



Monthly Newsletter

Nashua VFW Post 483
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Nashua, NH 03060
603-402-2992
nashuavfwpost483@gmail.com



MONTH: April 2025

ISSUE: 10

Christopher DiTullio
Commander
978-987-8009

James Cline Sr.
Sr. Vice Commander
207-553-0331

Marc Plante
Jr. Vice Commander
603-714-8715

Lewis Chipola
Adjutant/Quartermaster
603-521-7708

Herbert Townsend
Chaplain
603-424-8219

Angelo Ruocco
Judge Advocate
603-888-9522

Katie Boots
Surgeon
603-689-4072

Lewis Chipola
Service Officer
603-521-7708

Robert Anderson
1 Year Trustee
603-402-6520

Donald Vincent
2 Year Trustee
603-809-9482

Steve Ordway
3 Year Trustee
603-490-2284

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AUXILIARY OFFICERS

President:

Brenda Byrne
603-930-0589

Sr. Vice President/1 Yr Trustee

Diane Ordway
603-882-4838

Jr. Vice President/3 Yr Trustee

Gloria Kane
603-620-3561

Treasurer/Secretary:

Renee Plant
603-714-9024

Conductress:

Carolyn Marineau
603-882-6071

Guard/2Yr Trustee

Bruce Byrne
603-233-6490

Chaplain/Patriotic Instructor

Loretta Murray
603-320-3560





POST COMMANDER'S MESSAGE



Comrades,

Welcome to spring. I do not know about you, but I am done with the cold weather and the snow and ready for warmer weather and sunshine. As we enter Spring, I ask all of you to think of ideas to bring in new members and ideas to keep the members we have. No idea is silly, so come to a meeting or reach out to any Post Officer. Post nominations and elections are happening. Remember this is YOUR POST and your voice matters in which direction the Post will go.

There are two deep sea fishing trips planned, one in May and the other in the fall. Please email Lew at the Post email or call if you want to go. It is \$50 per person and a 9 hour trip out of Hampton. If you have any ideas about outings or trips, the Post could participate in, please reach out.

As always, if you have any ideas, comments or concerns please let me know.

Yours in comradeship,

Chris DiTullio
 Nashua VFW 483 Commander
 District 6 Senior Vice Commander
 Cditullio007@yahoo.com – Personal
 commander@vfw483.org – Post email
 978-987-8009 (cell)





State Commander's Message



From the Desk of the Department Commander April 2025



Comrades of POST 483,

One of my goals this year was to connect with other Veterans organizations that are attracting Post 9-11 Veterans. There are so many. Two of these organizations are Veterans on the 48 and Irreverent Warriors. Both these groups are rucking groups.

The rhythmic nature of rucking combined with being out in nature can reduce stress and anxiety. Ruckers frequently report improved sleep quality and a sense of well-being after their sessions.

Rucking is a form of weight-bearing aerobic exercise that has grown in popularity among fitness enthusiasts from weekend warriors to hard-core endurance athletes. Rucking is simply walking while wearing a weighted backpack, or *ruck*. The word ruck derives from the German word *rucksack*, meaning backpack. Check out these articles and some of the rucking events that are taking place in New Hampshire. Join us!

Andrew "AJ" Corrow, Commander, Department of New Hampshire, United States Army (Retired)

Worth the Weight: Rucking for Strength and Endurance

<https://www.cantrual.com/resources/rucking/#:~:text=The%20rhythmic%20nature%20of%20rucking,a%20group%2C%E2%80%9D%20a%20McCarthy.>

Rucking & Mental Health: How Rucking Improves Your Outlook

<https://www.goruck.com/blog/news-stories/rucking-and-mental-health-how-rucking-improves-your-outlook?srsltid=AfmBOopY8LclQHGDqarWQVXa8wZ-1CxUDSoZYn0fb1AB348om5AW87nd>

Adventure Awaits

5/31 - Mt. Monadnock, New Hampshire
6/30 - Mt. Greylock, Massachusetts
8/3 - Mt. Bromley, Vermont
10/18 - Mt. Waslington, New Hampshire

48

Join Veterans on the 48 and the VFW Dep. of NH on May 31st & June 1st for a 2 day event that will include...

- Map & Compass class
- Overnight Stay at the A&L Highland Center
- Dinner & Breakfast
- Day hike up Mt. Willard

SEACOAST HEALTH

'Rucking'
the latest fitness craze

RENEWAL INFORMATION

If you want to renew your membership by sending your dues to the post for processing, you can scan the QR Code below and pay your dues by selecting the membership form on the Zeffy site. Once the funds are transferred to the post account your membership will be renewed. You can also renew online at www.vfw.org or send your payment to the post by check or pay in person with cash.



RENEW EARLY





POST PRESIDENT'S MESSAGE



NO ARTICLE RECEIVED THIS MONTH

If no article is received for the May edition, this page will be removed from the newsletter.

CHAPLAIN'S CORNER



Greetings from the Chaplain's Desk

Deceased Members:

Sad to report the passing of long-time member David Audette. Condolences were sent out to the family.

Hoping this report finds everyone doing well. With the winter season coming to an end and with better weather on the way, should lift every ones spirits.

If anyone is aware of a veteran or family member in distress, please advise the post, so that we may reach out to them. Remember the post is here to serve our veterans and the community in any way that we can.

