

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



January 2024 General Information

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, Razers, 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

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.”



We Need You!!!



Soup, Chowder & Chili Contest

Cash Prize – First Place In Each Category

January 6, 2024 at Franklin Post

12:00 noon to 3:30 p.m.

(snowstorm date Jan. 7, 2024)

Ticket Donation: \$10 for all you can eat!

Needed:

1. Entries of Soup, Chowder and/or Chili
Please email nhsecvfwaux@gmail.com with your entry info.
2. Come One, Come All – your **VOTE** is important!
Sign up today -Please email nhsecvfwaux@gmail.com
3. Baskets, gift certificate or items to raffle – individuals, Auxiliaries or businesses may and are encouraged to donate these things.
4. Please support this very important fundraising event to benefit the Department Ways & Means Program. Thank you for your support.



AMERICANISM



DECEASED JANUARY BIRTHDAYS

January 1st - American Patriot Paul Revere (1735-1818) was born in Boston, Massachusetts. Best known for his ride on the night of April 18, 1775, warning Americans of British plans to raid Lexington and Concord.

Betsy Ross (1752-1836) was born in Philadelphia, Pennsylvania. She was a seamstress credited with helping to originate and sew the Stars and Stripes flag of America in 1776.

January 7th - Millard Fillmore (1800-1874) the 13th U.S. President was born in a log cabin in Cayuga County, New York. He was a Whig who became president upon the sudden death of Zachary Taylor in 1850 from cholera. Best remembered for signing five bills concerning slavery known as the Compromise of 1850 which temporarily prevented civil war in the U.S. He was not re-nominated by his party.

January 12th - American statesman and patriot John Hancock (1737-1793) was born in Braintree, Massachusetts. He was elected president of the Second Continental Congress in 1775, was the first signer of the Declaration of Independence, and went on to become the first elected governor of Massachusetts.

January 18th - American orator and politician Daniel Webster (1782-1852) was born in Salisbury, New Hampshire. "Liberty and Union, now and forever, one and inseparable!" he stated in the U.S. Senate in 1830 in response to Southern Senators who contended that individual states had the right to refuse to obey Congress.

January 19th - Robert E. Lee (1807-1870) military leader of the Confederacy during the American Civil War, was born in Westmoreland County, Virginia. He was the son of a Revolutionary War hero, a graduate of West Point and served in the U.S. Army for 25 years preceding the Civil War. At the outbreak of hostilities, he was offered command of the Union Army, but declined and instead accepted command of the military and naval forces of Virginia.

January 21st - Confederate Army General "Stonewall" Jackson (1824-1863) was born in Clarksburg, Virginia (as Thomas Jonathan Jackson). He was a West Point graduate who served in the Mexican War then resigned to teach at the Virginia Military Institute. He sided with the South and became a Brigadier General, earning his nickname at the first battle of Bull Run as his troops held firm while others wavered. "There is Jackson standing like a stone wall," a fellow general commented. He was shot in 1863 by a Confederate lookout who had mistaken him in the dark. "I have lost my right arm," lamented General Lee upon his death.

January 29th - William McKinley (1843-1901) the 25th U.S. President was born in Niles, Ohio. He was elected in 1896 and re-elected in 1900. Early in his second term, on September 6, 1901, he was shot and mortally wounded by an anarchist at the Pan-American Exposition in Buffalo, New York, and died eight days later.



JAN. 25 — ANNIVERSARY OF THE U.S. & ALLIED VICTORY AT THE BATTLE OF THE BULGE

Nearly 80 years ago, in the twilight months of World War II, Nazi Germany launched a major offensive against U.S. and Allied Forces rapidly advancing on its western border. Despite suffering significant losses, the Allies ultimately prevailed in what would later be called one of the most decisive victories of the war.

Lets teach our children about the famous people that were born in this month and what The Battle of the Bulge is.

Hope everyone has a Happy and Safe New Year.

Deborah Milligan

NH VFW Auxiliary

Americanism Chairperson (2023-2024)



Welcome to 2024

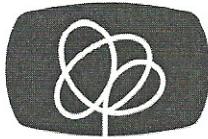
With the New Year upon us please don't forget those less fortunate and consider a donation to our National Home. Or maybe sign up for a life membership? A life membership is only \$50.00 and goes so far to help our servicemen's families in hard times.

