



Hollis VFW

February 2018 Newsletter

Vol. 28 Issue: 2

Serving Hollis and Brookline

February 2018

The Hollis VFW meets the third Sunday of each month.

Meetings in April through September are at the American Legion Hall, 38 Main Street, Brookline, NH and begin at 7 PM.

Meetings from October through March are at the Hollis Town Hall, 7 Monument Square, Hollis, NH and begin at 2 PM.

If you wish to join or have questions about the VFW, please call one of the Post Officers.

Next Meeting: 18 February, 2 pm, Hollis Town Hall.

Potluck Luncheon at the Lawrence Barn. See newsletter article for details.

January Meeting Minutes

Meeting called to order at 2:02 PM by Junior Vice Commander, Jim Bélanger. 7 members present.

Membership Applications: Still waiting for Doug Arseneau to submit his DD 214 to verify eligibility.

Minutes: The Minutes of the December 2017 meeting were read. Bruce Moran made a motion that the Minutes be accepted as read; seconded by Mike Reed and unanimously approved.

Quartermasters Report: The Quartermasters Report was read. Chris Lussier stated no deposits occurred the past month. Chris stated the following disbursements were made: \$580 reimbursement to Chris for him paying for the Life memberships voted on last month; \$30 to VFW Post 816 for Commander Robinson to attend the Patriots Pen Award Luncheon; \$2,500 to Orchard Point Properties for assistance to a Veteran in need; for a total of \$3,110 in disbursements. Bruce Moran made a motion that

the Quartermasters report be accepted as read, pending audit; seconded by Don Hurt and unanimously approved. Chris reminded the Trustees that the Quarterly Report is due, so the books need to be audited after the meeting.

Correspondence:

- The Post received a donation of \$200 from Dr. Pat Riddle to assist the Post in providing support to Veterans in need.

Comrade in Distress:

- Tom Needham: Greg d'Arbonne reported that Tom fell and cut his head the other day. Greg stated Tom received 7 stitches but otherwise is feeling OK.
- Veteran in need: Chris Lussier stated he met with the Veteran's landlord and the cost of the rent check was higher than expected so Chris wrote a check for \$400 to cover the difference from the check authorized by the Post members. Greg

d'Arbonne made a motion that the Post reimburse Chris Lussier in the amount of \$400 from the Relief Fund to cover the cost of the check Chris wrote to make up the difference in the rent check; seconded by Bruce Moran and unanimously approved. Jim Bélanger stated he gave the Veteran Wal-Mart cards he received from Becky Crowther and he stated Dr. Squires stopped by and gave the Veteran some items along with some anonymous donations from others. Chris also stated some people in Minnesota, upon hearing about this need, are sending Chris a check to help the Post in our efforts to help Veterans in the area. Greg d'Arbonne made a motion that any funds coming into the Post to help this Veteran go toward defraying the funds the Post expended to pay the Real Estate agent for the rent; seconded by Bruce Moran and unanimously approved.

Committee reports:

- Membership: The Post still needs to make personal contact with annual members:
 - Pat Kennedy: Need proof of Korea deployment
 - Doug Andrews: Membership expires on 4/11/2018
 - Allison Carpenter: Membership has lapsed as of 5/14/2017
 - Steve Edwards: Membership has lapsed as of 9/26/2016
 - Mark Glidden: Membership expires on 4/26/2018
 - Dennis Johnson: Membership expires on 2/17/2018
 - Donald Narkis: Membership expires on 12/31/2017
 - Robert Tabachnikoff: Membership expires on 4/26/2018
 - John Watson: Membership expires on 12/31/2017
- VOD/PP: Nothing new to report.
- Teachers of the Year: The Post nominee, Brenda Nickerson, won District and State, and now is a competitor at the National level. Greg d'Arbonne will get a certificate for the Post to present to Brenda Nickerson.
- Scout of Year: Nothing new to report.
- VSO: Greg d'Arbonne will enter the following activities into the VFW Reporting system: Don

Hurt and Jim Bélanger spoke to Middle School Students about the history they witnessed (WW II on the Homefront; Korea; and the Cuban Missile Crisis)

- Police, Fire and EMT of the Year: Nothing to report.
- Citizen of the Year: Jim Bélanger made a motion that Tina Carlson be the Post's nominee for Citizen of the Year; seconded by Greg d'Arbonne and unanimously approved. Greg will print the certificate and provide it to Commander Robinson to sign so it can be presented at the Hollis Town Meeting on 17 March 2018.
- Commander Robinson stated we need to look at this soon, before the end of the year. It was also mentioned there is a Citizen of the Year award at the Department level as well.
- Legislative update: Jim Bélanger stated the Veterans Commissioner position was approved by the State House of Representatives and now goes to the Senate for a vote.
- SOPs: Nothing new to report.