Hospital visits were paid to a few of our veterans, who had recent medical issues.

Richard Mohrmann is doing better and is resting back at home. Kenny Coyle is also out of the hospital and resting at home.

Angelo Ruocco is dealing with some serious health issues but is back at home. Remember to keep these veterans and their families in your thoughts and prayers. Remember the sacrifices and hardships they endured, so that we can enjoy the freedoms and the way of life that we enjoy today.

Yours in Comradeship
Herbert CT Townsend
Chaplain Post 483

HOUSE COMMITTEE

Chairman: Herbert "C.T." Townsend
603-345-5033

Members:

Chris DiTullio Commander

978-987-8009

Lewis Chipola-Quartermaster

603-521-7708

Scott Gagnon

781-983-2876

Steve Ordway

DISTRICT 6 & C of A MEETING SCHEDULE

The District 6 meetings are shown in BLUE and scheduled for 1000 unless otherwise noted, dress is blues and grays unless otherwise notified. Auxiliary meetings are the same dates as the VFW .

C of A Meeting in Brown

17 Aug. 24: Winchester

19 Oct. 24: Franklin

18 Jan 25: TBD

12 Apr. 25: TBD

6-8 Jun 25: State Convention Shelburne

District Meeting in Blue

Sunday, 8 September 2024 , Hudson

Sunday, 27 October 2024, Derry

Sunday, 26 January 2025, Merrimack

Sunday, 27 April 2025, Pelham (Encampment)



MEMBERSHIP



CURRENT MEMBERSHIP

Dst	Life	New	Reinst	Cont	Total	Prior Year	Percent	Div	R S	City	State	N/R LM
6	120	4	0	44	168	181	92.82%	3		NASH UA	NH	0

2024-2025 GOAL 102%

RENEW EARLY (IT DOES NOT AFFECT YOUR EXPIRATION DATE)

(Just moves it our one year)

DISTRICT 6 MEMBERSHIP

LOCATION	POST #	%
NASHUA	483	92.82%
DERRY	1617	96.15%
HUDSON	5791	103.13%
SALEM	8546	97.39%
MERRIMACK	8641	100.57%
PELHAM	10722	88.80%
HAMPSTEAD	11254	92.11%
HOLLIS	11373	93.48%
TOTALS		96.37%

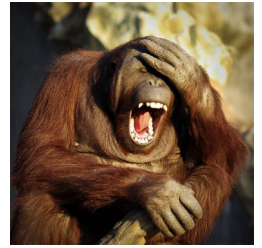
**MEETING
REMINDER**

23 Jul 24 1900
 27 Aug 24 1900
 24 Sep 24 1900
 22 Oct 24 1900
 26 Nov 24 1900
 23 Dec 24 1900
 28 Jan 25 1900
 25 Feb 25 1900
 25 Mar 25 1900
 22 Apr 25 1900
 27 May 25 1900
 24 Jun 25 1900



FUN PAGE

JOKE OF THE MONTH



I was sitting in a bar one day and two really large women came in, talking in an interesting accent. So I said, "Cool accent, are you two ladies from Ireland?" One of them snarled at me, "It's Wales, Dumbo!" So I corrected myself, "My apologies, so are you two whales from Ireland?"

QUOTE OF THE MONTH

Work like you don't need the money. Love like you've never been hurt. Dance like nobody's watching.

[Satchel Paige](#)

DID YOU KNOW

In 1872 Yellowstone in the US was the world's first national park .

MIND TWISTER

You are in a place called Jack's World and there is only one law. There is a mirror, but no reflection. There is pizza with cheese, but not sausage. There is pepper, but no salt. There is a door, yet no entrance or exit. What is the law?

VETERANS INFORMATION

VFW National Commander Testifies Before Congress: VFW National Commander Al Lipphardt testified before a joint hearing of the Senate and House Committees on Veterans' Affairs. The VFW delivered its top legislative priorities of unaddressed toxic exposures, transition from service, alternative PTSD treatments, predatory claims companies, and GI Bill parity. Lipphardt explained that while the benefits afforded to our all-volunteer force may seem generous to those who never served, these benefits are simply the warranty of the service contract each veteran signs before putting on the uniform. "By contract, you must ensure the VA has the resources and staff to provide veterans their full earned benefits," Lipphardt said. "This is not an ask. Honor the contract!"

VFW Testifies on Claim Sharks Legislation: VFW National Legislative Director Pat Murray testified at a House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs hearing on the disagreement about fees for services rendered in the preparation of initial and supplemental claims for veterans' benefits. "The VFW continues to lead the charge against unaccredited, unscrupulous actors we call Claim Sharks who charge service members, veterans, and survivors illegal fees," Murray stated. "Our resolutions urge Congress to pass legislation that protect VA beneficiaries from predatory companies and individuals attempting to bypass the VA accreditation system and monetize the disability or death benefits of veterans and

VFW National Commander Meets with VA Secretary: VFW National Commander Al Lipphardt and VFW Washington Office Executive Director Ryan Gallucci met with VA Secretary Doug Collins to share the VFW's concerns and priorities. Central to the discussion was understanding the Secretary's plan for reducing the VA workforce amid concerning reports from VFW members that key services were affected by recent layoffs. The discussion was constructive, and the VFW sees opportunities to work with Secretary Collins on issues like consistent care delivery by VA and community providers, as well as modernizing benefits delivery. Lipphardt emphasized that the VFW would hold him to his commitment not to reduce care or benefits for veterans with the new directives.

