



**ADJUTANT'S
NEWSLETTER**
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THE DEPARTMENT OF NEW HAMPSHIRE THE AMERICAN LEGION

TO MY LEGION FAMILY:



2016 NATIONAL CONVENTION

Thanks to those that attended National Convention this year in Cincinnati Ohio. Other than our hotel accommodations being some distance from the convention center in another state, all in all it was a very successful convention. Our Department Commander, Tom Wiley talks about the importance of getting out to vote and the American Legion is encouraging all Legionnaires to take the time to vote for our next President in his column.

We did have visits from both Presidential candidates this year, both expressing their particular views and goals for this country. Certainly Veteran Affairs was a very hot topic and both candidates shared their vision for what they think the VA should or should not be doing.

The American Legion also elected its new officers for 2016-17 as a follows:

National Commander
Charles E. Schmidt (OR)



National Vice Commanders
Paul Martel (Florida)
Fae Casper (Georgia)
Douglas Boldt (Nebraska)
Paul Espinoza (New Mexico)
Vincent Troiola (New York)

Below are a few words from our new National Commander, Charlie Schmidt.

Dear Legionnaire,

It's an honor and a pleasure to serve as your new National Commander. I am really looking forward to working with you on the many initiatives that we face as an organization, but today I am writing to enlist your support for the highest priority for our future: **MEMBERSHIP**.

Each American Legion department faces membership challenges, but we must connect with veterans on a level that we all share – a desire to serve. Whether it's as a volunteer, at church or with a little league team – service is at the core of every veteran. For many of our veterans, it's a challenge to find a place that gives them the same sense of accomplishment or mission that they had while wearing the uniform. We want that place to be The American Legion.

Today, I am asking you to take a pledge and encourage all the members in your department to join you in recruiting one new member. If each of us does this, we could double the size of The American Legion. By Sept. 16 – the date The American Legion received its federal charter nearly a century ago – signify your pledge by becoming a part of my [Thunderclap](#).

What's Thunderclap?

Thunderclap is a tool that allows thousands of people to share the same message at exactly the same time. People sign up on the [Thunderclap](#) website and give permission to share a single message on Facebook and Twitter at a specified time. Ours is located here:

[#JointheForce Thunderclap Website](#)

If you and enough others support our [Thunderclap](#), we will reach thousands of people and let everyone know that a 'Legion' of veterans working together is a force to be reckoned with!

Our voice is strong, but it can be stronger.
We are making an impact, but we can always do more.
The only way we can make major differences
for individuals, communities, our states and nation is to work together.

Please use social media to spread the word. We want all veterans to #JointheForce and make our American Legion bigger, stronger and better able to achieve our mission!

Sincerely,
Charlie Schmidt
National Commander

DEPARTMENT COMMANDER NOTES

Hello Legionnaires,

Upon returning from the National Convention held in Cincinnati, OH recently, I had the opportunity to hear two presidential candidates speak. With the upcoming elections I want to emphasize the important obligation of all Legionnaires to vote and assist, wherever possible, in this process. With the publication schedule of the Legionnaire I want all to start now in preparing to assist in the election season. The American Legion "Get Out the Vote (GOTV)" program is a very important one. There are downloaded brochures and other material to help Posts put forth a grand effort to their community, State and Nation. Below is a January 20, 2016 article from the American Legion, please read this valuable article and follow the guidelines for a Legionnaire. I hope to see you at the polls!

"As 2016 ushers in presidential and congressional elections, American Legion posts are encouraged to promote "Get Out the Vote" (GOTV) efforts while remaining nonpartisan in the process.

The Legion's "Get Out the Vote" brochure provides ideas on how posts can participate in and promote the electoral process in an effort to motivate U.S. citizens of legal age to exercise their right to vote. Legionnaires can serve as poll volunteers, host or participate in nonpartisan candidate forums, place public service announcements in local media that promote registration and voting, distribute GOTV promotional materials and more.

