



Monthly Newsletter

Nashua VFW Post 483
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Nashua, NH 03060
603-402-2992

nashuavfwpost483@gmail.com



MONTH: July 2024

ISSUE: 1

Christopher DiTullio

Commander

978-987-8009

Clayton Proffer

Sr. Vice Commander

603-800-3708

Marc Plante

Jr. Vice Commander

603-714-8715

Lewis Chipola

Adjutant/Quartermaster

603-521-7708

Herbert Townsend

Chaplain

603-424-8219

Lewis Chipola

Judge Advocate

603-521-7708

Lewis Chipola

Service Officer

603-521-7708

Donald Vincent

1 Year Trustee

603-809-9482

Steve Ordway

2 Year Trustee

603-490-2284

Kevin McKeating

3 Year Trustee

603-493-5846

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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

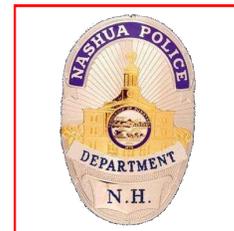
Loretta Murray

603-320-3560





POST COMMANDER'S MESSAGE



Comrades,

As we enter July we start the new fiscal year. Let's the year off right by recruiting new members. We came up short this past year I really want to try and reach 100% this year. We also need ideas for fundraising. We have the most success with gun raffles. Maybe this is something we should do again. Any thoughts or idea, please let me know.

Remember July 19 is our Nashua Silver Knights game and Dick's birthday party is July 26.

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
Commander, District 6,
Department of New Hampshire
Cditullio007@yahoo.com – Personal
commander@vfw483.org – Post email
978-987-8009 (cell)



State Commander's Message

**State Commander Beeman's articles will
begin next month.**

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





Attendees on the 27 July Post Fishing Trip

CHAPLAIN'S CORNER



Greetings from the Chaplain's desk

Deceased members
None

Hoping everyone is doing well and looking forward to a fun filled summer activity season with family and friends. Remember to take precautions and be cognizant of the upcoming days of extreme heat. One of the keys is to stay hydrated and limit ourtime in the direct sunlight and don't forget the sunscreen.

Continuing to call on our members facing medical issues. Past Commander Angelo Ruocco is still fighting cancer and going through chemo treatments.

Kenny Coyle has been in and out of the hospital with medical issues.

Please remember these and all our veterans in your thoughts and prayers.

Contact the Post if you are aware of any of our veterans who may be in distress, so that we may reach out to them.

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
603-490-2284

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, 24 August 2025, Hudson VFW Post 5791

Sunday, 19 October 2025, Pelham VFW Post 10722

Sunday, 25 January 2026, Merrimack VFW Post 8641

Sunday, 19 April 2026, Pelham VFW Post 10722
(Encampment)



MEMBERSHIP



CURRENT MEMBERSHIP

Dst	Life	New	Reinst	Cont	Total	Prior Year	Percent	Div	R S	City	State	N/R LM
6	121	5	0	47	172	1081	95.58%	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	95.58%
DERRY	1617	109.89%
HUDSON	5791	106.88%
SALEM	8546	97.39%
MERRIMACK	8641	102.87%
PELHAM	10722	99.20%
HAMPSTEAD	11254	102.63%
HOLLIS	11373	95.65%
TOTALS		102.05%

MEETING REMINDER

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

New membership year—"Let's Recruit"!!!!!!



FUN PAGE



JOKE OF THE MONTH

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal and a bottle of wine, they laid down for the night, and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend. "Watson, look up at the sky and tell me what you see." Watson replied, "I see millions and millions of stars." "What does that tell you?" Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies, and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?" Holmes was silent for a minute, then spoke. "It tells me that someone has stolen our tent."

QUOTE OF THE MONTH

But man is not made for defeat.
A man can be destroyed but
not defeated.