Representative Receives VFW Congressional Award: The VFW presented its 2025 Congressional Award to Rep. Derrick Van Orden (WI-3) for his outstanding service and years of unwavering support of veterans, service members, their families, and survivors. "In Representative Van Orden, we have found a devoted, passionate and determined advocate for our military and veteran communities," said VFW National Commander Al Lipphardt. "His resolve for accountability and action on some of our most pressing issues is clear, and we could not be more thrilled to have him in our corner not only as a member of Congress but also as a VFW Life member." Accepting his award, Van Orden said, "No one is going to take care of us but us. Notice, I didn't say Republican or Democrat. Sixty-nine percent of my legislation is bipartisan, because if it makes sense I do it, and if it doesn't I don't. And we need



CALENDAR



April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 April Fool's Day	2 Coties Meeting 1900	3	4 VA recruiting event at the Nashua YMCA	5 Aux Meeting 1000
6	7	8	9	10	11	12 C of A Commander & President's Testimonial
13	14	15	16	17	18	19 Revolutionary War Begins 1775
20	21	22 Post Meeting 1900	23	24	25	26
27 District 6 Meeting Pelham	28	29	30			

ANSWER TO BRAIN TWISTER

Everything (each word) in Jack's World must contain double letters.



POST NEWS

**BREAKING
NEWS**



IF YOU USE FACEBOOK

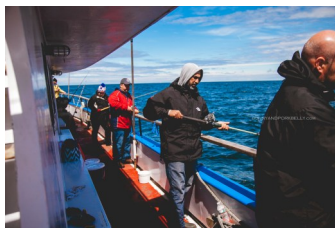
GO TO

VFW POST 483 Nashua



Scan this QR Code and pay
your dues with your phone.
Just select the membership
page on the Zeffy site.

We have a post fishing trip set for 19 May and 14 September. The flyer with the May trip information is on page 20 of this newsletter. Cost to members is \$50 for the 9 hour trip. The post will pay the balance. This is about half price of the normal cost for an individual. If you enjoy fishing email the post address and register for the trip. We are limiting the slots to 35. Payment is due once your registration is confirmed. You can use the QR code shown about to pay for the trip.



Auxiliary Meeting Dates

5 Jul 24 1300
2 Aug 24 1300
6 Sep 24 1300
4 Oct 24 1300
1 Nov 24 1300
6 Dec 24 1300
4 Jan 25 1000
1 Feb 25 1000
1 Mar 25 1000
5 Apr 25 1000
3 May 25 1000
7 Jun 25 1000

Post elections are this month. Nominations are in March and prior to the election at the April meeting. Come out and support your candidate.



Veterans of Foreign Wars
est. September 29, 1899



POST NEWS

We need new members! Our numbers are dwindling. It's everyone responsibility to recruit. Help your post if you want it to survive. You can also help it by renewing your membership early. By renewing early all you are doing is extending your expiration date by 1 year. Your expiration date will not change. We ask you to renew early and bring in a new member. Also it is important for you to attend as many meetings as you can. If you cannot attend you can join the meeting virtually on WEBEX. The link is sent out by email prior to the post meeting. If you have not provided the post with an email address and you have one please send it to the post Adjutant at nashuavfwpost483@gmail.com so you can be added to the email list. You can access the link by left clicking the word "post" in blue underlined. This will take you to the link. Click the link and punch in the ID and password. ID is 126 096 8690 Password is PApJ3jWMj47

Poppy Drive 23-25 May 2025. We have the following locations. Market Baskets at Somerset Plaza, S. Nashua & NW Blvd. We also have the Liquor Store by the Pheasant Lane Mall. We actually have an additional location this year. The Market Basket on NW Blvd. We will need more volunteers to staff the locations. We have the opportunity to make much more money for our Relief Fund if we can fully staff these locations. The Market Baskets are only active on 23-24 May, the Liquor store all three days. Sign up sheets are at the post. So come to the April meeting or stop in any Tuesday or Thursday between 1000 to 1400 and sign up. Come out and support your post. Shifts are only 3 hours. Sign up for at least one shift or more if you can. The more members that come out the few shifts have to be done by each volunteer. For all those who have never done this, here's your chance to see what we do and how we raise funds for the Post Relief Fund.





QUARTERMASTER'S CORNER



Recruiting is still very slow. We need to step it up. If we are going to have a shot at All American this year we need to recruit new members. This can only be done if everyone tries to recruit at least 1 new member. Talk to any veteran you may run into and see if they are eligible to join the VFW. If so, get them to fill out an application form. Everyone should carry one with them at all times. There is a application form attached to this newsletter on page 29.



We have been approved by the Lottery Commission to participate in Charitable Gaming again this year. We have received dates 5May-11May from Gate City Casino.