Old Business:

- February Potluck Luncheon: Jim Bélanger stated he will get the plates and napkins for everyone and Chris Lussier stated he will get the utensils and cups for everyone plus provide a power strip to power any crockpots.
- Transfer Station flag bin: Joanie at the Transfer Station will look for building materials to help with this project.
- Honor Flight support: Commander Robinson sent a note to Jim Bélanger suggesting we continue efforts to have a fund raiser at the Transfer Station in March to raise funds for the Honor Flight project. Chris Lussier will contact Trevor Duval at the High School and ask if the students can assist the Post in this effort.
- National Bylaws Proposal: Nothing new to report.

General Orders: As distributed by Department and District and posted on Department website.

The prayer was said for the National Home.

New Business:

- Commander Robinson reported that Troop 12 has two boys who have earned their Eagle rank and there is one more boy likely to earn it soon. Greg

d'Arbonne stated he will need the names of the boys so he can order their certificates from the VFW Store.

- Jim Bélanger stated there are organizations that may be helpful to Veterans that want to put links to their organization on our Post website. Commander Robinson does not think our website is the place to advertise as it is not a common place Veterans look for information pertinent to Veterans. Jim stated he will discuss this with the Commander.

For the Good of the Order:

- Jim Bélanger read a message from his grandson who is serving as an Engineer on a ship currently in Guam.
- Mike Reed stated the Army and Naval Academy's baseball teams will play a game at

Fenway Park on 20 April at 6 PM. The game is open to the public to purchase tickets.

- Bruce Moran brought in several sport jackets that he offered to anyone who may want them before he donates them to a charity.

Upcoming Dates:

- 11 February: District 6 Meeting, Bedford Post
- 18 February: 2 pm Post Meeting the Lawrence Barn (Pot Luck event)
- 18 March: 2 pm Post Meeting, Hollis Town Hall
- 15 April: 7 pm Post Meeting, Brookline American Legion Hall

The meeting adjourned at 3:05 PM. The next meeting is Sunday, 18 February 2018 at 2 pm at the Lawrence Barn. The meeting will be combined with a Potluck Luncheon.

News For & From Members

Potluck Luncheon, 18 February Meeting

This is a reminder that the February meeting is also our annual Winter Social event, a Potluck Luncheon. This will be held at the Hollis Lawrence Barn Community Center at 2 PM Sunday 18 February. All members of the Post and their family members are invited as well as any Veterans you know who should belong to the Post and haven't joined yet. Bring your entire family and feel free to invite friends and any veteran you happen to know to join us at the potluck. Who knows; we might get a new member.

Everyone should bring a dish of their choice that will feed their family and a couple of more people (at least to feed 4) so we can all share and taste a variety of dishes. Everyone should bring their own drinks as well. The Post will buy paper products and utensils. Assume the Barn has nothing, and you will be in good shape, but...if you need electricity for a crock pot or hot plate, there are outlets available. Chris Lussier will bring an extension cord and a power strip so as many folks as possible that need the outlets can plug into the power.

Please Make Sure You Renew ASAP

If you are a member who pays annually for your membership, we ask that you renew as soon as possible so we can meet our numbers for the year now and not have to rush at the end of the year (which is June). You can renew at a meeting or you can renew online (<https://www.vfw.org/OMS/QuickRenew.aspx>), but please renew! Thanks!

News of Interest to Veterans

Humana and VFW Enhance Efforts to Drive Optimal Health for Veterans

VFW members and their spouses will continue to receive education, one-on-one guidance and access to Humana Medicare plans

LOUISVILLE, Ky. and KANSAS CITY, Mo. (February 8, 2018) — Humana Inc. (NYSE: HUM), one of the nation's leading health and well-being companies, through the Humana MarketPoint organization, has enhanced its exclusive agreement with the Veterans of Foreign Wars of the U.S. (VFW), the nation's largest organization of war veterans and the oldest major veterans' organization in the U.S.[1] As part of this expanded relationship, Humana is the national Medicare Advantage (MA), Prescription Drug Plan (PDP) and Medicare Supplement plans carrier for the VFW with exclusive marketing and promotional rights to the VFW.

