

Presidents Message
November 2025

“Forever Serving Veterans”

The Holiday's are around the corner we need to take care of our veterans in the nursing homes and at their homes. The dates for the parties have been sent out, so please try to attend. They look forward to our visits and we make them very happy.

I have completed 12 Official Visits to auxiliaries and districts. It has been amazing the work that you all do for the veterans. I have traveled 1,500 miles to these different places, and I have enjoyed every visit. The things you do for our veterans is wonderful.

Just returned from Eastern States Conference in Delaware. It was a good weekend with all of the States. New Jersey had a shit on Recruit members and Denise Beckler was in charge it was about fishing and of course we were the best. Thank you, Denise great job.

Our membership is doing well we are at 86.20%. We need to get to 90%, so please get all of your membership in, because you know when the holidays come, we are doing other things. I thank all of you for all of the membership.

Just a reminder get you Special Project Pins and donations in to our Treasurer.

Our National President Lois Callahan will be in New Jersey on November 2-4. Please try to attend the visit. Information has been sent out.

Have and Happy and Healthy Thanksgiving!

Loyally,
Gloria Lisicki
Department President

AMERICANISM

2025-2026

Sandy Reed
732-343-1133
Vfwauxiliary7508@gmail.com

November is a powerful month for Americanism! It's a time when we pause to reflect on the freedoms we enjoy and the heroes who defend them. As we celebrate special Patriotic dates such as Veterans Day, let's remember the importance of patriotism, community, and gratitude.

Patriotic Dates

- **November 5 – Election Day:**
Encourage everyone to exercise their right to vote! Voting is one of the greatest privileges we have as Americans!
- **November 10 – U.S. Marine Corps Birthday:**
Celebrate 250 years of the Marine Corps' proud tradition of honor, courage, and commitment.
- **November 11 – Veterans Day:**
Honor all who served in the United States Armed Forces. Attend or organize a ceremony, visit a memorial, or thank a veteran personally. Remember, freedom isn't free.

Ideas for Your Auxiliary

- **Host a Veterans Day Assembly or Program** at a local school or senior center. Share the meaning of Veterans Day, lead the Pledge of Allegiance, or distribute small American flags.
- **Display the Flag Proudly:**
Remind members and community partners about proper flag etiquette. Offer a brief demonstration or printed guide on how to display and retire the flag respectfully.
- **Promote Patriotism on social media:**
Post patriotic quotes, flag facts, or photos of veterans being honored in your community.
- **Support Deployed Troops:**
Collect cards, care package items, or donations for deployed service members — a wonderful way to share gratitude during the season to give Thanks.

"Our flag does not fly because the wind moves it... it flies with the last breath of each soldier who died protecting it."

— Unknown

**Take pictures, update your checklist and send them to me!

Forever Serving Veterans

Auxiliary Outreach

Tis the season! Now is the time to investigate volunteer opportunities in your community for the upcoming holiday season. They are EVERYWHERE! Start with social media. Just like us at the VFWA, service groups will be posting to let people know what they have going on for the holidays. Have your Auxiliary go beyond donating funds and encourage your members to connect with those in need right in their own backyard. Enter key words like "volunteer", "fundraiser", "event", or "collection". Groups that are running holiday programs will need help sorting or delivering collection items, assembling bags and hand-outs for the needy, serving food, checking people in, or set-up/break-down at events. If you see something that piques your interest, call and ask if they need volunteers.

Here are some opportunities in NJ that I found by searching those key words:

1. Bayshore Family Success Center
 - Volunteer opportunities in Monmouth County are posted on a monthly calendar on their Facebook page at :
<https://www.facebook.com/share/p/1BofKvtHfd/>
 - Contact at: 732-497-3811 or familysuccess@ymca.org
2. Riding High
 - Looking for volunteers to assist special needs children and adults in equestrian therapy
 - Located in Allentown, NJ
 - www.Ridinghighfarm.org 609-649-4136
3. Alliance for Success
 - Helping teens prepare for college/work force
 - South Jersey
 - Contact Renee Lehrman 732-747-8577 x. 3203 or Rlehrman@lunchbreak.org
4. Affinity Hospice
 - Companionship visits, music, art, or pet therapy, respite for caregivers, help w/errands/chores
 - Parsippany and Brick areas
 - Antionette Lusardi 732-800-9494 Alusardi@affinitynewjersey.com
5. Share My Meals
 - Recover and deliver healthy meals
 - Morristown, NJ
 - Emily@Sharemymeals.org