CLASSIFIEDS



Keith Leavitt Masonry
603.765.8006
masonry67@gmail.com
keithleavittmasonry.com



CT's Blues Machine

Your one stop DJ for Blues & Soul | A Division of T-N-T Puff Productions
Family gatherings, Club events, Parties, and Outdoor events
Great sound with our Bose Sound System
CT Townsend
Home: 603-424-8219
Cell: 603-345-5033
e-mail: hrtownsend@comcast.net



The White Birch
Catering and Banquet Hall

Raymond Bouley
Owner - Chef
222 Central Street • Hudson, NH 03051 • (603) 579-3636
Cell (603) 306-3554 • ray@thewhitebirchnh.com
www.thewhitebirchnh.com



**PARKER'S
MAPLE BARN**

Address: 1316 Brookline Road, Mason, NH 03048
Phone: (603) 878-2308 or Toll-Free at: (800) 832-2308
Fax: (603) 878-1323
Email: customerservice@parkersmaplebarn.com

NEVERETT'S SEW & VAC

51 EAST PEARL ST.
NASHUA, NH 03060
603-883-5409

FOR ALL YOUR SEWING AND VACUUM
CLEANING NEEDS



Live Free CHIROPRACTIC
Where Families Live Free and Thrive

Drs. Mary & Phil Falardeau
Chiropractors
(603) 864-0909

383 East Dunstable Road
Nashua, NH 03062
IN THE LOBBY BATHING ROOM

docs@LFreechiropractic.com
www.LFreechiropractic.com


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Analyze • Innovate • Communicate • Implement

12/7/17 "Ask me about ~~10~~ for ~~10~~"

Free Resume help



SUBZERO
ICE CREAM & YOGURT

Rita and Mark McCabe
Owners/New England Developers
435 Amherst Street, Nashua, NH 03063
Tel: 603-327-0894 • Email: subzeronashuanh@aol.com
FB: SubZeroNashua
www.subzeroicecream.com/nashuanewhampshire
FRANCHISE OPPORTUNITIES AVAILABLE



Article

BATTLE OF THE MONTH



Battles of Lexington and Concord

The **Battles of Lexington and Concord** were the first major military campaign of the [American Revolutionary War](#), resulting in an American victory and outpouring of militia support for the anti-British cause.^[9] The battles were fought on April 19, 1775, in [Middlesex County](#) in the [colonial-era Province of Massachusetts Bay](#), within the towns of [Lexington](#), [Concord](#), [Lincoln](#), [Menotomy](#) (present-day Arlington), and [Cambridge](#). They marked the outbreak of armed conflict between the [Kingdom of Great Britain](#) and [Patriot militias](#) from America's [Thirteen Colonies](#).

In late 1774, Colonial leaders adopted the [Suffolk Resolves](#) in resistance to the [alterations made to the Massachusetts colonial government](#) by the British parliament following the [Boston Tea Party](#). The colonial assembly responded by forming a Patriot provisional government known as the [Massachusetts Provincial Congress](#) and calling for local militias to train for possible hostilities. The Colonial government effectively controlled the colony outside of British-controlled [Boston](#). In response, the British government in February 1775 declared Massachusetts to be in a state of rebellion.

About 700 [British Army regulars](#) in [Boston](#), under [Lieutenant Colonel Francis Smith](#), were given secret orders to capture and destroy Colonial military supplies reportedly stored by the Massachusetts [militia](#) at Concord. Through effective [intelligence](#) gathering, [Patriot](#) leaders had received word weeks before the expedition that their supplies might be at risk and had moved most of them to other locations. On the night before the battle, warning of the British expedition had been [rapidly sent](#) from Boston to militias in the area by several riders, including [Paul Revere](#) and [Samuel Prescott](#), with information about British plans. The initial mode of the Army's arrival by water was signaled from the [Old North Church](#) in Boston to [Charlestown](#) using lanterns to communicate "one if by land, two if by sea".

The first shots were fired just as the sun was rising at Lexington. Eight militiamen were killed, including Ensign [Robert Munroe](#), their third in command.^[10] The British suffered only one casualty. The militia was outnumbered and fell back, and the regulars proceeded on to Concord, where they broke apart into companies to search for the supplies. At the [North Bridge](#) in Concord, approximately 400 militiamen engaged 100 regulars from three companies of the King's troops at about 11:00 am, resulting in casualties on both sides. The outnumbered regulars fell back from the bridge and rejoined the main body of British forces in Concord.

The British forces began their return march to Boston after completing their search for military supplies, and more militiamen continued to arrive from the neighboring towns. Gunfire erupted again between the two sides and continued throughout the day as the regulars marched back towards Boston. Upon returning to Lexington, Lt. Col. Smith's expedition was rescued by reinforcements under [Brigadier General Earl Percy](#). The combined force of about 1,700 men marched back to Boston under heavy fire in a [tactical withdrawal](#) and eventually reached the safety of Charlestown. The accumulated militias then blockaded the narrow land accesses to Charlestown and Boston, starting the [siege of Boston](#).