The 750,000+ members of the VFW, and their spouses, who are eligible, or approaching eligibility, for Medicare, will get seamless education, guidance and access to these plans.

“Humana has a longstanding relationship with the military and is dedicated to providing high-quality healthcare coverage to our nation's veterans,” said Jeff Fernandez, Segment Vice President for Humana. “Our agreement with the VFW is yet another step in furthering our commitment to providing veterans with the resources, information and holistic guidance they need to achieve their best health. Our 30-plus years of experience with Medicare programs, and long-standing relationship with the VFW, have equipped Humana with an understanding of the unique needs of the veteran community. This will enable us to help many VFW members and their spouses.”

“Veterans' health and wellness concerns continue to remain a top priority for the VFW,” said VFW National Commander Keith Harman. “Through this agreement with Humana we will be able to make quality health care more accessible and affordable to our valued members. Our members, who are eligible for Medicare, or nearing that time where they need to consider their options around Medicare, will have access to the guidance from licensed Humana sales agents who can be their trusted advisors in making their Medicare decisions.”

As part of the agreement, Humana will offer numerous services to VFW members, which will provide access to healthcare coverage information. These will include:

- Hosting Medicare seminars annually during Medicare's Fall Annual Election Period (Oct. 15 through Dec. 7).
- Conducting educational seminars throughout the year to inform VFW members of their Medicare options.
- Providing VFW members with access to Humana's Medicare Advantage (MA), Prescription Drug Plan (PDP), and Medicare Supplement information and enrollment capabilities which incorporate web-based tools, in-home appointments, call centers, educational seminars, and self-enrollment.

Humana's commitment to veterans spans a variety of initiatives and services, including:

In addition to providing quality health care benefits to veterans and their families, Humana is committed to employing veterans and their spouses, and has hired more than 4,000 veterans and military spouses since 2011.

- Humana Military was awarded the TRICARE East Region contract which covers 6 million lives across a 30-state region. This is the largest TRICARE contract to date and it takes effect Jan. 1, 2018.
- Humana has donated \$1 million to the Entrepreneurship Bootcamp for Veterans with Disabilities, a national program that offers cutting-edge training in entrepreneurship and small-business management at no cost to post-9/11 veterans.

FOR MORE INFORMATION, CONTACT: Marvin Hill, Humana Corporate Communications, 502.472.3390, mhill1@humana.com or Randi K. Law, VFW Communications & Public Affairs, 816.968.1104, RLaw@vfw.org

The agreement does not establish any group health plan nor does the agreement obligate any individual VFW member to purchase a Humana MA, PDP, or Medicare Supplement product.

VFW Joins with Veteran-Founded ID.me to Simplify Members' Online Experience

Single username and password will streamline verification processes

KANSAS CITY, Mo. (January 9, 2018) —The Veterans of Foreign Wars of the U.S. is pleased to announce it has teamed up with ID.me to provide its members with a more streamlined and secure online experience. The VFW is the first major veterans service organization to use ID.me as a single-sign on for its digital platforms.

VFW members can now sign up for an online account with ID.me, creating a single username and password to log in to the VFW Online Membership System, access VA benefits on Vets.gov, and gain immediate access to military discounts from 200+ retailers.

A single, unified login ensures members can easily access many of their online accounts without the burden of completing the login process at each website. Further, ID.me provides users with instant online verification of military service and proof of identification.

“Trying to remember the login information for several different online accounts is difficult, and further, verifying your identity online can be a cumbersome process,” said VFW National Commander Keith Harman. “So, we’re glad to be able to provide our members with a simple solution.”

ID.me was founded by Blake Hall, a third-generation soldier, former Army Ranger and a member of VFW Post 15021 in Baltimore, Md.

“I founded ID.me after observing a veteran display his DD-214 separation paperwork, which listed all of his sensitive personal information, just to prove his military service to an organization. I set out to simplify how individuals shared and proved their identity online,” Hall explains. “We are excited to be teaming up with the VFW to continue to streamline the digital experience for veterans.

Military Times Becomes Newest VFW Member Benefit

VFW members can now save even more on their annual subscription

KANSAS CITY, Mo. (December 15, 2017) – Known as one of the most trusted and independent sources for quality, unbiased reporting, Military Times has teamed up with the Veterans of Foreign Wars of the U.S. to offer VFW members the opportunity to save 45% off its annual subscription rate.