6. Goat Squad

- Goat rescue looking for help mucking stalls, filling water buckets, socializing with goats
- Annandale, NJ
- Makyla@goatsofanarchy.org

7. Special Olympics

- Event help
- volunteers@sonj.org
-

8. CARES Center for Addiction, Recovery, Education, and Success

- Assist middle school teens with homework, recreation, snacks, etc
- Hackettstown, NJ
- Trisha ytomasso@aol.com
-

9. Paramus Home

- Individuals that sign up to volunteer assist as companions at events like BINGO. Almost every one of our state hospitals has a volunteer program. Ask your hospital rep if they can point you in the right direction or call facilities directly.
- Paramus Volunteer Coordinator Sini Joseph 201-634-8505
Mariamma.joseph@dmava.nj.gov
- * Many local nursing homes look for volunteers to assist in similar capacities. Contact one near you.

Need more? I came across this online info session for volunteer opportunities in NJ. It takes place at 12pm on Nov. 11. I understand that is a big day for our membership, but if you are able to tune in, it may yield some opportunities in Somerset, Hunterdon, and Warren counties. RSVP at volunteer@jewishfamysvc.org

Your time is the greatest gift that you can give this season.

Yours in Service,

Kathleen Shanahan
NJ VFWA Auxiliary Outreach
shanahank2@gmail.com
201-410-6814

"BUDDY" © POPPY / VFW NATIONAL HOME

November 2025



Kathleen Reichenbach
7 Ashley Road
Whiting, NJ 08759
732-740-1526
kreich325@gmail.com



Well, its November and we all know what that means.....the Holidays are right around the corner. November, we have Veterans Day and Thanksgiving.

Veterans Day is an excellent day to plan a "Buddy" Poppy Drive. Reach out to your local businesses to set one up. This is a great opportunity to remind people that all money contributed is for the welfare of our Veterans and their families. With the upcoming holidays I'm sure there are many Veteran and active Military that can use a hand up.

Thanksgiving is a day of giving Thanks so let us remember to *give* Thanks for our Veterans and Military including their families for all their sacrifices. Should you be involved in delivering Thanksgiving dinners to Veterans include a "Buddy" Poppy with your delivery. They will LOVE it.!

Remember every day can be "Buddy" Poppy Day!



Forever Serving Veterans..... 



VFW NATIONAL HOME



3574 S Waverly Rd.
Easton Rapids, MI 48827
Donations 866-483-9642.
For Help 800-313-4200
help@vfwnationalhome.org
General 800-424-8360
info@vfwnationalhome.org



November 2025

"The VFW National Home assists military, veterans, and their families with children, by creating a foundation of services and resources to achieve their personal and family goals in order to move forward in a positive, safe and healthy environment."

What a wonderful selfless Mission!
How could anyone not want to join in this goal.

The National Home is constantly evolving to meet the changing needs of military and veterans' families. One area that is of great help on this campus is the VFW Auxiliary Child Care and Early Education Center. This on-site service is available for free to those families residing at the National Home while working or attending school. It was built in 1945 and is a full-service, state-licensed childcare facility with classrooms for infants, toddlers and preschool/school-age children. Just one of the many services provided at the campus. Another reason to support the National Home with our "Buddy" Poppy drives.



Forever Serving Veterans.....



Whitmore's Warriors Class of 2025-2026 Project



LET'S DO MORE
STOCK THE STORE

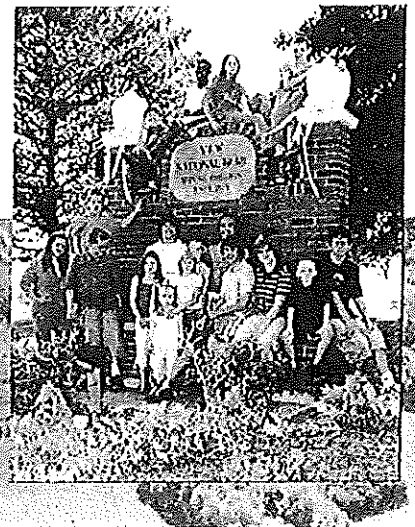


V F W
NATIONAL HOME



Whitmore / Callahan 2025 / 2026

Store Equipment (Refrigerators, freezers, etc and Food)
Consists of purchasing equipment for the retail section including coolers and freezers for fresh and frozen food, and beverages, dry goods and other sundries that are deemed most useful to residents. This fundraiser will also purchase an honor system point of sale program that allows residents to enter the store with a swipe card, pick out items and pay for them with a credit or debit card both during and after business hours.