CROSSWORD PUZZLE



3/12/25, 11:10 AM

LA Times, Wed, Mar 12, 2025

The Washington Post

LA Times, Wed, Mar 12, 2025

By Rebecca Goldstein / Ed. Patti Varol

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ACROSS

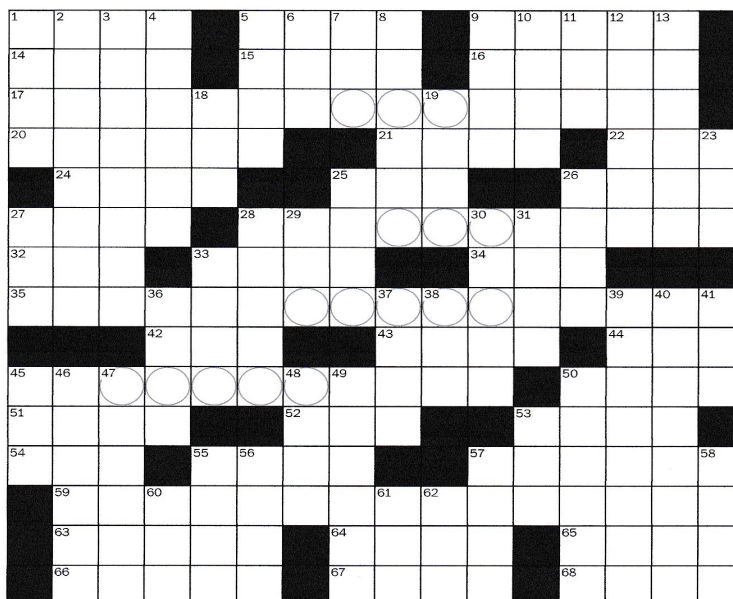
- 1 Work Extra?
- 5 "Surely, you ___!"
- 9 Coral habitats
- 14 Greek vowel
- 15 Duel tool
- 16 Heart chambers
- 17 Gym shorts, yoga pants, tank tops, and the like
- 20 Spotted wildcat
- 21 Butter squares
- 22 Distress signal
- 24 Mineral and metal mixtures
- 25 Alley-___
- 26 "Cut that out!"
- 27 Served right?
- 28 "Adiós, amigo"
- 32 Feathered neckwear
- 33 Unpleasant person
- 34 Name that means "my God"
- 35 Raise doubts
- 42 Neuro scan
- 43 ___ snuff
- 44 Mexican Mrs.
- 45 Concept in modern morality
- 50 James of "Misery"
- 51 Accomplishes
- 52 Humble abode
- 53 Fine feathered friends
- 54 Tofu protein
- 55 Hieroglyphic bird

- 57 Successful in a critical situation

- 59 "This may come as a shock," or an apt title for this puzzle
- 63 Vegetable that may be white, yellow, green, or purple
- 64 Told tales
- 65 Fruity pastry
- 66 In a weird way
- 67 "What ___ is new?"
- 68 Put one's foot down

DOWN

- 1 "Adiós"
- 2 Mugful with marshmallows, maybe
- 3 Exquisitely delicate
- 4 Like some ancient cities
- 5 The Godmother of Punk Joan
- 6 Prefix with pen or gram
- 7 Triple ___ liqueur
- 8 Service center?
- 9 Spellbound
- 10 Airline stats
- 11 Slip up
- 12 ___ Bowl: annual game in Arizona sponsored by Vrbo
- 13 Watering hole with swinging doors
- 18 Goddess of the dawn
- 19 Potato, in Spanish



- 23 Place for a massage
- 25 Norway's capital
- 26 Hissy fit
- 27 Block letters
- 28 Door opener
- 29 Ctrl-___Del
- 30 Track competitions
- 31 Too
- 33 Spot for a long walk on the beach?
- 36 Wine bottle sediment

- 37 Throw in the towel
- 38 Inventory tracking aid, briefly
- 39 "Nothing gets past me"
- 40 Dental hygiene
- 41 Granny, to some
- 45 Music format stored in wallets
- 46 "Hello there!"
- 47 Out of reach of
- 48 Slim
- 49 Shake a leg

- 50 Legal arenas
- 53 Bug often observed in winter
- 55 Adored one
- 56 All elbows
- 57 Key for a smart lock
- 58 URL opening
- 60 Pot topper
- 61 Liquid in the story of Hanukkah
- 62 Word of agreement



CROSSWORD PUZZLE SOLUTION



3/12/25, 11:10 AM

LA Times, Wed, Mar 12, 2025

The Washington Post

LA Times, Wed, Mar 12, 2025

By Rebecca Goldstein / Ed. Patti Varol

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- 62 Word of agreement

Funnies

Beetle Bailey by Greg Walker, Brian Walker and Neal Walker



Blondie by Dean Young



Peanuts by Charles M. Schulz





Flyers and posters for your posts events are posted in this section of the newsletter. If you want to advertise your events, please send your flyer or poster via email to the editor to have it posted in this newsletter.

VFW Post 483 Fishing Trip

Date: 19 May 2025

Time: 0800

Location: Al Gauron Deep Sea
Fishing & Whale Watching
1 Ocean Blvd. Hampton Beach,
NH

Cost: \$50 per person



9 Hour Trip

Fish are filleted on the boat.
Bring something to keep fish
cool.

Food is available on the boat
at a nominal cost or bring your
own lunch.



Email

nashuavfwpost483@gmail.com



ANNUAL GOLF

TOURNAMENT

REGISTER NOW

SKY MEADOW COUNTRY CLUB
6 Mountain Laurels Dr. Nashua NH 03062
MAY 12, 2025
10:00 am



DON'T MISS OUT ON SUN & FUN FOR DOGS & VETS

We're planning the best tourney ever this year, we hope you join us!