[Ernest Hemingway](#)

DID YOU KNOW

Tiger Woods' real first name is Eldrick

MIND TWISTER

A man wanted to work, but he could not log in to his computer terminal successfully. He tried twice, but still his password did not work. He suddenly remembered that the passwords are reset every month for security purposes. So, he called his boss and said, "Hey boss, my password is out of date." His boss replied, "Yes, that's right. The password is different. Listen carefully. I am sure, you can figure out the new one. The new one has the same amount of letters as your old password, but only four of the letters are the same." "Thanks boss." With that, the man could correctly log into his station. What are both the new and old passwords?

VETERANS INFORMATION

Press Conference on Care for Military Sexual Trauma Survivors: The VFW Washington Office hosted a press conference during which leading veteran organizations called on Congress to support [S.1245/H.R. 2576](#), *Servicemembers and Veterans Empowerment and Support (SAVES) Act of 2025*. This bipartisan, bicameral bill would take a multi-faceted approach to enhance access to health care and benefits for military sexual trauma survivors, improve communications with VA, and ease the burden of filing MST-related disability compensation claims. It would also ensure that all former National Guard and Reserve members receive MST-related care and counseling.

Senate Committee Roundtable on Stronger Transition Support: National Legislative Service Associate Director Joy Craig participated in a Senate Committee on Veterans' Affairs roundtable on identifying gaps in supportive services for transitioning service members and evaluating the role of non-profits, employers, and community organizations. Craig stated that military-to-civilian transition remains a top priority for the VFW, which strongly supports the passage of the [TAP Promotion Act](#) and the establishment of a senior official in the Department of Defense to oversee all aspects of transition. Strong and seamless support before, during, and after separation is critical to [ensure](#) that every veteran has the tools and resources needed to thrive after service.

VFW Provides Statement for House Subcommittee Hearing: VFW National Legislative Director Kristina Keenan provided a statement for the record for a House Veterans' Affairs Subcommittee on Economic Opportunity pending legislation hearing. The topics include improvements to property protections for activated service members, VA communications, transition assistance, education and employment benefits, and programs for homeless veterans. Regarding [H.R. 3387](#), *Enhancing the Transitioning Servicemember's Experience (ETS) Act*, Keenan wrote, "Improving transition programs is one of the VFW's top priorities, and we see this proposal as directly supporting the intent of the current DOD and VA memorandum of understanding to enhance coordination between the two departments on these efforts."

VFW Statement on Pending Health Legislation: VFW National Legislative Associate Director Meggan Coleman submitted a statement for the record for a House Veterans' Affairs Subcommittee on Health hearing on pending legislation. Included in the bills being considered is [H.R. 2605](#), *Service Dogs Assisting Veterans (SAVES) Act*, which would create a five-year pilot program for VA to provide grants to non-profit organizations to furnish eligible veterans with service dogs and veterinary insurance. Coleman stated the VFW's strong support of this legislation and explained, "Service dogs assist with various physical, auditory, and trauma-related disabilities. They help empower veterans to regain their independence, pride, and hope. While they are typically provided free of charge, the medical care involved can be costly. This legislation would enable more veterans to receive support animals with less of a financial burden."



CALENDAR



July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Battle of Gettysburg	2 Battle of Gettysburg	3 Battle of Gettysburg	4 Auxiliary Meeting 1000 4th of July ceremony 0900	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 Baseball Game at Holman Stadium 1800.
20	21	22 Post Meeting 1900	23	24	25	26 Dick Mohrmann's Birthday Party at the Elks 1300
27 National Convention	28 Langdon Place 1330 National Convention	29 National Convention	30 National Convention	31 National Convention	1 National Convention	

ANSWER TO BRAIN TWISTER

The old one was "out of date." The new one is "different." Both passwords contain the letters d, f, e, and t.



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.

- Auxiliary Meeting Dates**
- 4 Jul 25 1200
 - 1 Aug 25 1200
 - 5 Sep 25 1200
 - 3 Oct 25 1200
 - 7 Nov 25 1200
 - 5 Dec 25 1200
 - 2 Jan 26 1200
 - 6 Feb 26 1200
 - 6 Mar 26 1200
 - 3 Apr 26 1200
 - 1 May 26 1200
 - 5 Jun 26 1200



VFW & American Legion members at the Flag Retirement Ceremony at the Elks Lodge.