***EXTENSION & REVITALIZATION
NOVEMBER 2025-2026***

Happy Fall

As the fall season is in full swing and we are starting to think of Thanksgiving, let's always remember to keep checking on each other. Comradery and making others feel welcome is a big part of retaining members and building new Auxiliaries.

I'm happy to say that a new Auxiliary was just instituted this week in Brigantine, Post 6964 and I want to thank the organizer Barbara Wiener and the rest of the committee for their hard work. All of the members/officers installed seemed very eager to get started. There are a few more in the works and I will keep you all posted as they progress. If anyone hears of a Post wanting to have an Auxiliary formed please let me know.

I'm also happy to say that I have assisted a few Auxiliaries these past few months expand their knowledge of the by-laws & rituals and mentored their new officers. This is what we are all about lifting each other up.

As always please do not hesitate to reach out to me if you need any assistance.

**Until next time FROM Sea to Shining Sea let's Honor our Veterans Who
Keep us Free, while Forever Serving Veterans. Happy Fishing.**

RECRUIT – RECRUIT – RECRUIT – RETAIN – RETAIN – RETAIN

Extension & Revitalization Chairman/Chief of Staff

Margaret Russo

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732-887-7947

Historian/Social Media

Mary Ryan Sandman

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Happy November!

Over the last few months, I have talked about the core aspects of the Historian program. And the different aspects of the Social Media. And this year we have the introduction of Reels in Social Media.

As we learned this past year, we learned about Social Media plan B. After our previous Facebook page was suspended, we had to pivot real quick real fast. So I had you temporarily move and post stuff to the Department Instagram (IG) page. I know a lot of people said they don't use an IG page, or they don't like it.

Instagram is a photo and short-form video sharing social media app, that is owned by Meta (the company that owns Facebook). I can say from experience in my family, a lot of parents may introduce their children to social media with Instagram.

Since Meta owns both Facebook and Instagram, in the Meta Business Suite, you can post to both at the same time. You can also schedule a post to go up at a specific time.

I am including in this mailing instruction on how to add the Podium Book to you iPhone. If you have instructions for Android OS, please send it to me for next months mailing.

Happy Thanksgiving!

How to add the Podium-Bylaws book to iPhone

1. Download the 2026 Podium-Bylaws book from MALTA.
2. Open Shortcuts app
3. Tap the + sign in the top right corner
4. In the search bar, search Open File
5. Select the search result "Open File"
6. Select the File Folder next to Open
7. The list of available PDF/document will appear. Select the document you want.
8. Select "Default" to select where the document will open
9. At the top of the screen, select "Open File"
10. A menu will appear, select Rename to Rename the File.
11. Enter a name for the Shortcut
12. Select the new file name at the top of the screen, select Add to Home Screen.
13. A preview will appear select a file color and/or emoji for the Shortcut.
14. Select "Add" in the top right corner
15. The Shortcut will now appear on your home screen for easier access.

If you have any questions, please don't hesitate to ask.

Hospital Communications November 2025

Barbara Wiener

Dept. Hospital Coordinator

barb.wiener@yahoo.com

201 6th St. North Brigantine NJ 08203

609-464-1791

Hello Fall!!

I wanted to thank everyone that has sent in their monies to the 7 hospitals. If you haven't sent in your money, please do so. Don't forget any Auxiliary that has sent to 5 or more hospitals will receive a Certificate in Wildwood. The holidays are coming up quickly and the contributions that you send are for our Veterans to help celebrate them as well as the holidays.

Looking forward to the upcoming holidays, below is a list of dates for the VA Homes.