Established in 1940, Military Times has earned its role as part of the fabric of the U.S. military community, playing an important role as the premier, dedicated, independent news source for active-duty military, their families, veterans and retirees.

Each week, Military Times reports on the important issues facing today's service members and veterans, covering everything from health care, pay and benefit updates, to providing education and training, product reviews and advice on transitioning to civilian life.

The Military Times group is comprised of Army Times, Navy Times, Air Force Times and Marine Corps Times. Each of the Military Times brands are specifically focused on the needs, interests and culture of those in their respective branch of service.

VFW members can begin taking advantage of their 45% discount today by visiting <http://offers.militarytimes.com/vfw/>.

Executive Order on Mental Health Care for Transitioning Service Members

The President signed an Executive Order (EO) on Mental Health Care for Transitioning Service members. The Department of Veterans Affairs (VA) is committed to fulfilling its responsibility in this important work. The year following separation from active duty military service is a time of great opportunity, but it also can be a time of challenge for many former Service members including the risk of suicide. The EO demonstrates the President's and the nation's commitment to be there for Service members, Veterans, and their families whenever there is a need to provide support and mental health care. The EO requires VA and Department of Defense (DoD) to maximize existing authorities to be there for all transitioning Service Members.

VA Medical Centers are expected to provide support to all transitioning Service members and provide access to health information and mental health care as needed. The Office of General Counsel has indicated that this is within VA's existing authority. Enrollment and Eligibility concerns should not be considered as barriers to providing access to needed services. Anyone receiving care should have an electronic health record within the Veterans Health Administration (VHA) system. Current and planned outreach activities by the Health Eligibility Center and other VA programs are focused on removing any barriers so seamless access is possible. Additional information is contained in the attached FAQ document.

VA and DoD will be required to provide a formal implementation plan for the EO within 60 days. In the meantime, requests by recently transitioned Service members for support and mental health care should be honored.

VHA has organized a Clinical Advisory Council (CAC) on Transitioning Service Members and Mental Health that will begin meeting on January 10, 2018. The CAC is comprised of VISN, field, and VACO leadership who will develop specific actions to support the implementation of the EO and to mitigate any challenges identified.

Questions regarding the EO implementation should be directed to the Transitioning Service Member Mental Health mail group in the Office of Mental Health and Suicide Prevention at VHATSMH@va.gov..

DOD-VA Release Discharge Upgrade Tool

On Thursday, the Departments of Defense (DOD) and Veterans Affairs (VA) announced the launch of a web-based tool to assist veterans looking to upgrade or change their military discharge. This tool is the latest in a series of steps taken by DOD to improve the discharge review process. Previous steps have included such measures as the 2011 issuance of guidance related to individuals discharged under the “Don’t Ask, Don’t Tell” policy, a 2016 internal review of policies and procedures, and the August 2017 guidance clarifying consideration of cases involving mental health conditions, such as PTSD and those associated with TBI, sexual assault and sexual harassment. The new tool will provide customized guidance to veterans who believe their discharge was unjust, erroneous, or warrants an upgrade and wish to seek a review. After answering a few questions, veterans will be provided specific information on which board to apply to, which forms to complete, where to send the application, guidance helpful to their case and tips for appealing their discharge. [Read more information.](#)

CDC SAYS:

“TAKE 3” ACTIONS TO FIGHT THE FLU

1 Vaccinate

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the viruses that research suggests will be most common.
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

2 Stop Germs

- Try to avoid close contact with sick people.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3 Antiviral Drugs

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder).
- Antiviral drugs can shorten your illness and make it milder. They can also prevent serious flu complications, like pneumonia.
- It's very important that antiviral drugs be used early to treat people who are very sick with the flu (like people in the hospital) and people who are sick with the flu and at high risk for serious flu complications, either because of their age or because they have a high risk medical condition. Other people also may be treated with antiviral drugs by their doctor. Most otherwise-healthy people who get the flu, however, do not need antiviral drugs.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

FLU-LIKE SYMPTOMS INCLUDE:

fever cough sore throat runny or stuffy nose
body aches headache chills fatigue



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information,
visit www.cdc.gov/flu
or call 800-CDC-INFO

11-2019-1014

INFLUENZA (FLU) Cleaning to Prevent the Flu

Cleaning to Prevent the Flu

How long can the flu virus live on objects, such as doorknobs and tables?

