental Health Awareness
- 3) Number of times that your Auxiliary provided direct aid to veterans, service members and/or their families (example; meals, transportation, cards, packages, donations, etc.) \_\_\_\_\_
- 4) Approximate number of veterans, service members and/or their families assisted. \_\_\_\_\_
- 5) Total monetary donations and/or value of donations and goods/services provided to veterans, service members and/or their families? \$ \_\_\_\_\_
- 6) Submitted through Dept. Chairman for the award for most outstanding activity and/or event to increase awareness of military suicide and mental health. \_\_\_\_\_
- 7) Submitted through Dept. Chairman for the award for the most outstanding activity and/or event to increase support of veterans, service members and their families. \_\_\_\_\_

[union7883aux@gmail.com](mailto:union7883aux@gmail.com) :Email  
West Ossipee NH 03890 ,Box 534 .P.O :mail



## **YOUTH ACTIVITIES**

*I hope everyone had a very good time with friends and family over the Holidays, but now it's time to finish our year strong! All the contests within this Program are due to the Auxiliaries by March 31<sup>st</sup>. All the winners from the Auxiliary are to be sent to me, your Department chairman by April 15<sup>th</sup>.*



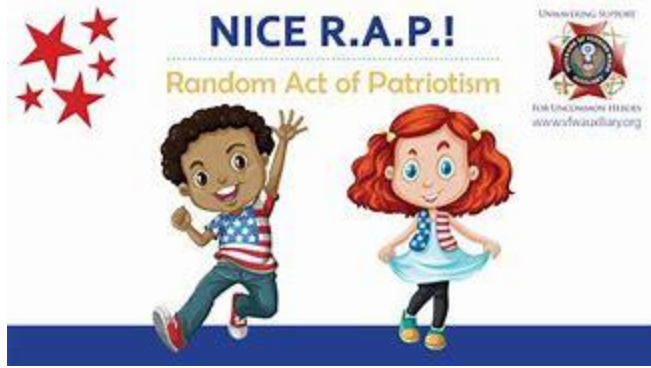
**GET EXCITED FOR THE RED, WHITE AND BLUE!**



**ILLUSTRATING AMERICA**

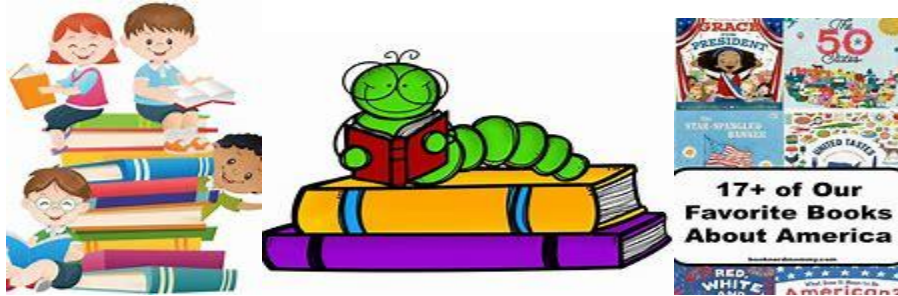


***As always, please visit MALTA Member Resources, Youth Activities for entry forms, eligibility requirements, contest rules, and deadlines!***



### ***R.A.P. Cards***

***Don't forget to keep handing out those R.A.P. cards to all the deserving children!***



### ***Patriotism through Literacy***

***Remember, one of the easiest ways to promote patriotism is through reading among our youth!***



### ***Youth Groups***

***Involve Youth in ALL Auxiliary Programs!***

***Try to have your Auxiliary sponsor a Youth Group!***

***Keep up the good work and I'll see you all soon!***

***P.S. Please send me your year-end report by April 15, 2024.***

***Buddy Nicholas, 2023-2024 NH Auxiliary Youth Activities Chairman***