- Vet Haven South—December 4th—5pm
- Paramus—December 13th—1pm
- Vineland Veterans Home—December 14th—11am
- Vet Haven North—December 20th—11am
- Menlo Park—December 21st—2pm

If you would like to attend any of these parties, please call the Rep assigned to the home, or call the home and see if there are any special rules.

Don't forget to send in your forms for your hours for anyone who has volunteered for any nursing home, nursing facility, hospital, and the state VA Hospital.

I have received donations from 3 Auxiliaries so far for the Honors Escort program to purchase casket flags for the deceased Veteran. Looking forward to hearing from anyone who has established this program in a facility.

Also, remember that besides our own VA Hospitals, there are plenty of small nursing homes and assisted living facilities that have veterans in them. They would love to have visits, especially over the holidays. Some of these veterans do not have any family and a visit from you would mean the world to them.

Any questions or concerns, feel free to get in touch with me.

Happy Holidays to all!!!

VFW Auxiliary Department of New Jersey Christmas Party

The Lyons Campus just okayed it to be held at the all-purpose room Building 143 on December 1st at 7:00 PM. There will be approximately 100 Veterans attending.

There wish list is jogging suits, sweat pants, shirts, boxer brief underwear. They need larger sizes also up to 4x and if it could be unisex, it would be good for our women Veterans also.

If you need a table, please let me know prior so I can order them for you. Also, please let your Post know they are also invited to come,

Sorry for the late notice but I did start this last January and was told it was put in the book, and it wasn't. I am hoping that next year will be easier.

Thank you for all your support to the Lyons Campus. If you need anything my

Home number is 908-689-2565 and my cell is 908-619-5566.

Thank you

Lorraine Brooks



HOLIDAY PARTY AT MENLO PARK HOME

*Come Join Us as we celebrate the Holidays with our
Veterans at Menlo Park*

*Sunday, December 21, 2025
2:00 pm*

*132 Evergreen Rd.
Edison, NJ 08837*

Music, Gifts, Food & Santa



Paramus Home Christmas Party



December 13, 2025 @ 2pm

Paramus Veteran Memorial Home

1 Veterans Way

Paramus, NJ 07652

Refreshments and entertainment.

Department of NJ VFW/VFWA



VFW/VFWA DEPARTMENT OF NEW JERSEY
ANNUAL VETERANS HAVEN SOUTH CHRISTMAS PARTY
THURSDAY, DECEMBER 4, 2025
5 PM TO 7 PM
301 Spring Garden Rd
Winslow, NJ 08036

MARK YOUR CALENDARS!

Time to share some holiday cheer with the residents of VHS!

We need volunteers to serve, make side salads and holiday desserts!
and,

If your Auxiliary need any gift ideas the following items are always appreciated:
Triple & Double A batteries alarm clocks fabric dryer sheets pillows socks
gift cards blankets sanitizing wipes show flip flops

Also popular are individually wrapped snacks to take to their rooms, like cookies, candy, peanut butter and crackers or tuna and crackers, nuts, cakes, etc.

Any questions - please call!

Denise Beckler
Dept of NJ VFWA Veterans Haven South Rep
denise.beckler@aol.com 856-448-3501 (can call or text)



Vineland Memorial Veterans Home

Barbara Wiener-Vineland Rep.

barb.wiener@yahoo.com

201 6th St. N. Brigantine NJ 08203

609-266-1359

Hello everyone, welcome to November!!

We are getting ready for the holidays and are very busy. They have a lot of activities going on. Here is a list of a few dates to look forward to...

- Turkey Bowling and Pies—November 19th—2pm
- State Holiday Party—December 14th—11am
- January Event—Date to be announced in December
- Valentines Day—February 14th—11am

Attached you will see the Wish List for Vineland.

Remember if you are going, please call ahead to see if any other activities are going on.

They encourage volunteers throughout the year, not just over the holidays.

Here's a few special items that they are looking for...

- Wheelchair cup holders
- Super Ear (Amazon)
- Tasty cakes
- Boxed tissues
- Large candy bars

Not Needed Please

- NO SOCKS
- NO TEE SHIRTS
- NO BATTERIES

Any questions please call or email me. Thank you to all who help.