Thank You for your support

2023-2024

Buddy Poppy/National Home
Chair Department of New Hampshire

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:
Associate (not a member of the VFW or VFW Auxiliary)
Life Member (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.)

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

- Check enclosed and made payable to VFW National Home for Children
Charge my Visa Mastercard Discover 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.

Calling Auxiliary Members, it is time to start preparing for.....

February 11th

to February 17th, 2024



As “soldiers” they all put on the uniform ready to defend and protect this country, many are now called “Veterans” and now may find themselves in VA hospitals across the same country they have served receiving medical care.....



As members of the VFW Auxiliary, we are blessed to have the opportunity to roll up our sleeves and turn our attention to thanking these hospitalized Veterans for their service but also to thank and bring attention to the staff that cares for them. **This is where we can all help to honor them.....**

*“This day is a great opportunity to honor the selfless men and women who laid down their lives for our country. Even if their active years of service may be over, they will always stand tall as heroes in our hearts.” As stated on the VHA website for **Salute to Hospitalized Veterans Week***



Reach out to your members, your families, students, church groups, friends, and anyone else that wants to lend a hand and have a *Valentines Card Challenge*, who can create and collect the most cards to be presented to Veterans in Hospital facilities (don't forget to have some prizes to offer for the winners).



DON'T STOP THERE, YOU CAN DO MORE!

Do you love to bake, well I am sure there are a lot of Veteran patients who would love to have some of your homemade cookies! Of course, you know the protocol, contact the facility of your choosing, and ask those in charge if this is ok and are there any restrictions because of dietary issues, you don't know until you ask!



- Sponsor a Bingo Game
- Sponsor an Ice Cream Social
- Bring in Craft activity to do as a group!
- Sponsor a Movie Night
- Bring cookies and spend time visiting patients and talk with them.
- Need other ideas? Just ask the staff!



Any ideas to help celebrate and honor these Veterans should be approved thru the Community Living Center Recreation Staff by calling Kristina Totman-Marshall @ 603 624-4366 X2308



The VA in Manchester has not announced their plans for the week of 02/11/24 - 02/17/24 as far as honoring Hospitalized Veterans, I will email as soon as it is announced and confirmed!



- As I have shared the purpose of the National Salute to Hospitalized Veterans is to:
 - ✓ Pay tribute to these heroes and express our appreciation.
 - ✓ Promotes community awareness of the care at VA facilities.
 - ✓ Encourage volunteerism at VA hospitals.

- As I have shared, the goal of the Hospital Program is to participate and support:
 - Valentines for Veterans, National Salute to Veteran Patients on 2/11th to 2/17th 2024.
 - You have two months to start sharing ideas, making plans, setting it in motion, recruiting helpers and.....
 - Carrying out the task to Honor & Share your love for Veterans!
 - **Questions** - do not hesitate to contact Madeline at Cell 603 508-0843 or email: madelinelaufw@aol.com

Thank You

Madeline Dreusicke, Hospital Chairman



What was your New Year's Resolution for 2024?....How about stepping up to...

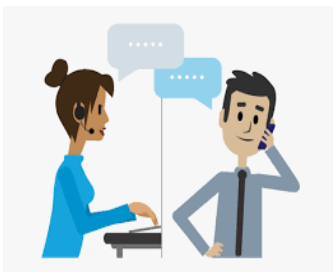
VOLUNTEER!

As a Registered Volunteer you can be an Ambassador (a greeter), Escort- transport patients to appointment, lab runs from Urgent Care, answer phones and much more. You need to be able to committ to the same time, on the same day of each week....



WAIT THERE ARE MORE WAYS.....

One on one patients



Making
Appointment
Reminder calls to Veterans



Driving patients
to
VAMC for appts.
With
government
vehicles



Activity assistant for Community Living Center or Outpatient



ART CLASS

Activities such as painting class



Or Bingo games

and so much more.....



Remember Volunteers are always needed.....and that means YOU!

Interested??? Please stop by your VA “Volunteer Office” to pick up an application and see what positions are available based on your time, ability and become a “Registered Volunteer” today.