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

As of June 30, 2025 are membership stands at 95.58%. This is the lowest percentage in District 6. Not very impressive. Why is our percentage so low? The answer is we are not recruiting new members. You can't leave it to just a couple of members to recruit. It's everyone's job to recruit. This is the only way we can get ahead. If our members do not support recruiting we will eventually die. We need more participation of our members and we need you to recruit new members. It is hard to understand. We do events that are free or low cost to our members but they do not support them.



QUARTERMASTER'S CORNER



We are now entering the new membership year. We failed to meet the goals this year. It prevented us from achieving All American status. We failed to recruit. We cannot depend on just a couple of members to recruit. Its every members responsibility to recruit. This year let us start out on the right foot and recruit new members from day one.

We tried this past year to provide entertainment for our members. We had two Deep Sea Fishing Trips that would only cost you about half what you normally would have to pay. The post paid the balance. We had rented a luxury booth at Holman Stadium for a ball game, which was free to the first 20 members who signed up for it. We could not get 20 members to go to a free ball game that free food and drink were provided. It appears that most members are not interested in attending any event we hold. I think we need to look closely at what we schedule and do not throw our money away on events that not many support.

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



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



Live Free CHIROPRACTIC
 When Families Live Free, the World Thrives
 383 East Dunstable Road
 Nashua, NH 03062
 (603) 883-8888
 rfocs@LFFchiropractic.com
 www.LFFchiropractic.com

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 Tel: 603.714.4559
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 linkedin.com/pub/john-f-ebersole/14/875/660
 Analyze • Innovate • Communicate • Implement
 12/7/17 *Ask me about ~~10~~ for ~~10~~



free Resume help



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 ICE CREAM & YOGURT
Rita and Mark McCabe
 Owners/New England Developers
 435 Amherst Street, Nashua, NH 03063
 Tel: 603-327-8694 | Email: eubzeronashuanh@aol.com
 FB: SubZeroNashua
 www.subzeroicecream.com/nashuanewhampshire
 FRANCHISE OPPORTUNITIES AVAILABLE



BATTLE OF THE MONTH



Battle of Gettysburg

The **Battle of Gettysburg** (locally /ˈɡɛtɪsbɜːrɡ/ ^[14]) was a three-day battle in the [American Civil War](#), which was fought between the [Union](#) and [Confederate](#) armies between July 1 and July 3, 1863, in and around [Gettysburg, Pennsylvania](#). The battle, won by the Union, is widely considered the [Civil War's turning point](#), leading to an ultimate victory of the [Union](#) and the preservation of the nation. The Battle of Gettysburg was the bloodiest battle of both the Civil War and of any battle in American military history, claiming over 50,000 combined casualties.^[15] Union [Major General George Meade's Army of the Potomac](#) defeated attacks by Confederate [General Robert E. Lee's Army of Northern Virginia](#), halting Lee's invasion of the North and forcing his retreat.^[16]

After his success in the [Battle of Chancellorsville](#) in [Spotsylvania County, Virginia](#) in May 1863, Lee led his Confederate forces through [Shenandoah Valley](#) to begin the [Gettysburg Campaign](#), his second attempt to invade the North. With Lee's army in high spirits, he intended to shift the focus of the summer campaign from war-ravaged [Northern Virginia](#) in the hopes of penetrating as far as [Harrisburg](#) or [Philadelphia](#), which he hoped would convince northern politicians to end the war. [President Abraham Lincoln](#) initially prodded Major General [Joseph Hooker](#) to lead his troops in pursuing Lee. But Lincoln relieved Hooker of his command just three days before the Battle of Gettysburg commenced, replacing him with Meade.