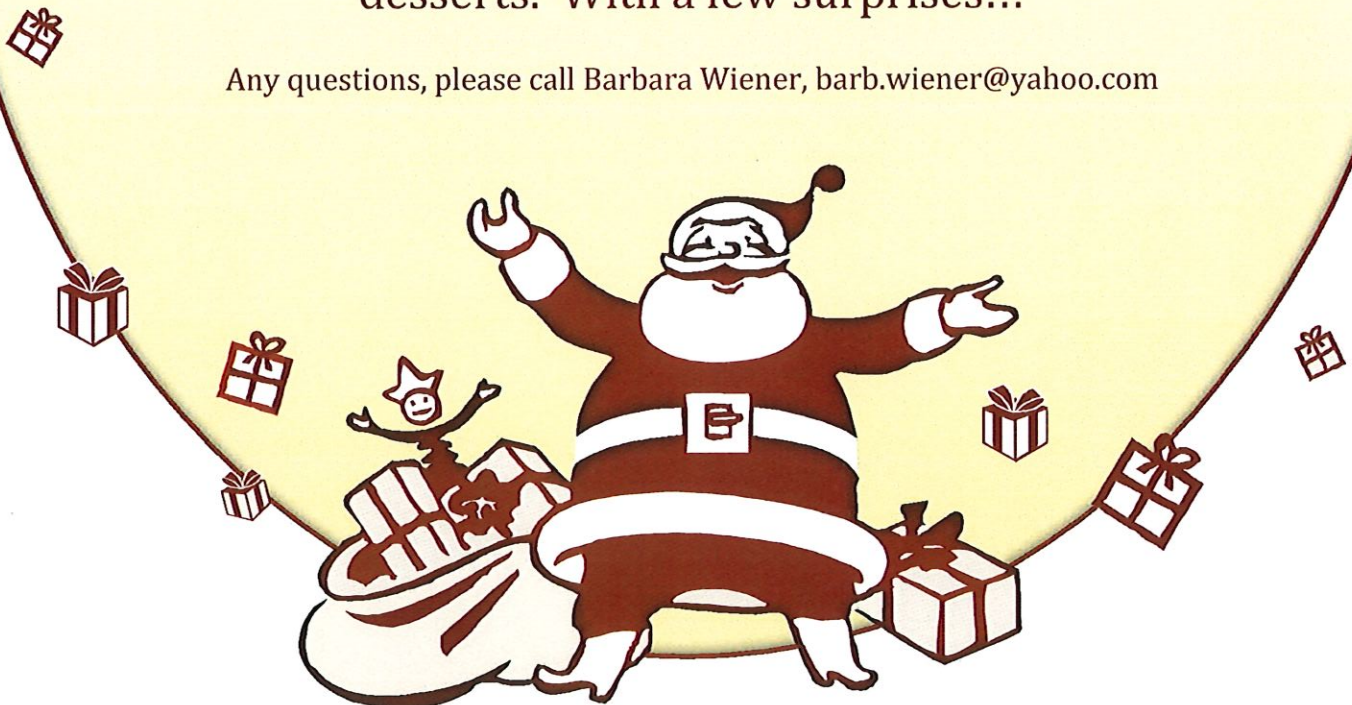
DUEL OF THE SANTAS **VINELAND MEMORIAL** **HOME ANNUAL STATE** **PARTY**

11AM TO
SUNDAY DECEMBER 14

524 NW Blvd | Vineland NJ

Come join us and celebrate with our Veterans.
There will be gifts, lots of food, beverages, and
desserts. With a few surprises!!!

Any questions, please call Barbara Wiener, barb.wiener@yahoo.com



Legislation
November, 2025

Well, before we know it, the weather will be turning colder and it is getting darker earlier. The clocks will be turned back one hour on November 2, 2025, and the holidays will be upon us before long.

Now is the time for all of our members to try to keep in touch with all of our veterans to ensure that they are safe and well. Please try to use social media to reach out to our members and to get information to them regarding happenings in Washington, D.C., if they are not on the VFW Action Corp. site.

The VFW last year launched Honor The Contract regarding VA disability compensation to our veterans, which is not a handout but an earned service for those veterans who risked their lives and health on this Country's behalf. The Washington Post has printed a false and harmful article containing information that veterans are exploiting the VA disability system. This is so wrong and is an attack on our men and women who supported and served our Country. Attached please find the VFW National Commander, Carol Whitmore's rebuttal statement to the Washington Post in regard to their article.