During GOTV promotional efforts, it is imperative to remember that The American Legion is nonpartisan and will not be used for the dissemination of partisan principles nor for the promotion of any candidate or party. For example, when a Legion post hosts or sponsors a candidate forum or debate, it must be open to the public and all candidates must be invited. Any impression of endorsement or support must be avoided. Individual Legion members may support candidates of their choosing. However, Legionnaires engaged in partisan activities - such as attending a candidate's rally - should do so without wearing the Legion cap or other Legion attire.

"It's an exciting time for our nation as we prepare to elect our 45th president," said Richard Anderson, chairman of the Legion's National Americanism Commission. "And as Legionnaires, it is our duty to demonstrate 100 percent Americanism and commitment for continued service to this country by being politically active as individuals. But politics and elections can easily stir the emotions and passions of even the most passive people among us. For this reason, as posts begin their Get Out the Vote efforts, they must be ever-vigilant in following the rules of nonpartisanship."

Start planning GOTV efforts now by downloading the Legion's "[Get Out the Vote](#)" and "[Vote, America](#)" brochures. For sample GOTV public service announcements and news releases, visit www.legion.org/vote.

"As you head to the polls, and encourage others to do the same, remember that our government is 'of the people, by the people and for the people' and our democratic republic can only function when we the people participate," Anderson said. "With a successful GOTV campaign, Legionnaires can make a difference in voter turnout."

Thank you

Tom Wiley, Department Commander

Retiree Day

The Northern New England Retiree Councils and the NH National Guard will host the Annual Northern New England Military Retiree Activity Day (RAD), at the NH National Guard Army Aviation Support Facility in Concord, NH on Saturday, 24 September, 2016. This event is held in cooperation with Portsmouth Naval Shipyard, New Hampshire National Guard and the Army Retiree Councils from Maine, New Hampshire and Vermont.

The purpose of the event is to give Northern New England New England military retirees from all branches of service, as well as gray area retirees and family members, an opportunity to gather the latest information on benefits and services that are available to them. Military retirees and their spouses from all of the northern New England states are expected to attend this informative and entertaining event.



MILITARY RETIREES

Gray Area Retirees

And Family Members

All Branches of the US Armed Forces

You are Invited to

THE NINETEENTH ANNUAL NORTHERN NEW ENGLAND MILITARY RETIREE ACTIVITY DAY

SPONSORED BY

THE NATIONAL GUARD OF NEW HAMPSHIRE, MAINE, AND VERMONT IN COOPERATION WITH THE NEW HAMPSHIRE, MAINE, AND VERMONT RETIREE COUNCILS, AND THE RETIRED ACTIVITIES OFFICE OF THE PORTSMOUTH NAVAL SHIPYARD.

HERE'S WHAT'S AVAILABLE

LEGAL ASSISTANCE, HEALTH CARE INFORMATION, SURVIVOR BENEFITS, RECREATIONAL FACILITIES, COMMISSARIES, EXCHANGES, VETERANS ADMINISTRATION, VETERANS CEMETERIES, VETERANS HOMES, DEERS /ID CARD RENEWALS, AND MUCH MORE.

COME AND JOIN US

SATURDAY SEPTEMBER 24, 2016

At The New Hampshire National Guard Army Aviation Support Facility
26 Regional Drive Concord New Hampshire
(All activities will be indoors)

Directions:

From the East & South: Route I-93 to Exit 13 (Route 3). Take Route 3 South toward Pembroke. Left at first light over bridge onto Old Turnpike Rd which turns into Regional Dr. Look for military helicopter on a pole on the right.

From the West & North: Routes 4 & 202 (to Concord) joins I-393. Take exit 3 off I-393 onto Route 106 South. At 4th light, take right onto Regional Drive. Look for military helicopter on a pole to the left.