On July 1, 1863, as Lee's forces moved on Gettysburg in the hopes of destroying the Union army, the two armies initially collided, and the battle commenced. Low ridges to the northwest of Gettysburg were initially defended by a Union cavalry division under Brigadier General [John Buford](#), and soon reinforced with two [corps](#) of Union [infantry](#). Two large Confederate corps assaulted them from the northwest and north, however, collapsing the hastily developed Union lines, leading them to retreat through the streets of Gettysburg to the hills just south of the city.^[17] On the second day of battle, on July 2, the Union line was laid out in a defensive formation resembling a fishhook. In the late afternoon, Lee launched a heavy assault on the Union's left flank, leading to fierce fighting at [Little Round Top](#), the [Wheatfield](#), [Devil's Den](#), and the [Peach Orchard](#). On the Union's right flank, Confederate [demonstrations](#) escalated into full-scale assaults on [Culp's Hill](#) and [Cemetery Hill](#). Despite incurring significant losses, Union forces held their lines.

On the third day of battle, July 3, fighting resumed on Culp's Hill, and cavalry battles raged to the east and south of Gettysburg. [Pickett's Charge](#) featured the main military engagement, a dramatic Confederate infantry assault of approximately 12,000 Confederates troops, who attacked the center of the Union line at [Cemetery Ridge](#), which was successfully repelled by Union [rifle](#) and artillery fire, leading to great Confederate losses. The following day, on the [Fourth of July](#), Lee led his Confederate troops on the torturous [retreat from the North](#). Between 46,000 and 51,000 soldiers from both armies were casualties in the three-day Battle of Gettysburg, representing both the most deadly battle in the Civil War and all of U.S. history.

On November 19, Lincoln traveled to Gettysburg, where he spoke at a ceremony dedicating [Gettysburg National Cemetery](#), which honored the fallen Union soldiers and redefined the purpose of the Civil War in his famed [Gettysburg Address](#), a 271-word address that has endured as one of the most famous speeches in [American history](#).^{[18][19]}



CROSSWORD PUZZLE



6/18/25, 1:54 PM

Print

The Washington Post

LA Times, Wed, Jun 18, 2025

By Emet Ozar / Ed. Patti Varol
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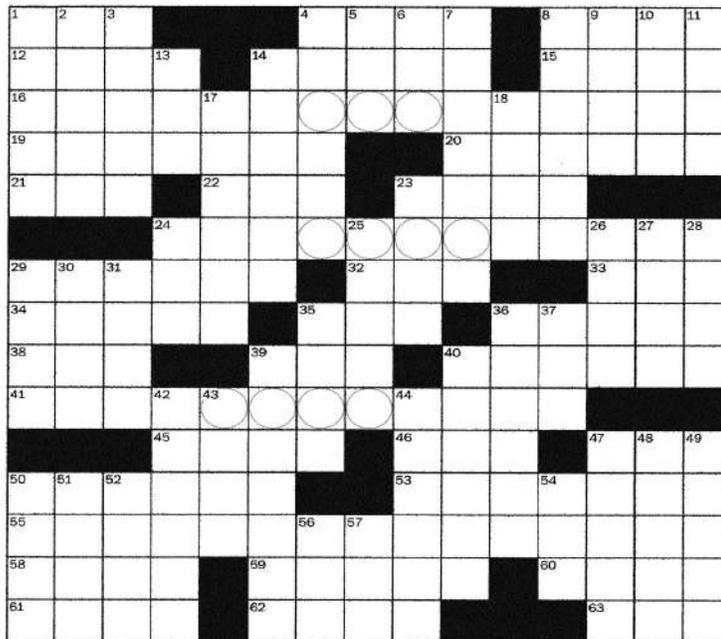
ACROSS

- 1 Trash receptacle
- 4 Stringed instrument
- 8 Some med. scans
- 12 Just slightly
- 14 Large paper format
- 15 Number two
- 16 "The," grammatically
- 19 "Let You Love Me" singer
- 20 Pet restraint
- 21 Due-in hr.
- 22 "Washington Black" novelist Edugyan
- 23 ___ Bradley bags
- 24 Baseball overtime
- 29 Predatory insect
- 32 Pa
- 33 Boxer Muhammad
- 34 Vote into office
- 35 100%
- 36 Greek fabulist
- 38 Cured fish often topped with capers and lemon
- 39 Aaron Judge stat
- 40 Reveries
- 41 Heavy-duty material for cutting boards
- 45 Pixar film about a young sea monster
- 46 3-Down signatory: Abbr.
- 47 Trans- opposite