Contact: VA Medical Center
718 Smyth Road
Manchester, N.H. 03104

Contact: WRJ VA Hospital
163 Veterans Drive
WRJ, Vt 05009

Stella Lareau: 603 624-4366 X6419
Stella.lareau@va.gov

Maureen Campbell: 1 802 295-9363 X5391
Karen.campbell@va.gov

For **NH**VH volunteering opportunities, you can call **603 527-4499** and ask to speak to Patricia Copeland, Supervisor of Volunteer activities regarding becoming a volunteer.

NH Veterans Home
139 Winter Street
Titon, N.H. 03276



As Auxiliary sisters and brothers, please consider joining the army of Hospital volunteers across this nation as they begin another year of donating their time, talents, and love for Veterans by signing up today and proudly wearing your VOLUNTEER badge!



BUT if you do not have that much time to share, and you still want to “volunteer” I encourage you to work with your Auxiliaries and continue to embrace “*OUTSIDE THE BOX*” thinking and support the endless projects put forth by the Hospital Chairman. You are still utilizing your time & talents to support the Veterans in medical facilities around the state. This way we all can continue to.....

“**Band Together for Our Veterans**” as we continue to “**CHALLENGE THE NEEDS OF OUR VETERANS**” by volunteering whatever way works best and doing our part to support Veterans with your time, talents, and love!

Please Remember to Report this under the HOSPITAL PROGRAM!

Madeline Dreusicke, Hospital Chairman



VFW Auxiliary Department of NH

January 2024 General Information



Historian Media Relations

2023-2024

Happy New Year Everyone!



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

How to Share Your Local Auxiliary Story Ideas to Social Media

- **Promote in Our Local Community**

- News Papers
- Radio
- TV
- Fliers
- Facebook, X (Twitter), TikTok, Instagram

- **What is not Newsworthy?**

- These are all good Calendar of Event, Local Tidbit items, etc. **NOT** Feature Stories.
 - Your meetings
 - Who was elected to various positions in your Local Auxiliary?
 - When you are having a Spaghetti Dinner, Raffle, etc

- **Before you contact anyone to cover an event your Auxiliary is hosting or participating in, answer the following questions:**

- Are local people involved? (yes or no)
- Is the event happening in the near future - within the next month? (yes or no)
- Will non-members be interested in attending or hearing about the event? (yes or no)
- Will the event help the local community? (yes or no) If yes, how? (describe)
- Is the activity or event unique? (yes or no)
- Does the activity or event promote a new idea or concept? (yes or no)

- **What is Newsworthy?**

- Events hosted by an Auxiliary at a VA facility.
- Decorating graves for Veterans Day & Memorial Day; attending Wreaths Across America.
- Assisting families of deployed troops (Hosting holiday events, i.e. Christmas parties, Easter Egg hunts, Trick-or-Treat events, offering financial assistance, etc.)
- Adopting a Unit through the VFW's Veteran and Military Support Program
- Collecting supplies for deployed troops
- Meeting troops at the airport as they return from deployment and helping them complete their journey home.
- Members and youth who are participating in a "Buddy" ® Poppy Drive or POW/MIA remembrance ceremony.

- Scholarship winners' ex: The winner of the Young American Creative Patriotic Art Contest.
 - Flag presentations to community groups.
 - Publicizing what your Auxiliary has done to help natural disaster victims.
 - National President's Visit.
 - Repairs on a Veteran's Home/Building a Wheelchair Ramp/etc.
 - Walks/Runs/Events to raise awareness/funds for Veteran Issues/PTSD.
- **Something To Note**
 - While we encourage you to share events/activities that are hosted jointly with the VFW, we are really interested in what your Auxiliary is doing in your community!
 - While our mission is to support veterans, active-duty military and their families, we are two separate organizations.
 - This is applicable for the National VFW Auxiliary Magazine and Facebook page as well as other media.
- **How to get your event covered?**
 - Remember if you want the event to be shown on **WMUR** send me the details.
 - Submit news releases to the media on a regular basis (i.e. monthly).
 - Contact the media when something unique or unexpected happens.
 - Be the contact person the media calls to get information related to VFW Auxiliary and its area of expertise.
 - Maintain contact via email with various TV stations, newspapers and other publications.
 - Recognize media who have published articles by giving them a Communications Award, available free from VFW Auxiliary National Headquarters website.
 - **Most Importantly**
 - Be excited about all your activities, events and programs.
- **Who to Contact**
 - At the weekly newspaper, ask for the Editor.
 - At the daily newspaper, ask for the City or Metro Editor, or the Editor or columnist for the section or column where you want your article to run.
 - At radio stations, ask for the News Director, if it is newsworthy; Program Director, for a talk show or the calendar.
 - If you don't know whom to contact, ask the person answering the phone.
 - Keep a list of contacts at local newspaper and radio stations.
- **Suggested Media Contact Timeline**
 - One-Two Months Prior
 - Call and email to secure public service time on TV or radio.
 - Call and email to arrange interviews on TV or radio talk shows.
 - Email to be included on TV or newspaper community calendars.
 - Two Weeks Prior
 - Email news release to newspapers, TV and radio. Mention if there will be a photo or video opportunity.
 - One Week Prior
 - Email second release and Fact Sheet to Assignment Editors at TV and radio stations to encourage them to cover the event. Mention if there will be a photo or video opportunity.