The flu virus can “live” on some surfaces for up to 24 hours. Routine cleaning of surfaces may reduce the spread of flu.



What kills flu viruses?

Flu viruses are killed by heat above 167° F [75° C]. Common household cleaning products can also kill the flu virus, including products containing:

- chlorine
- hydrogen peroxide
- detergents (soap)
- iodophors (iodine-based antiseptics)
- alcohols



How should a caregiver handle a sick person's tissues or other items?

Make sure to wash your hands after touching the sick person. Also wash after handling their tissues or laundry.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CS 217338/2010 1

Devin McCourty!

Dion Lewis!



MEET & GREET WITH
DEVIN McCOURTY & DION LEWIS



CROWN PLAZA HOTEL EXIT 8 OFF ROUTE 3, NASHUA, NH
[SOON TO BE DOUBLE TREE SUITES BY HILTON]

★ ★ ★ **Doors Open 5:30pm** ★ ★ ★

SILENT AUCTION | RAFFLE | CANDY CONCESSION PULL | WICKED WINE PULL
BEER BLITZ | PHOTOS WITH PLAYERS | COIN TOSS TO WIN SIGNED SPORTS MEMORABILIA



PURCHASE TICKETS AT
SOUHEGANVALLEY.NET
ADULTS \$125 | KIDS (12&UNDER) \$75

to benefit
The Chaplain's
Emergency Relief Fund

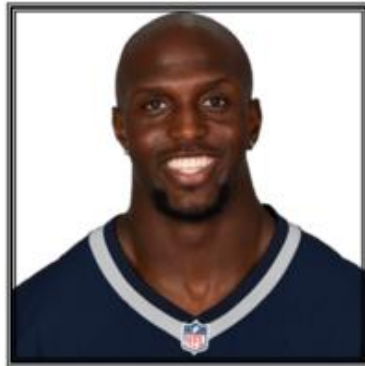


**Wear your Patriots fan gear and Come "tailgate" on April 28th with
New England all-stars Devin McCourty & Dion Lewis!**

This fantastic and "patriotic" event will feature a Meet and Greet with Devin McCourty and Dion Lewis, Photos with the players, a Heads and Tails "coin toss" game with the players for a chance to win autographed sports memorabilia, Raffles, Silent Auction, Tailgate fare and much more!

[CLICK HERE](#) to purchase tickets

for the Patriots fans on your Holiday Shopping List!



Devin McCourty



Dion Lewis

Wendy Hunt, Executive Director

Souhegan Valley Chamber of Commerce

69 Route 101A

Amherst, NH 03031

Call our office

(603) 673-4360

[Email me!](#)

Points To Ponder

The views expressed in the following article were deemed interesting enough by me to include in the newsletter. I take full responsibility and the content does not reflect the opinion of the members of the Post. Please contact me if these articles offend you. – Greg d'Arbonne

Scandinavian Strip Tease

Sven was passing by Torvald's hay barn one day when, through a gap in the door, he saw Torvald doing a slow and sensual striptease in front of an old John Deere tractor. Buttocks clenched, he performed a slow pirouette, and gently slid off first the right strap of his overalls, followed by the left. He then hunched his shoulders forward and in a classic striptease move, let his overalls fall down to his hips, revealing a torn and frayed plaid shirt.

Then, grabbing both sides of his shirt, he ripped it apart to reveal his stained T-shirt underneath. With a final flourish, he tore the T-shirt from his body, and hurled his baseball cap onto a pile of hay.

Having seen enough, Sven rushed in and said, "What the world are Ya' doing, Torvald?"

"Good grief, Sven, Ya' scared the bejeebers out of me," said an obviously embarrassed Torvald. "But me 'n the wife been havin' trouble lately in the bedroom department, and the therapist suggested I do something sexy to a tractor."

Parris Island, South Carolina,
yesterday - Jan 3, 2018!



Post Officers

Commander: George Robinson - 540-809-8696, GMRobinson118@gmail.com

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Post Website: <http://www.hollisvfw.org/>

Do You Have an E-mail Address?

If you have e-mail access, send a message to Greg (Gdarbo6844@aol.com). Addresses are for the use of the members to pass information and not to be sold or freely passed to others without formal consent of the member. No funds solicitation is authorized via e-mail.