- 50 Tribute at a memorial
- 53 New Mexico's "The City Different"
- 55 Frances Hodgson Burnett novel set at a country estate, or an apt title for this puzzle
- 58 Outstanding
- 59 Flood-protection structure
- 60 Affirmative votes
- 61 The one there
- 62 "When will you ___ learn?"
- 63 Italian three

DOWN

- 1 Core group
- 2 Bit the dust
- 3 Commerce pact until 2020
- 4 Bloviator's excess
- 5 Foamy fare
- 6 Small inlet
- 7 Foreshadow
- 8 Island cocktail
- 9 Loaded with cream, say
- 10 Taking it easy
- 11 Crystal ball consulter
- 13 Domingo, for one
- 14 Noteworthy events
- 17 Warning sign on a door
- 18 Coastal flyer
- 23 Apothecary container



- 24 List-ending abbr.
- 25 Speak off-the-cuff
- 26 Moon landing org.
- 27 Grab, with "on to"
- 28 Dainty tastes
- 29 Singer also known as Scary Spice
- 30 Baseball family name
- 31 Deli counter cry
- 35 Syllables in an incantation
- 36 Tarot card group
- 37 Startled cry at the sight of a mouse
- 39 Give new life to something old
- 40 Prescription measure
- 42 Bedroom storage space
- 43 Gargantuan
- 44 Glossy finish
- 47 West Point student
- 48 Apprehensive beginning
- 49 Perception
- 50 Coup d'___
- 51 "This is not good"
- 52 "The Chi" creator Waithe
- 54 Push to the limit
- 56 Put the pedal to the metal
- 57 Precursor to a big event



CROSSWORD PUZZLE SOLUTION



6/18/25, 1:58 PM

Print

The Washington Post

LA Times, Wed, Jun 18, 2025

By Emet Ozar / Ed. Patti Varol

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ACROSS

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1	C	A	N					4	H	A	R	P		8	M	R	I	S	11		
12	A	T	A	D		13		14	F	O	L	I	O		15	A	I	D	E		
16	D	E	F	I	N	I	T	E	A	R	T	I	C	L	E						
19	R	I	T	A	O	R	A					20	T	E	T	H	E	R			
21	E	T	A		22	E	S	I		23	V	E	R	A							
				24	E	X	T	R	A	I	N	N	I	N	G	S	26	27	28		
29	M	A	N	T	I	S		32	D	A	D					33	A	L	I		
34	E	L	E	C	T			35	A	L	L			36	A	E	S	O	P		
38	L	O	X					39	R	B	I			40	D	R	E	A	M	S	
41	B	U	T	C	H	E	R	B	L	O	C	K									
				45	L	U	C	A				46	U	S	A		47	C	I	S	
50	E	U	L	O	G	Y					53	S	A	N	T	A	F	E			
55	T	H	E	S	E	C	R	E	T	G	A	R	D	E	N						
58	A	O	N	E				59	L	E	V	E	E		60	Y	E	A	S		
61	T	H	A	T				62	E	V	E	R						63	T	R	E

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- 47 Trans- opposite

Funnies

Beetle Bailey *by Greg Walker, Brian Walker and Neal Walker*



Blondie *by Dean Young*



Doonesbury *by Garry Trudeau*





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.



**Second Annual ceremony celebrating
the 4th of July, at 9:00 AM, in front
of City Hall, Nashua, NH**

Supported by the Veteran Organizations of Nashua, NH

Veterans of Foreign Wars (VFW)

American Legion

Disabled American Veteran (DAV)



See the Betsy Ross Flag raised

Baseball Game

Saturday, 19 July 2025
Time: 1800
Location: Holman Stadium Luxury Suite



Free Ticket
Free Food and Drink



Tickets will be at tent located at the main gate to the stadium. Tell them you are with VFW Post 483.



Luxury Suite holds only 20 people.
First 20 that respond will be put on





**CATHLEEN STONE ISLAND
OUTWARD BOUND SCHOOL**



Veterans Outward Bound

The Boston Vet Center and the Cathleen Stone Island Outward Bound school are offering a Veteran expedition in Boston Harbor. Join other Veterans for sea kayaking, camping, and team building, while enjoying a part of Boston that is beautiful, wild, and free.