It is up to each and every one of us to fight for our veterans, some of whom cannot fight for themselves. I cannot express how important it is for each and every one of us to subscribe to the VFW Action Corp which comes out weekly every Monday, to keep us informed as to what is going on in Washington concerning our veterans. I am again attaching the QR code to help our members to sign us and to let our voices be heard when there are calls to Action regarding our veterans or to just send our elected representations a letter to not forget the men and women who have fought and are still fighting for our Country.

Yours in Service,

Lynn Ann Malone
NJ VFWA Legislation Chair 25-26
908-578-0440
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**“IT’S POLITICALLY AND SOCIALLY
CONVENIENT TO QUESTION THE
INTEGRITY OF VETERANS RATHER
THAN CONFRONT THE TRUE COST
OF 25 YEARS OF WAR.”**

-VFW National Commander Carol Whitmore

#HonorTheContract

VFW

VETERANS OF FOREIGN WARS.



VFW to Washington Post - Veterans' Disability Benefits are Not 'Loopholes' to Exploit

The following letter from the VFW National Commander was submitted to the Washington Post today

Oct 07, 2025

To the Editors of The Washington Post,

Your recent article, "How some veterans exploit \$193 billion VA program, due to lax controls" (October 2025), is not just a disservice to veterans — it is a dangerously misleading piece that feeds into damaging stereotypes and ignores both the moral and legal foundations of the Department of Veterans Affairs disability system.

Let's be absolutely clear: veterans' disability benefits are not charity. They are compensation owed for injuries and conditions incurred in the line of duty — promised by a government that asked men and women to risk their lives and health, often irreversibly, on its behalf. These benefits are not some "loopholes" for opportunists to exploit; they are the very least this country can do for the people it sent to war repeatedly, especially after more than two decades of sustained conflict without a draft.

Your article leans heavily on inflammatory anecdotes and edge cases, portraying veterans as system abusers, while ignoring the structural reality: combat wounds are not the only occupational hazards of military service. The daily grind of service — exposure to toxic environments, repeated concussions, sleep deprivation, moral injury, sexual trauma, constant stress, and grueling physical demands — leaves lasting scars. Just because a veteran wasn't blown up by an IED doesn't mean they aren't disabled.

Invisible injuries like PTSD, traumatic brain injury, and toxic exposure-related illnesses are not "new" or suspect; we just finally stopped ignoring them. Every generation of veterans before this one suffered in silence, and many died without care or acknowledgment. To now

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Online Version: <https://www.vfw.org/media-and-events/latest-releases/archives/2025/10/vfw-to-washington-post-veterans-disability-benefits-are-not-loopholes-to-exploit>

say that recognizing these conditions is proof of fraud is not only illogical — it is cruel.

The article also seems to misunderstand how VA disability ratings work. The system doesn't compensate based solely on whether someone can work. It compensates based on how a service-connected condition impairs a veteran's average ability to function in life and society. The fact that a veteran can hold a job doesn't mean their disability doesn't make daily life harder, more painful, or more isolating. If VA ratings were based solely on complete incapacity, we wouldn't see skyrocketing rates of veteran suicide, addiction, homelessness, or divorce — all of which are fueled not by fraud, but by the very real and too often dismissed cost of military service.

Lastly, let's not ignore what this article really reflects: veterans make an easy scapegoat for the elites of this country. We're a small percentage of the population. Many Americans are disconnected from the wars they authorized or ignored. It is politically and socially convenient to question the integrity of veterans rather than confront the true cost of 25 years of war. But the cost is real. And the obligation to those who bore it is not optional.