- Three-Five Days Prior
 - Follow-up phone calls and emails to Assignment Editors at TV/radio and Editors at newspapers to see if someone will cover the event. Only do this if it is really an important event, and if there is something that is particularly newsworthy about it. Mention if there will be a photo or video opportunity.

- **Press Release – What to Include**
 - Contact Information
 - Who can this reporter follow up with? Don't forget to include a contact(s) name, email address and phone number.
 - This typically appears at the top of the page above the headline.

 - **Headline Tips**
 - Keep it Short
 - Use Active Voice
 - Avoid Jargon
 - Write it Last

 - **First Sentence – Get their Attention!**
 - When you read a book or article, isn't a good beginning what keeps you reading? The same holds true for a press release or subject line in an email when you're pitching your idea to the press. Make this first sentence or email subject interesting and factual.

 - **First Paragraph – Be Concise & Get to the Point**
 - Always include the who, what, where, when and why
 - **Who** – Who are you talking about? Can you include a quote from them?
 - **What** – What is the event or activity?
 - **Where/When** – Where and when can the reporter cover this story?
 - **Why** – Why would the reporter want to cover this? How is it interesting or unique?

 - **Supporting Information**
 - A good release will be no longer than one page at best and a page and a half at most. Reporters scan most releases. Less is more! Make sure you've included all of the important whos, whats, wheres, whens and whys.
 - **Spellcheck**, proofread and ask a friend to take a look!
 - Provide relevant links to your website or Facebook page, a copy of the National Facts Leaflet and the National Elevator Speech where writers can learn more about your mission and what you've already accomplished.
 - Is this a story and a photo opportunity? Say so! Include a line at the top of the release like: Photo opportunity: (Tell the news outlet about the photo opportunity here).
 - Getting a photograph with caption information is still great publicity!

- **You Received Coverage – Now What?**
 - Write a thank you note and/or email to the person who covered the activity/event. If they did a great job, copy their supervisor/boss on the email.
 - If photos were taken at the event, ask for them to be emailed to you or the appropriate person at your Auxiliary.

- Obtain the online link to the newspaper story or television/radio interview and post it to your Auxiliary's website and/or Facebook page.
- Email the online link to the newspaper story or television/radio interview to your Department President and National Headquarters. If you received photos, email those as well.
- Print out a copy of the story for your Auxiliary's Historian.

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!!



January Events to Capture in Pictures

- New Years Day!
- Battle of the Bulge (01/25)
- Martin Luther King (01/15)
- 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



Membership 2023-2024

January 2024

HAPPY NEW YEAR!!!



The Department of NH is currently **83.45% as of 12/19/2023**. Our production of Grease featuring the members is just over three quarters of the way done!! 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”**

NEW 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.

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.

What do you wear when out in the community?

One of the most effective and visible ways to show your pride in the VFW and the VFW Auxiliary, and raise awareness of our programs in your community is to purchase branded merchandise from the VFW Store. When you purchase items through the VFW Store, you know that your money stays in the VFW family and is used to assist veterans, military service members and their families. How can VFW Store items attract new members?

