

KILDUFF-WIRTANEN LEGION POST 74



• 38 Main Street •

PO Box 761 Brookline, NH 03033-0761

February 2018 Newsletter

Kilduff-Wirtanen American Legion Post 74, Brookline, NH meets the 4th Thursday of the month* at 38 Main Street Brookline.

Meetings begin at 1900 hours (7PM). *Nov and Dec meeting held 3rd Thursday.

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

Next Meeting:

22 February at 7:00 PM

January Meeting Minutes

Meeting called to order at 7:00 PM by Adjutant Greg d'Arbonne. 9 members present.

Colors advanced, prayers offered, POW/MIA empty chair recognized, and the Preamble recited.

Membership: Nothing to report.

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

Treasurers Report: The Treasurer's Report was read. The Post received \$104 from the State for dues. The Post paid the following expenses: 26.98 to Eversource for the electric bill; \$185.60 to the Department of NH for dues; \$32.50 for poppies; \$62 for the Post Office Box; \$250 donation to the Historical Society; and \$100 donation to the Brookline Food Pantry. Bruce Moran made a motion that the Treasurers report be accepted as read, pending audit; seconded by Bob Canada and unanimously approved. Patrick Kennedy donated to the Post to help pay for new members to join. There was a question of who was in charge of the Brookline Food Pantry. Del Porter stated he believes it is Mary Bunker.

Sick Call and Employment:

- Bruce Moran reported he is now cleared to drive again.
- Jonathan Matlock is still looking for a job.
- Dave Larkin missed the meeting due to having pneumonia.
- Scott Gryzb, a friend of the Post, is in poor health due to complications from pneumonia and is not expected to survive the week.
- Charlotte Farwell is battling pancreatic cancer.
- Bob Canada advised everyone that if they are going to a hospital for any reason, they should wear a mask to help prevent getting the flu.

Old Business:

- Greg d'Arbonne stated the valve on the oil tank is still dripping. Bob Glover stated he will try to repair the valve. Bob also stated the repair of the furnace was paid.
- Patrick Kennedy stated he will bring a solar light that can be used to light up the Post sign when we have meetings.
- There was a discussion about having a food drive in conjunction with other events. After much discussion, Bruce Moran moved that we table the idea to another meeting.
- Bob Glover stated we need to have on file every members DD214 or discharge paperwork (if they got out of the military prior to the DD 214 being created). All Post members are asked to mail a copy of their papers to the Post mailbox. Please redact your Social Security Number. These papers are especially needed for all the Post Officers. Bob has the Post Officers papers except for Bill Graham, Del and Bruce Moran. Bob asked that they either mail the papers to the Post or bring a copy to the next meeting.

- Bob Glover stated he will attend the Winter Conference as the representative for District 2.

New Business:

- Nothing to report

Correspondence: The Post received mailings about commercial disability and Veterans Benefit assistance for Veterans. It was deemed these were advertisements and not worth the members time.

For the Good of The Post:

- The members discussed the various articles and news reports about the Manchester VA. Most were satisfied with the care and treatment they were receiving there.
- Bruce Moran and Jim Pope stated they attended the showing of the movie “12 Strong” and said it

was an excellent movie, encouraging all to see the movie.

- Greg d’Arbonne stated the Hollis VFW will have their annual Pot Luck luncheon on 18 February at 2 PM at the Lawrence Barn in Hollis. All American Legion members and their families are invited to attend.
- Bruce Moran brought in several sport jackets that he offered to anyone who may want them before he donates them to a charity.

There being no further business, the closing prayer was said, and the colors retired. The meeting adjourned at 7:50 PM. The next meeting is 22 February at 7 PM.

News For & From Members

VFW Potluck Luncheon, 18 February

The Hollis VFW Post has invited the Brookline American Legion Post to their 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 Brookline American Legion 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 power strip so as many folks as possible that need the outlets can plug into the power.

Passing of Charlotte Farwell

It is with sadness that we report the passing of Charlotte Farwell, widow of George Farwell, former Post Commander and longtime member of our Post. Charlotte was a great supporter of our Post and attended our functions. She will be missed by the Post. Our condolences to her family. Her obituary, as published in the Nashua Telegraph follows:

Charlotte A. (Jensen) Farwell, 89, of Brookline, died Saturday, February 10, 2018, at her home. Her husband of 64 years, George W. Farwell, died in November 2015.

Mrs. Farwell was born in Nashua, NH, December 14, 1928, a daughter of Alton and Elizabeth (Whitcomb) Jensen and resided most of her life in Brookline.

She attended and served as the organist at both the Milford Congregational Church and the Brookline Community Church. She enjoyed working on jigsaw puzzles, rug making, knitting and making afghans. She also enjoyed walking.

Mrs. Farwell worked as a jewelry maker and assembler at the Callahan Jewelry Manufacturing Company in Milford, NH for many years. She also worked with her husband as the bookkeeper to their family business, the Potanipo Garage in Brookline.

She leaves her son, David A. Farwell of Brookline; a brother, Ross Jensen of Brookline; two grandchildren, Marycate Farwell and TJ Farwell both of Brookline.