0800-0900 REGISTRATION
0900-0945 OPENING CEREMONY
0945-1300 EXIBITOR DISPLAYS OPEN

FOR MORE INFORMATION CONTACT;
CSM (ret) Mike Rice 603-493-4918

The American Legion Department of New Hampshire College

The college is a two-day course (Basic and Intermediate) into the Legion's programs and structure, and issues facing the largest veterans' organization in the country. In addition, Post Adjutants are invited to attend an Adjutants Course (Day 1) developed by Adjutant Dan Yoder and continue on with the intermediate course (Day 2). The course will be held at Department Headquarters. The curriculum covers an array of topics, such as leadership and communication; Americanism, children and youth; legislation; constitution and bylaws; resolutions; parliamentary procedure; duties of post officers.

Teaching our members how to effectively execute the programs and functions of The American Legion is critical to our success. We must mentor new members! They must know how and why the nation's largest wartime veterans' organization operates, and be able to lead us into the future.

Training should be one of the top priorities at all levels of the organization. From the top down and inside out, even the smallest pebbles of knowledge can create a ripple effect of energy and excitement throughout our ranks. There are countless Legionnaires ready to carry on our mission, waiting only to be taught how.

It is everyone's responsibility to carry on this vital mission, not just the top leadership. Every Legion family member with the skills and knowledge to share should do so at every opportunity.

WHY TRAIN?

A significant amount of the time we spent in the military involved training. From basic training, where we learned how to march, shoot, wear the uniform properly and work as a team, to advanced training where we honed our specialty skills, learning was integral to professional development.

Training, in a nutshell, made us better at what we did. It will also make Legionnaires better at what we do today.

Training ensures that The American Legion will be able to better serve our communities. It is the lifeblood of mentoring new members to develop their expertise that will enable them to become the future leaders of The American Legion.

BENEFITS

Establishing and implementing a well-organized training program in your department will reap dividends that go far beyond the immediate satisfaction of quenching the thirst for knowledge. A well planned curriculum will likely:

- Enhance the quality of programs and post operations
- Offer incentives for new members to learn and increase their skills
- Provide new skill sets for long-time members
- Increase social activities at the post centered on training events
- Establish an effective mentoring mechanism
- Standardize execution of post programs
- Motivate members to increase their Legion knowledge

Dave Meaney, PDA
Leadership Training Committee

**The American Legion
College of New Hampshire
Class of 2016**

**October 15/16, 2016 (Department Headquarters, Concord, NH)
Application**

Name _____ Age _____ M ___ F ___ Phone (____) _____
Address _____ City _____, NH Zip _____
Post Name _____ Number _____ District _____
E-Mail _____ Years in Legion _____ SAL _____
War Era _____ Completed American Legion Extension Institute: Yes ___ No ___
Leadership Positions Held in The American Legion, with year _____

- Only one person, and tuition, per application.
- A check for **\$20.00 tuition**, made payable to *The American Legion Department of New Hampshire* must accompany this application. Check number: _____
- Application Deadline: **September 30, 2016.**
- Mail completed application, *with payment* to the Department of New Hampshire, 121 South Fruit St Suite 103, Concord, NH 03301
- Classes will run each day from 08:30-16:30 with a short meal break (provided)

I understand that if accepted to The American Legion College of New Hampshire, there will be NO REFUND of the tuition. I also understand that if I am not accepted to the college this year, I will be considered for next year, and a full refund *will* be made.

Signature _____ Date _____

September is Suicide Prevention Month



#BeThere

Preventing suicide starts with a simple act of support.

Did You Know?

- Approximately 65 percent of all Veterans who died from suicide in 2014 were 50 years of age or older.
- Veterans accounted for 18 percent of all deaths from suicide among U.S. adults.
- Since 2001, U.S. adult civilian suicides increased 23 percent, while Veteran suicides increased 32 percent in the same time period. After controlling for age and gender, this makes the risk of suicide 21 percent greater for Veterans.
- Since 2001, the rate of suicide among U.S. Veterans who use VA services increased by 8.8 percent, while the rate of suicide among Veterans who do not use VA services increased by 38.6 percent.
 - In the same time period, the rate of suicide among male Veterans who use VA services increased 11 percent, while the rate of suicide increased 35 percent among male Veterans who do not use VA services.
 - In the same time period, the rate of suicide among female Veterans who use VA services increased 4.6 percent while the rate of suicide increased 98 percent among female Veterans who do not use VA services.