- **They Spark Curiosity** – When the VFW or VFW Auxiliary logo is displayed on a shirt, pin, table drape or flag, it will likely cause potential members to find out what it stands for. Their curiosity may help drive them to your recruitment booth or your Department’s website to learn more.
- **They Start Conversations** – VFW Store items can lead potential members from initial curiosity to meaningful conversations. Items are great “icebreakers” for asking potential members if they are familiar with the VFW or the VFW Auxiliary, and if they have a veteran in their family.
- **They Last** – The longevity of branded, high-quality merchandise makes it messaging that lasts. The totes, magnets, stickers or other items that you purchase will be promoting the VFW and the VFW Auxiliary, and starting conversations for many years to come.
- **They’re Worn/Used by Supporters** – Generally, members who have had a great experience with the VFW or VFW Auxiliary are the ones that will proudly wear or use VFW Store items. This means that every time they are asked about that shirt or pin, they will be gushing about how amazing their organization is!

Visit the VFW Store at www.vfwstore.org

Thish St. Germain Membership Chair 2023-2024

Auxiliary Outreach January 2024

Banding Together for Our Veterans



Happy New Year everyone! The New Year's resolution for the New Hampshire Auxiliary Outreach Program is "Volunteering". So, what do you say let's get out there and show our spirit.

The clock is ticking! We can do this by contacting organizations and local groups in our community to see what we can help them with. Keep in mind we are about time given and not about a monetary or in kind donation. Don't forget to take a picture and send them in to our Department Historian for all to see what wonderful work we all do.

Hats off to you all. If you should have any questions please reach out to me. Our reporting system is up and running, so please report all your hard 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





Deadline

Looming!!!!!!

Don't forget the Deadline is Fast approaching for Both the Continuing Education scholarship Program and the Patriotic Art Program.

Rules and application form can be found under member resources tab in Malta. Deadline is February 15th For Continuing Education for applications to be received at National headquarters.



Deadline to your Auxiliary for the Patriotic Art is March 31st. The winning pieces of Art need to be to me by April 15th for judging. They can be mailed to 20 w. River dr#10 Manchester NH 03104 if other arrangements need to be made you can contact me at any time.

Tracyk372@yahoo.com

VETERANS & FAMILY SUPPORT

Banding Together for Our Veterans



Happy New Year!

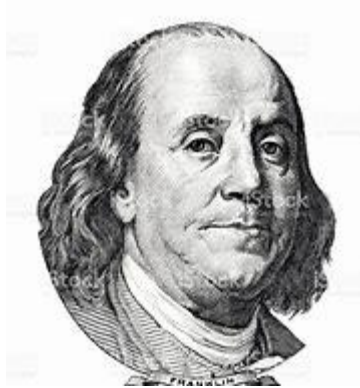
As the year 2024 begins we must continue to **be banding together for our Veterans** and go on **challenging the needs of our Veterans and their families** in order to forge forward into this new year with healthier Veterans and greater awareness.

January is full of observances, let's rundown a few that we can incorporate into our goal of helping and challenging our Veterans:

- ❑ January 15th – MLK birthday is the third Monday of the month. Good time to review his “I have a Dream” speech and connect with our youth.



- ❑ January 17th – Ben Franklin Day we celebrate his life and work as one of America’s most famous and influential Founding Fathers of the United States. He was also a noted scientist, inventor and statesman.



- ❑ January 24th - Kate Chamberlin of Hopkinton and Debby Hoffman of Concord created National Compliment Day in 1998. Brighten someone’s day or give credit for a job well done! A compliment has a powerful effect. It can instill confidence or validate someone’s hard work. It not only improves the receiver’s mood, but it also says something about the giver. It tells them you noticed. To give a great compliment, first be sincere.



- ❑ January 25th- Anniversary of the US & Allied victory at the Battle of the Bulge (Feb.25-Jan. 25, Ardennes Offensive). Nearly 80 years ago, in the twilight months of WWII, Nazi Germany launched a major offensive against US and Allied forces rapidly advancing on its western border. Despite suffering significant losses, the Allies ultimately prevailed in what would later be called one of the most decisive victories of the war.



- ❑ January 26th – Spouses Day reminds us to take time for our spouses. In most of our cases, our spouses ARE our Veterans. A non-gift giving day; spend time together and reconnect. Don't forget to say, "I love you." And, most importantly, listen to what they need to say.