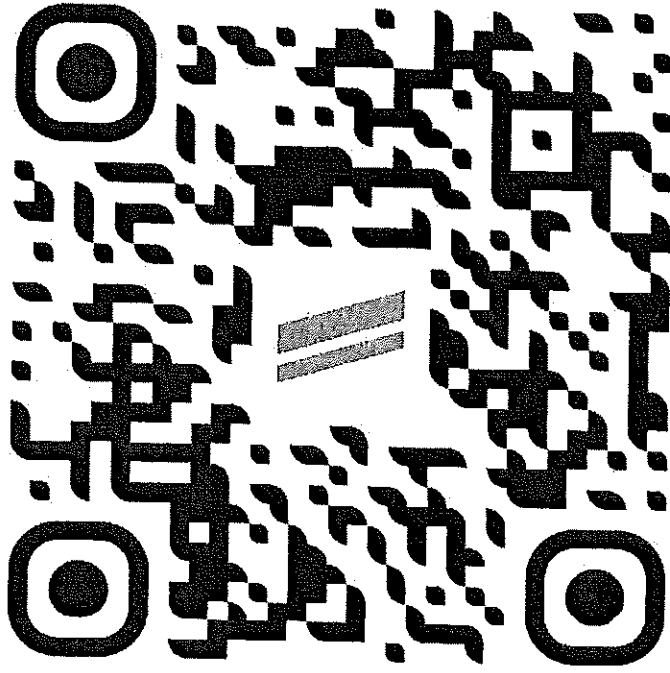
If your investigative team wants to find waste and fraud, start with the contractors who overbill, the generals who fail upward, the executives of squandered programs, or the politicians who wave flags while gutting oversight. But don't you dare turn on America's sons and daughters who carried the burden of service and now ask only for the care and compensation they were promised.

We veterans kept our end of the agreement and will continue to demand that those who asked us to defend our nation do the same. **Honor The Contract.**

Sincerely,
Carol Whitmore
VFW Commander-in-Chief

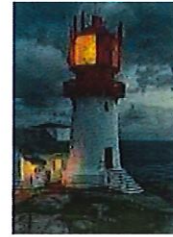
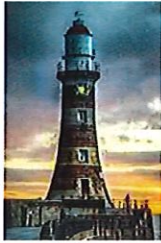
Read Washington Post article *How some veterans exploit \$193 billion VA program, due to lax controls.*

JOIN VFW ACTION CORPS



MEMBERSHIP PROGRAM 2025 – 2026
November 2025 Communication

Chairman Denise Beckler 856-448-3501 (can text) denise.beckler@aol.com
12 Wright Ave. Stratford, NJ 08084



We know our goal is to strive for 100% in membership for our Auxiliary and for the Dept of NJ VFWA, but I also know that's not an easy walk. It seems everyone is busy, too many things to do and the thought of adding a monthly meeting to their list is one more thing too much. This is even becoming an issue for the members we do have – life is just too busy right now. So as we try to gain new members and keep the ones we have, we may need to adjust our thinking of what an Auxiliary is.

Is being part of an auxiliary all about the monthly meeting? Is it about having access to the canteen? Is it about having a place to just hang out? Is it about helping out veterans at our post and in our towns? Actually, it is about ALL those things!! We are a community of likeminded people – we joined this organization to serve veterans. But we are also individuals with full lives and how serving veterans can get done will be different based on each person. The way to a strong auxiliary is taking the time to see what each member can offer and utilizing that ability or talent, Don't get upset because Susie Q for the monthly meeting or to make hoagies, but appreciate she dropped off 6 dozen cookies for a fundraiser. Build on each offering, big or small.

So why am I talking about this under Membership? Because new recruits will decide how active they want to be based on what they see within the auxiliary they just joined. We don't need to show a rosy fake face, we need to be real and welcoming and honest about what is expected **AND** then be willing to get what's offered and make it work for your auxiliary. Remember, getting new members in the door is necessary to keep up the work...getting them to stay and participate is just as important!

I got two great ideas from members this week that I want to share with you. Take this lovely QR code and ask if you can have a copy of this kept behind the Post canteen bar (with permission from your commander of course!). When there's a recruiting opportunity, rather than trying to find an application – just have them scan the QR code, the application and lots of info are built in it – thank you Donna Callahan!

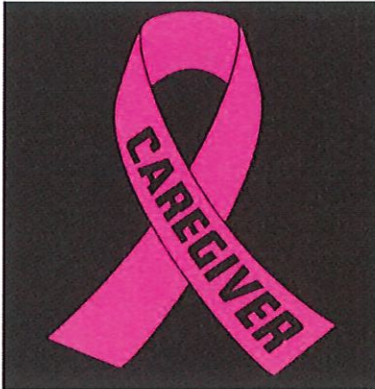


And to help your annual members become life, why not do an annual drawing (if your auxiliary treasury allows)? You can make it a challenge: pay your annual dues by a certain date or attend so many meetings to be eligible to be put in a drawing to win a life membership. Thank you Karen Benedetto!