Learn to Recognize the Signs

Many Veterans may not show any signs of intent to harm themselves before doing so, but some actions can be a sign that a Veteran needs help. Veterans in crisis may show behaviors that indicate a risk of harming themselves. Veterans who are considering suicide often show signs of depression, anxiety, low self-esteem, and/or hopelessness, such as:

- Appearing sad or depressed most of the time
- Clinical depression: deep sadness, loss of interest, trouble sleeping and eating—that doesn't go away or continues to get worse
- Feeling anxious, agitated, or unable to sleep
- Neglecting personal welfare, deteriorating physical appearance
- Withdrawing from friends, family, and society, or sleeping all the time
- Losing interest in hobbies, work, school, or other things one used to care about
- Frequent and dramatic mood changes

- Expressing feelings of excessive guilt or shame
- Feelings of failure or decreased performance
- Feeling that life is not worth living, having no sense of purpose in life
- Talk about feeling trapped—like there is no way out of a situation
- Having feelings of desperation, and saying that there’s no solution to their problems

Their behavior may be dramatically different from their normal behavior, or they may appear to be actively contemplating or preparing for a suicidal act through behaviors such as:

- Performing poorly at work or school
- Acting recklessly or engaging in risky activities—seemingly without thinking
- Showing violent behavior such as punching holes in walls, getting into fights or self-destructive violence; feeling rage or uncontrolled anger or seeking revenge
- Looking as though one has a “death wish,” tempting fate by taking risks that could lead to death, such as driving fast or running red lights
- Giving away prized possessions
- Putting affairs in order, tying up loose ends, and/or making out a will
- Seeking access to firearms, pills, or other means of harming oneself

Suicide Prevention Resources

- VA Boston Suicide Prevention Team – provides education and training to VA staff and community members
- National Suicide Prevention Consultation—Available to VA providers, please consult via srmconsult@va.gov or 866-948-788 to schedule a 1hr consultation.
- VA Suicide Prevention - http://www.mentalhealth.va.gov/suicide_prevention/
- Veterans Crisis Line – 1-800-273-8255 VeteransCrisisLine.net
- Make the Connection - <http://maketheconnection.net/>
- Suicide Prevention Resources Center - <http://www.sprc.org/>
- National Suicide Prevention Lifeline - <http://www.suicidepreventionlifeline.org/>
- American Foundation for Suicide Prevention - <https://afsp.org/>

Thank you for taking the time to recognize Suicide Prevention Month and for your effort in reducing the number of Veterans lost to suicide. Please contact me with any questions or requests.

Vacant Department Vice Commander Position

To all Legionnaires,

A Department Vice Commander position vacancy exists in the New Hampshire Department for the unexpired term of office.

As Department Commander, I am requiring all qualified candidates provide proof of eligibility as set forth by the dates of eligibility in the National/Department American Legion Constitution and Bylaws. This documentation will be in the NH Department office no later than close of business on Wednesday, 26 October. This will allow the NH Department Headquarters time to verify the eligibility dates and document provided. Candidates shall be present at the DEC or provide a letter of intent to the Department office by the eligibility documentation deadline.

If you feel qualified and wish to be a candidate for the position, you may do so at this time. From the pool of qualified candidates, nominations will be heard and voted on at the next Department Executive Committee (DEC) meeting on Saturday, 29 October at Contoocook Post 81. Once elected, the individual will be installed and serve out the unexpired term of office as a Department Vice Commander.

If there are no qualified candidates, I will not fill the position and it will remain vacant until the 2017 Department Convention.

Tom Wiley
 Department Commander
 Department of New Hampshire