- ❑ All month long:
 - National Blood Donor – Donating blood goes a long way to improving so many in need.
 - National Cervical Health Awareness – Not only for our Veteran’s family but our female Veterans.
 - Mental Health Awareness Month – Please continue to read below in more detail.
 - National Poverty Awareness – So many of our Veteran’s and their families struggle daily financially, housing and food needs. Help by helping at Liberty House or your local food pantries.



Veteran & Military Suicide Prevention

You will now have run out of time to get your suggestions to me for reducing veteran suicide by Christmas. I had two entries; one of which was my own, which I have taken out of submission. So, to the Auxiliary that submitted, I look forward to the next C of A where I'll give you your award.

Once again it is worth repeating each month that the Suicide & Crisis Lifeline is 988 and provides 24 hour, 7 days a week support. As we are right in the midst of the most depressing time of year, please keep your eyes and ears open to help anyone in need.

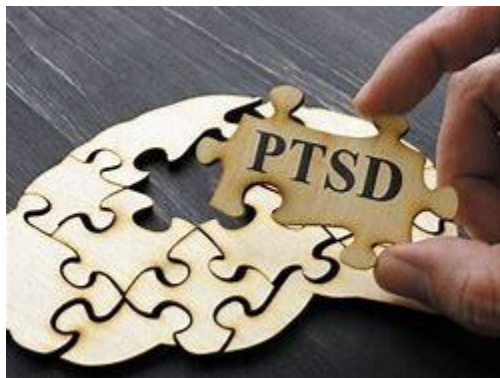


Mental Health Awareness

It is often said that January - dubbed “the Monday of months” - is the most depressing month of the year. It isn't difficult to figure out why. After a month of fun, food and gifts, it's back to reality. No matter how much time we take for vacation, we always seem to want more. January falls smack dab in the middle of winter, the least favorite of the four seasons. Shivering in the cold while the snowy weather consumes the remaining sunlight. Blue Monday falls on the 3rd Monday in January and is supposedly the most depressing day of the year.

It seems appropriate that January is National Mental Wellness Month. After all, what better way to start the new year (and recover from the nonstop hustle and bustle of the holiday season) than with a reminder to recharge your mental health? Emotional balance is the act of being aware of and experiencing your emotions instead of bottling them up.

- Acknowledge body and emotional changes. Take a moment to notice what you're experiencing.
- Feel your feelings; close your eyes, take a deep breath.
- Name the emotion. Words have power by simply saying, “I feel anxious” or “I feel happy”. You can start to respond productively.
- Practice mindfulness



Presidentially Speaking



“A conservative is a man who just sits and thinks; mostly sits.” - Woodrow Wilson

Celeste Nicholas

Dept. Of VA Veterans & Family Support Asst. Chair

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For Chairman Linda Theroux

YOUTH ACTIVITIES



Get Excited for the Red, White and Blue!



This is a singing contest for any youth in grades K-12 at the time of local entry, and a U.S. citizen or U.S. national. Youth learn the words to the “Star-Spangled Banner” while expressing their creativity. Entry will be judged on vocal ability, mastery of lyrics, originality or interpretation and entertainment value. The contest consists of two grade divisions: K-8 and 9-12. There is one National winner in each grade division. Entry forms are in MALTA Member Resources, Youth Activities and contains eligibility requirements and contest rules.

Deadlines:

Entries received by:

Participating Auxiliary- March 31, 2024

Department- April 15, 2024

National Headquarters- May 5, 2024

Illustrating America



A great way to encourage patriotism in youth is to have them participate in Illustrating America. This contest is open to any student in grades K-8. There are three grade divisions: K-2, 3-5, and 6-8. There are National awards for first, second, and third place in each grade division! The winners' entry of each division will be displayed at the National Convention. Please see the brochure and entry form in MALTA Member Resources for more details and contest rules.

Deadlines:

Entries received by:

Local Auxiliary- March 31, 2024

Department- April 15, 2024

National Headquarters- May 5, 2024





Remember to keep working with the Youth Groups in your town and keep track of how many groups your Auxiliary sponsored, how many youths that you mentored, how many that were given Supporting Our Veterans citations, and how many books your Auxiliary donated if you participated in our Patriotism through Literacy program!

Our auxiliary year is almost over and still we have much to do. We still have time to find our “singers”, our “artists”, and our youths who need our guidance!



Loyally,

Nathaniel “Buddy” Nicholas

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