Expedition is Aug. 9th through Aug. 13th. An optional course tour is available June 8th for interested veterans. The trip is zero cost. All food, gear, and instruction will be provided.

Contact the Boston Vet Center to learn more and enroll.

Marika Solhan | 857-203-6461

www.va.gov/boston-vet-center/



Welcome & General Information

SEA KAYAKING AND CAMPING EXPEDITION

Hello and welcome to your Outward Bound Expedition on Cathleen Stone Island in Boston Harbor. We are pleased that you have decided to join us on one of our adventures and we hope that this will be a very memorable experience.

OUTWARD BOUND has a long history of providing fun and adventurous experiences, allowing participants to discover that they're capable of accomplishing much more than they had thought. While on your course you'll explore the Boston Harbor Islands National Park, climb the Alpine Tower or other elements on our ropes courses, and camp under a starry sky.

If you have any questions, please call the Program Services Office at 617-830-5144.

Course Description:

You do not need to have any prior experience to come to Outward Bound, but your expedition will be more enjoyable for you if you come prepared, both physically and mentally. Course activities are designed specifically for young people your age, yet much of it may be challenging for you. We employ a theory called, "challenge by choice," which allows for group members to challenge themselves on an individual level while supporting each other and recognizing these different definitions of success. In turn, for your efforts and willingness to challenge your perceived limits you will find a great deal of satisfaction, pride, and enjoyment on course.

On this program, each group (known as a "crew") is made up of approximately 12 veterans. Led by two experienced instructors, your crew will explore the natural wonders of the Boston Harbor Islands.

The 5-day expedition encompasses a progression of three learning phases. The first phase of your expedition will be a training phase during which your instructors will teach you essential kayaking and outdoor technical skills, such as paddle strokes, orienteering, camp craft, basic climbing techniques and the skills necessary for effective teamwork and communication. Next, during the skill application (or "main") phase, you will advance the skills that you have acquired and exhibit what you have learned. With the confidence and responsibility gained during the initial phases of your course, you will embark on a final expedition, or culminating experience, led and organized by your crew. You will demonstrate your ability to work together within the community you have built, making crew decisions, and successfully taking on a final challenge. In addition to learning and practicing expedition skills, your course will also include exploration of salt marshes and beaches, lessons on sustainable practices and camp craft, and multiple climbing days with the various challenge course elements on Cathleen Stone Island.

You will be living outdoors and camping each night in tents, cooking your own meals and kayaking to different islands each day. There is limited access to running water, showers, and flush toilets. Every day each participant will have a chance to hold a different role in their community. Jobs and responsibilities rotate, so you'll have many chances to experience, teach, or lead a variety of activities.

Throughout the course you will have time to learn about yourself and your crew. You will get the most out of your expedition if you come prepared to use and share your strengths with everyone in your group. You will have a chance to work as part of a team and there will be lots of time for laughing, playing games, and having fun. You do not need any prior experience to enjoy this expedition. We will teach you everything needed to perform as part of a successful crew, from basic wilderness practices and climbing skills to communication, leadership, and conflict-resolution skills.

A Typical Day:

Your day starts with a "morning energizer," making breakfast, instructional lessons, charting your route, and getting under way. You'll learn, as a team, climb, and navigate and orient yourself around Cathleen Stone Island and the Boston Harbor

Islands National Park. You'll explore the natural and cultural wonders of the islands and at the end of the day, cook dinner, debrief the day's experiences, and hop in your sleeping bag to sleep out under the stars.

Becoming a Team:

Throughout the course you will learn and practice basic low-impact outdoor living skills, as well as environmental science and natural history. Your group will operate as a team of mutually supportive explorers. You will surprise yourself with what you are capable of. Your attention will be focused both on outdoor living and working as a team. Instructors will help on both counts, teaching practical skills, helping you work together, navigation with compasses and charts as you make your way. At night, discussions will review personal and group challenges and difficulties encountered in the day's activities. Topics will include leadership, decision-making, responsibility, and teamwork.