Gather your friends and get ready to tee off May 12th at the private Sky Meadow Golf Club! Your participation helps to make our life-saving mission for veterans and their canine companions possible.

Don't miss out on the chance to enjoy a day of golf, camaraderie, and fun, all while supporting the veterans in your community!

We can't wait to see you on the green!
The Operation Delta Dog Team

RESERVE YOUR SPOT NOW!

E.GIVESMART.COM/EVENTS/FXX/

Women Veterans' Town Hall & Claims Clinic

Manchester VA Medical Center

Mountain Waiting Room

718 Smyth Road

Manchester, NH 03104

APRIL

5

10 a.m. to 12:30 p.m.

Please use the Mountain Entrance

Join Us

Presentations by:

- VA Medical Center Director
- Veterans Benefits Administration Executive Director

Services and Resources:

- Veterans Benefits Administration Claims Clinic
- Toxic Exposure Screenings
- Eligibility and Enrollment
- Resource Tables

RSVP not required. Questions? Contact
Tanya Pinter at (603) 624-4366 ext. 205930



VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Manchester Healthcare System



Beads of Valor

Bracelet Making Workshop

Saturday April 26, 2025 from 1 to 3 p.m.

Manchester VA Medical Center
Mountain Waiting Room
718 Smyth Road Manchester, NH 03104
Please use the Mountain Entrance

Please **RSVP** to Tanya at 603-624-4366 ext. 205930 or Tanya.Pinter@va.gov

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Manchester Healthcare System



#ONE-IS-TOO-MANY!!

On June 21 2025 we will be gathering at Camp Carpenter in Manchester NH for a 5K family friendly hike following the Dan Beard Trail to bring awareness to Veteran Mental Health and Suicide. We would like our Veteran Community and Supporters to come together for this awesome cause!

Show some love to our Veteran Community while also establishing contacts and making new friends with some like-minded individuals! Fundraising is not permitted as this is strictly an awareness event!

A huge thank you to Scouting America New Hampshire for allowing us to use their location! For more information, please contact the event coordinator, Mike Martioski!



**Camp Carpenter is
located at 300 Blondin
Road, Manchester NH**

**This is a Community Event
and Family Friendly!!
Leashed Dogs Welcome!**

**This is not a fundraiser.
We are coming together
to rally around our
heroes!**

**Free Food, Drinks and
Activities!!!**

**SCAN
TO
JOIN!**



EVENT COORDINATOR

MIKE MARTIOSKI

mjmartioski@yahoo.com

Reference 22 Until None

603.913.4959

IF YOU'VE EARNED THESE



European-African-Middle Eastern Campaign Medal



Vietnam Service Medal



Southwest Asia Service Medal



Afghanistan Campaign Medal



Air Force Expeditionary Service Ribbon w/ Gold Border



Asiatic-Pacific Campaign Medal



Korean Service Medal



Armed Forces Expeditionary Medal



Iraq Campaign Medal



Coast Guard Combat Action Ribbon



American Defense Service Medal



Korean Defense Service Medal



Marine Corps Expeditionary Medal



Global War on Terrorism Expeditionary Medal



Combat Action Ribbon



American Campaign Medal



Army of Occupation / Navy Occupation Service Medal



Navy Expeditionary Medal



Kosovo Campaign Medal



Air Force Combat Action Medal



Inherent Resolve Campaign Medal



Combat Infantryman Badge



Combat Medical Badge



Combat Action Badge



SSBN Deterrent Patrol Insignia

THEN YOU BELONG HERE

JOIN THE VETERANS OF FOREIGN WARS

FOR MORE INFORMATION ABOUT THE VETERANS OF FOREIGN WARS

PLEASE CONTACT: _____

AT: _____



VETERANS OF FOREIGN WARS

www.vfw.org

NO ONE DOES MORE FOR VETERANS.

VFW MEMBERSHIP APPLICATION

NAME _____ EMAIL _____
First Middle Initial Last

ADDRESS _____
Street City State Zip

DATES OF SERVICE _____ to _____ DATE OF BIRTH _____ PHONE _____
MM / YY MM / YY MM / DD / YYYY

MILITARY SERVICE ACTIVE DUTY VETERAN NAT. GUARD/RESERVE BRANCH OF SERVICE ARMY NAVY AIR FORCE MARINES COAST GUARD

QUALIFYING FOREIGN SERVICE:

WW II	VIETNAM SERVICE	AFGHANISTAN (2001 - present)	HOSTILE FIRE/IMMINENT DANGER PAY
OCCUPATIONAL SERVICE	DESERT SHIELD/STORM	IRAQ (2003 - 2011)	Location _____
KOREAN SERVICE (1950-1954)	BOSNIA/KOSOVO	SSBN DETERRENT PATROL INSIGNIA	Dates _____
KOREA DUTY (1955 - present)	GLOBAL WAR ON TERRORISM EXPEDITIONARY	EXPEDITIONARY OPERATIONS	

Payment Authorization - You may pay by check or credit card. For payments by check, you will receive a yearly statement by mail. For credit card payments, please complete the following:

ANNUAL MEMBER

I authorize the VFW to automatically charge my account \$ _____ on a yearly basis to pay my Annual membership dues.