She was the sister of the late Kenneth Jensen and Marlene Sherman both of Florida, Catherine Austin and Ruth Burgess both of Brookline.

Funeral services will be held 11 AM Thursday, February 15th at the Brookline Community Church, 2 Main Street, Brookline. Burial will be in Lakeside Cemetery.

Calling hours are 4-7 PM Wednesday at the Anderson Funeral Home, 250 Main Street, (Rt 119) Townsend Center, MA. Please see www.andersonfuneral.com for additional information.

Passing of Scott Gryzb

As mentioned in the Minutes, above, Brookline Resident and friend to our Post, Scott Gryzb, was in failing health when we had our meeting. A few days later, Scott passed away from complications related to pneumonia and his many years battling cancer. Scot was very involved in the Brookline Community and was very supportive of activities and programs to support Veterans. He will be missed by all in the community. The Post extends its sincerest condolences to Scott's family and friends.

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

Top 10 Reasons to Renew or to Join the American Legion

'A place to belong, to call home'

by Abe Abrahamson, Department of Idaho adjutant

It started when I was in the U.S. Marines, deployed to Southwest Asia and sitting in my fighting hole waiting for mail call. The platoon sergeant threw a letter in my hole. The envelope said it

was from an American Legion post. I opened the letter. It read, "Dear Sir, you are the newest member of The American Legion. Come see us when you get back and we will buy you a beer."

I had just turned 21. There was not a drop of legal alcohol within 300 miles of my hole. This offer sounded pretty good to me. So, when I completed my tour and returned to the States, I went to collect on that beer.

I went to the post meeting, found a chair and sat down. Some guys looked at me, strangely, over their drinks. Not one person approached or said a word to me, even after the meeting. I thought, "Even though I am a member, I guess I don't belong here." I left.

I knew enough about the programs and services of The American Legion to renew my membership, even though I didn't go back to that post.

After my wife and I moved to a different town she encouraged me to get involved with the VFW or American Legion again. I tried the VFW but had the same results ... no one talked to me. Two times now I had tried to be a veteran in a veterans organization and no one wanted anything to do with me. I thought, "Am I a person who doesn't belong?"

My wife suggested I try The American Legion post in our new town since I was already a member. The meeting day came, and I walked in expecting the same results.

I went in, sat down, and immediately a guy walked up, grabbed my hand, shook it and said, "I'm Frank. Who are you? What branch? What did you do? How long were you in?" Before I could answer, he introduced me to the commander and many others. Then he introduced me to the chaplain, who looked me up and down and asked, "Marine, huh? Do you have your dress blues?"

"Yes, I do, and they even still fit."

"Good. Come with me," he said.

We went in the back of the post and he gave me gloves, a hat and coat. "We have a funeral tomorrow, and I need you to wear your blues because you are presenting the flag to the family."

I was introduced to everyone that night; I met so many veterans and their spouses. When I went home I said to my wife, "I found it."

"Found what?" she asked.

"The camaraderie that I had missed since I received my DD-214."

They were not all Marines, but they were brothers and sisters in arms. I found a place to belong and to call home.

I have been a member of that post for several years now. I have buried some of those members who welcomed me that first night and suppose I will bury a few more in the years ahead. By then, I will have helped welcome in a new set of Legionnaires, introduced them to the commander, and offered them something to do like present the flag to the family of one who has left us.

I have developed friendships and bonds I will never forget. We do tell old stories, but we also create new ones. We share things from our biographies that even our families never hear. No matter what war era, Vietnam to Afghanistan, we Legionnaires are family.

I wanted to give up on the Legion, but I didn't. And I am glad because I finally found my home, where I belong, among my brothers and sisters. The post I first visited has changed now, has adopted a culture of welcome, as my second post did. Both are doing well today, having made veterans like me feel at home among them.

Some Vietnam War veterans tell of a time when they were not welcomed in posts after they came home. Today, those veterans who were persistent enough to find the right Legion fit are leaders of The American Legion at every level. They know that a failed first impression can mean a member lost forever. Not everyone is as persistent as this Marine, and we, as Legionnaires, should not make the journey difficult or the destination unwelcoming.

As a post-9/11 veteran in a position of leadership in my department today, I strongly encourage all of my fellow Legionnaires to embrace the new generation, male or female, because a veteran is a veteran.

We often need each other, our communities definitely need us, and there simply is no good reason to turn a cold shoulder to any eligible veteran who could benefit from membership.

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

11-2010-1014

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

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**

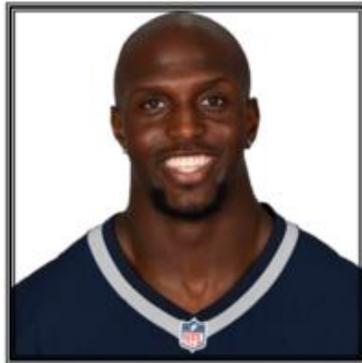


**Wear your Patriots fan gear and Come "tailgate" on April 28th with
New England all-stars Devin McCourty & Dion Lewis!**

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

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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.