Group Living:

Living and working with a small group is an opportunity to make lifelong friends and enjoy memories that will last a lifetime. It is also a source of challenge. At times you may feel frustration or annoyance with your teammates as you and your group attempt to meet your goals and make decisions big and small. Participants will arrive with varying levels of motivation, trust, confidence, or nerves. New experiences can be hard, by trusting your crew, you will find that you are much more successful than if you do it alone. Investing in working out differences in your group, sharing insights from your challenges, and laughing your heads off are all part of why participants walk away from their Outward Bound courses with a deeper understanding of life, living, themselves and each other.

Course Responsibilities:

Because participants take ownership of their experience, all group members will pitch in to complete chores, including cooking, washing pots, setting up tarps and stowing food and gear. You'll find that as the expedition progresses, your mastery of camp craft will enable you to operate more efficiently and effectively around camp. Groups also contribute by cleaning their gear at course end.

Hygiene:

Your instructors will demonstrate any available bathing options and explain more about hygiene when you arrive. "Bathroom" situations are dependent on the environment your course takes place in. You will learn how to use latrines, head buckets, or other wilderness-appropriate methods. Groups carry soap and hand sanitizer for hand washing.

Food:

You and the other members of your group will learn to cook tasty and nutritious meals over portable gas stoves. Our meals are mainly vegetarian and consist of grains, pasta, beans, cereals, and other light, dehydrated foods. A typical breakfast might be granola or oatmeal; lunch would include cheese tortillas and sun butter with jam on crackers; dinner might be macaroni and cheese or beans and rice. Our diets often have more healthy fats and protein than what you are accustomed to. To prepare, we suggest that you cut down on soft drinks, caffeine, and junk food.

We can accommodate some special food allergies and needs (such as nut and gluten allergies, lactose intolerance or vegan diets), please let us know well in advance.

Supervision:

We maintain high staff to participant ratios (approximately 1:6) but due to the nature of living and traveling together, there will be occasions on your course when you are not directly supervised by your instructors (but will always remain within sight and/or sound of them). We expect that all participants arrive with a willingness to learn skills, and after learning the necessary skills for wilderness living and travel, to follow safety instructions without close instructor supervision. Those situations may include time around camp, cooking, setting up tarps, sleeping and the solo experience. Additionally, our staff does sleep separately from the participants but in close proximity.

Equipment:

Outward Bound supplies all the necessary equipment including backpacks, sleeping bags, and tents. You need only bring personal clothing and footwear, detailed in the accompanying "Packing List." **All Outward Bound equipment issued to you must be returned.**

Pack everything in one suitcase or duffel bag with your name and address clearly indicated and bring one set of clean clothing to wear home.

Storage:

Any items that are packed but not taken on course will be stored away and locked in our logistics building lockers during the trip. Secure space will be available for storing excess clothing and valuables, if necessary. Please leave jewelry, watches, phones, and wallets at home. Outward Bound cannot be held responsible for items left behind after a course.

Money:

Participants will not need any money on the course. We will provide all food and gear. Please leave money at home.

What about safety?

Cathleen Stone Island Outward Bound School (CSIOBS) meets or exceeds safety guidelines established by Outward Bound USA, the recognized pioneer in developing industry safety standards. CSIOBS conducts yearly safety inspections of all ropes courses and related climbing equipment. Additionally, a safety review is conducted each year, which includes an operational assessment of course elements and emergency procedures of specific programs. A bi-annual safety audit is conducted by Outward Bound USA's safety department, which assesses all aspects of Cathleen Stone Island operations. Each year emergency response plans and safety manuals are updated and distributed to instructors and other staff as part of a rigorous safety training program. There is a full-time Safety Director for the entire island and youth programs. Safety is built into all our procedures and is our number one priority.

What is the supervision of the participants like?

All our Expedition crews are supervised by at least two Outward Bound Expedition Instructors. Participants are consistently within an instructor's line of sight and/or within hearing distance of an instructor. Participants will not be left alone or unsupervised at any point during their program.