I authorize the VFW to charge my account a one-time payment of \$ _____

LIFE MEMBER

I authorize the VFW to charge my account a one-time payment of \$ _____

LIFE MEMBER INSTALLMENT PLAN

I authorize the VFW to automatically charge my account \$ _____ to be paid in 11 monthly installment payments after my initial payment of \$45.00.

I authorize the VFW to charge the \$45.00 initial payment and I understand that I will be billed for the remaining 11 monthly installment payments.

Credit Card # _____

(Mastercard, Visa, Discover or Amex only)

EXP. DATE _____ AMOUNT \$ _____ Signature: _____

NEW Post # _____ FORMER MEMBER # _____

TRANSFER from Post # _____ State _____ to Post # _____

RECRUITER _____ ID# _____
(Please print)

QUARTERMASTER (Signature) _____

Life Member Options

AGE as of DECEMBER 31*	One-Time Payment	\$45 + 11 Payments of
18-30 Years Old	\$425.00	\$38.64
31-40 Years Old	\$410.00	\$37.27
41-50 Years Old	\$375.00	\$34.09
51-60 Years Old	\$335.00	\$30.45
61-70 Years Old	\$290.00	\$26.36
71-80 Years Old	\$225.00	\$20.45
81 Years & Over	\$170.00	\$15.45

Automatic Payment Plan Terms and Conditions: You authorize the VFW to initiate electronic debt entries or affect a charge by any other commercially accepted practice to your account set forth above for the payment of dues reflected on this application. You understand such charges may be made within 2-3 business days of payment due date. For installment payments, charges will be made on or around the 1st or the 15th day of the month. This authorization will remain in full force until VFW has received notification from you of its termination or upon completion of the installment payments. Annual dues are subject to change. By completing this authorization, you acknowledge that you will only receive notice when the payment would differ by more than \$10.00 from the most recent payment. Call VFW Customer Service at 1-800-963-3180 or write to VFW at VFW P.O. Box 119028, Kansas City, MO. 64171 to inquire about or cancel a payment, or to report problems such as bank closures, lost or stolen account numbers, closed accounts or unauthorized transactions. Cancellation requests must be received no later than 11:59 p.m. Central Time ten business days prior to the scheduled payment date. If you are unaware of the charge date for your account, please contact VFW. If a payment is returned by your financial institution (e.g., due to insufficient funds, incorrect account information, closed account, etc.) the VFW will contact you at the address we have on file for you, explaining why the payment could not be processed, and providing alternate payment options. The privilege of making payments under this agreement may be revoked by VFW if any item is not paid upon presentation. You may have additional rights and responsibilities under the Electronic Funds Transfer Act.

Life Membership Installment Plan Terms and Conditions: The VFW Life Membership Installment plan allows any VFW member/applicant to purchase a Life Membership by making an initial payment of \$45.00 and (11) monthly payments. The member will be issued an Annual membership card at the time of enrollment. The member may elect to receive a monthly statement by mail or may set up a payment profile to make the monthly payment automatically using a credit/debit card or bank account. A payoff amount will be printed on each monthly invoice, allowing the member the option to pay in full. A permanent Life Membership card will be issued upon the completion of payments. The Life Membership fee is determined from the schedule using the applicant's age on December 31 of the year in which the application is submitted.

Delinquencies will be handled as follows: Up to 30 days - continue to bill, 31 to 120 days - delinquency can be corrected through make up payment(s) or plan end date pushed forward, More than 120 days - member is dropped from the Installment Plan, all monthly payments made to date, are applied to future years annual dues.

VFW PLEDGE I do, of my own free will and accord, solemnly promise and declare that:

I will bear true allegiance -- to the Constitution of the United States of America -- and I will always be loyal thereto. I do further solemnly promise and declare -- that I will comply with the Congressional Charter -- By-Laws and Ritual of this order -- and I will always be loyal thereto -- that I will never wrong or defraud this organization -- nor a member thereof -- nor permit any wrong to be done to either -- if in my power to prevent it. I will never propose for membership -- any person not eligible -- nor one whom I know to be unworthy. I will never make known to anyone -- not authorized to receive it -- any of the work of this order. Should my affiliation -- with the Veterans of Foreign Wars of the United States -- cease in any way -- I will consider this pledge -- as binding outside of the order -- as though I had remained a member of same. All this I promise and pledge -- upon the honor of a true comrade -- and a citizen of our great republic.

I attest that I am a citizen of the United States, that my Campaign Service was honorable, that I have never subsequently been discharged from military service under dishonorable conditions. I also certify that (1) I am entitled to a campaign ribbon or medal authorized by the U.S. Government based on my overseas service or; (2) I have served overseas in Korea or; I have received Imminent Danger/Hostile Fire pay. I further give authority to the Veterans of Foreign Wars to verify honorable overseas service entitling me to membership.

The review committee has performed its duties and recommends approval, rejection.

Applicants Signature & Date _____

\$1.98 of your membership dues goes towards your VFW magazine subscription.

Committee Member _____ Committee Member _____ Committee Member _____

VFW AUXILIARY MEMBERSHIP / MEMBER TRANSFER APPLICATION

Recruited/Recommended by: _____ Recruiter Member ID _____

Auxiliary No. _____ City _____ State _____ Member ID (if already a member) _____

☐ Annual Membership ☐ Life Membership

☐ Rejoin Membership ☐ Rejoined Previous Member ID No. _____ Previous Auxiliary _____

☐ Member at Large in Department of _____ ☐ Member at Large - VFW Auxiliary National Headquarters

THESE FIELDS REQUIRED

Name _____ Date of Birth _____

Address _____ Male ☐ Female ☐

City _____ State _____ ZIP _____

Phone _____ Email _____

POST-AFFILIATED (*Must be a member to the VFW Post affiliated with the Auxiliary to which you are applying.)

Relationship _____ to Eligible Veteran* _____ VFW Membership ID _____

☐ LIFE MEMBER TRANSFER Previous Auxiliary _____

☐ ANNUAL TRANSFER Previous Auxiliary _____ ☐ Paying ☐ Nonpaying

☐ ANNUAL TRANSFER CONVERTING TO LIFE (Fill out Life Membership Information below.) Previous Auxiliary _____

THESE FIELDS REQUIRED

NON-AFFILIATED (*Veteran is not a member of the VFW Post affiliated with the Auxiliary to which you are applying.)

Relationship _____ to Eligible Veteran* _____ VFW Post (if applicable) _____

Name of campaign ribbons or medals: _____

Dates of Service: _____ to _____ Location: _____

Investigating Committee Signatures

1 ☒ _____ 2 ☒ _____ 3 ☒ _____

Per Section 102 of the National Bylaws. ☐ Rejected ☐ Accepted Meeting Date _____ Obligated Date _____

LIFE MEMBERSHIP ONLY ☐ Check here if this is a gift. Credit cards may NOT be used for initial payment of Annual Dues.

☐ Cash ☐ Check ☐ Visa ☐ MasterCard ☐ Discover ☐ AMEX

Life Membership Fee _____

Name on credit card _____

Billing address for card _____

City _____ State _____ ZIP _____

Credit Card No. _____

CVV Code _____ Exp. Date _____

Signature ☒ _____ Date _____

LIFE MEMBERSHIP ONLY

☐ ACH (Bank withdrawal)

Name of Bank _____

Bank Routing No. _____

Account No. _____

Attach voided check HERE.
(Required)

LIFE MEMBERSHIP FEES

Life Membership fees are not refundable.

Attained age by 12/31 of year applying for Life Membership.

Through 20	\$253
21-25	\$242
26-30	\$230
31-35	\$219
36-40	\$213
41-45	\$201
46-50	\$196
51-55	\$184
56-60	\$173
61-65	\$161
66-70	\$150
71-75	\$132
76-80	\$109
81-85	\$86
86-90	\$69
91 and over	\$58

OBLIGATION In the presence of Almighty God and the members of this organization here assembled, I do of my own free will and accord, solemnly promise that I will never wrong or defraud this organization nor a member thereof nor permit either to be wronged if in my power to prevent it. I will never propose for membership any person not eligible, according to our Bylaws. I further state that I believe in God. I will be faithful to the United States of America, obedient to the laws and loyal to the Flag. Should my membership with this organization cease in any way, I will consider this obligation as binding outside of the organization as though I had remained a member. I do so promise.

I attest that I am a citizen of the United States or a U.S. National, and am at least 18 years of age. I further state that I believe in God. I pledge to comply with the National Bylaws of the Veterans of Foreign Wars of the United States Auxiliary. I attest I am not eligible for membership in the VFW. I further attest that the above is true and correct to the best of my knowledge, including my stated relationship to the Veteran.

Signature ☒ _____ (Must be signed by all members.)



MILITARY ORDER OF THE COOTIE

MEMBERSHIP APPLICATION



New Cootie

Reinstated Cootie

Date: _____ Cootie No. _____ Recruited By: _____

Pup Tent Name, Number and Location

Applicant's Name (Print): _____

Address: _____
Street Address City State Zip

Phone: _____ Email: _____

Notify in Emergency: _____

DOB: _____ Branch of Service: _____ Rank (Highest): _____

Enlistment Date: _____ Discharge Date: _____

Hat Size: _____ Present Occupation: _____

Dues paid to December 31, 20____ or VFW Life Member # _____

VFW Post Name and Number

Located in: _____
City State Zip

I certify that I am an active member of the VFW of the U.S.
and am desirous of becoming a member of the MOC –
"The Honor Degree of the VFW".

Applicant's Signature

Recommended and Verified (PRINTED) by:

Cootie No: _____

Cootie No: _____

Accepted into Pup Tent on Date: _____

1st Degree accepted Date: _____2nd Degree accepted Date: _____3rd Degree received and title of Cootie bestowed
on this Date: _____

VFW CERTIFICATE OF ELIGIBILITY

_____, _____ Located in _____
Post Name Post No. City, State and Zip

This is to certify that Comrade _____

Name of Applicant

Has been a member of the VFW for the preceding six (6) months, and that he has fulfilled one of the
following qualifications as indicated:

(1) Held the following Office in the Post: _____

OR

(2) Served on the following Post Committee: _____

Certified to by a majority of the members present at a meeting of this Post held on (Date): _____

Attest:

Post Adjutant (PRINT)

Post Commander (PRINT)

Post Adjutant (Signature)

Post Commander (Signature)