What happens if there is a medical emergency?

Cathleen Stone Island and the other Harbor Islands visited during course are within the Boston, Hingham and Hull Emergency Medical Systems so Police, Fire, and Boston Emergency Medical Service (EMS) teams respond within 10 minutes for any emergency on Cathleen Stone Island or other Harbor Islands visited during course. The emergency boats that come to the island are staffed with EMT's and equipped as ambulances.

What are the provisions for inclement weather which either prevents the children from going to or returning from Cathleen Stone Island?

The weather is monitored by the Waterfront Director, the Safety Director and the Program Director. In case of a thunderstorm on-island all participants are mandated to seek shelter indoors for the duration of the storm. Instructors also receive additional safety training for thunderstorm procedures.

Are there mosquitoes and ticks on Cathleen Stone Island?

As with any wilderness area in the Northeastern United States, Cathleen Stone Island is sometimes home to biting insects such as mosquitos and ticks. Health organizations refer to these insects as vectors, and the recent concern with vectors in this area of the country has been the transmission of vector-borne illnesses. Cathleen Stone Island wants to help educate and protect against vector-borne illness transmission and we are working hard every day to educate our families and participants on protections against these illnesses. While vector-borne illnesses are rare and often treatable if identified early, you should be aware that there is no complete protection from a vector bite or the illnesses they may transmit, whether you are on Cathleen Stone Island or in your own backyard.

What you can do to help prevent vector bites:

Before Cathleen Stone Island

- Visit the CDC, WHO, and/or Mass.gov (Health and Human Services) websites for more information about vector species, prevention, and treatment.
- Educate yourself (if you are the participant) or your child (if you are a parent) about vector identification and the prevention methods suggested by the aforementioned websites.

- Supply yourself/your child with bug repellent (repellent will also be supplied by Cathleen Stone Island). The CDC and State Departments of Health recommend insect repellent between 20% -50% DEET which can be applied to the skin to repel ticks and mosquitos and most other vectors.
- Treat your/your child's clothing with Permethrin - commonly available and safe to use as a fabric application that repels and kills most vectors on contact. Cathleen Stone Island recommends wearing long-sleeved light-colored shirts, long pants, and socks.

After Cathleen Stone Island

- Check yourself/your child for vectors after their visit to Cathleen Stone Island.
- If you find a tick embedded in the skin or if you/your child is experiencing signs and symptoms of a vector-borne illness, call your doctor or local medical facility.

What we will do:

- Inform you/your child that Cathleen Stone Island is sometimes home to biting insects (vectors) such as mosquitos and ticks.
- Offer you/your child bug repellent containing DEET.
- Teach you/your child how to conduct a thorough tick check and allow time to conduct these checks.
- Choose break spots where wind, exposure, or terrain reduces the concentration of vectors.
- Being especially vigilant in areas where vectors are of higher concentrations (i.e., wooded areas, brush, nests).
- Remove embedded ticks from the skin, clean the bite area, and monitor your/your child's health according to the most current policies/practices of the CDC.

Who are the instructors and what are their qualifications?

Cathleen Stone Island Expedition Instructors range in age from 21 - 35 years old and must meet rigorous industry and organizational standards for the skills and competencies required for the courses they instruct. Instructors are trained first and foremost to ensure the physical and emotional safety of program participants. At a minimum, all Lead Instructors are certified Wilderness First Responders, and hold a CPR/AED certification.

Do Instructors have background checks?

All instructors and island personnel have background checks. Cathleen Stone Island Outward Bound instructors have criminal background checks using the GIS system, which includes a seven-year nationwide background check. It is more extensive than the CORI check, which only covers Massachusetts.

We look forward to seeing you this summer! Do not hesitate to call the Admissions Office at 617-830-5144 or email admissions@cathleenstoneisland.org, if you have any questions.

IF YOU'VE EARNED THESE



THEN YOU BELONG HERE

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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 Date _____
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 debit 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 -- in 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.

Committee Member Committee Member Committee Member

Applicants Signature & Date _____

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

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 withdraw)
 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.)