“From Sea to Shining Sea Honoring Veterans Who Keep Us Free”

“Forever Serving Veterans”

Special Project



Mary Ryan Sandman

176 Patty Bowker Rd

Tabernacle, NJ 08088

(609) 456 – 1774

maryryan.nj11@gmail.com

National Joint Special Project

Several years ago, a General Store was built on the campus of the VFW National Home. As many of you know the VFW National Home in Eaton Rapids, Michigan is in the middle of nowhere. This is both positive and negative. The positive – those needing treatment can focus on what they need to. The negative – the closest market is a 40-minute drive.

This year, National Commander Carol Whitmore and National President Lois Callahan have chosen for their Joint Project is to “Stock The Store”. They are looking for financial donations to purchase shelving units, refrigerators, freezers, etc. Please do not send these units to the National Home! Donations can be sent through MALTA!

National President’s Special Project

National President Lois Callahan has chosen for her Special Project to raise funds for the Continuing Education Scholarships. Currently, there are four (4) scholarships (1 to each Conference) of \$2,500 each. Donations for this program can be made through MALTA.

Don't forget to send in the money for your Special Project Pin money to Department Treasurer Paula Pinto.

Department President's Special Project

As you know Department President has chosen for her Special Project Pediatric Cancer Research through The Rutgers Cancer Institute.

November is Pancreatic Cancer, Lung Cancer, Stomach Cancer, and Carcinoid Cancer, and also being honored is Caregivers Month..

The warning signs for Pancreatic Cancer include jaundice (yellowing of the skin or eyes), abdominal or back pain, unexplained weight loss, and digestive issues, including nausea, vomiting, and changes in stool and urine. Potential symptoms include fatigue, loss of appetite, and sudden onset of diabetes.

Lung Cancer is the leading cause of Cancer deaths in both men and women worldwide. The leading cause of Lung Cancer is smoking. There are two (2) types of Lung Cancer: Non-Small Cell Lung Cancer, which is the most common type, accounting for 85% of cases, and Small Cell Lung Cancer, which is less common and is more aggressive.

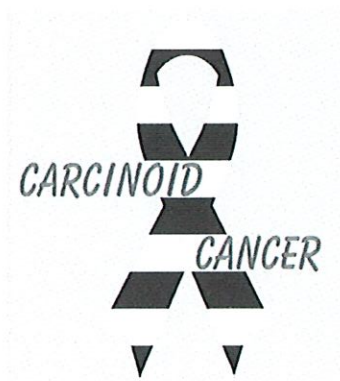
Stomach Cancer, also known as Gastric Cancer, develops in the stomach lining. Causes include smoking, obesity, alcohol

consumption, and a diet high in smoked, pickled, and salted foods. Early stages have no symptoms. Symptoms may include indigestion, heartburn, nausea and vomiting, abdominal pain, weight loss, bloating, anemia, and black or bloody stools.

Carcinoid Cancer is a rare cancer that typically grows slowly and originates in the gastrointestinal tract (small intestine, appendix, rectum) or lungs. Symptoms include flushing of the face, neck, or chest, diarrhea, wheezing, abdominal pain, and weight loss. Most causes are unknown or genetic factors.

Do you have someone who is a Caregiver in your life? Being a caregiver can be rewarding and difficult at the same time. Get a hold of them, maybe they could use a break, a trip to the Salon. Sometimes coffee and conversation are just what they need.





VETERANS & FAMILY SUPPORT

November 2025

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Phone: 732-322-9970
Email: vfwpost1302aux@gmail.com

The holiday season will soon be upon us. The time to gather with family and friends. Time to laugh, cry, tell stories, and enjoy each other's company. However, we know how our service members and their families handle the holidays – much differently. Either missing their loved ones due to a deployment or struggling to make ends meet.

What can the VFW Auxiliary do? The Auxiliaries can partner with their VFW post members and Adopt-a-Unit. The Adopt-a-Unit Program assists in building relationships between the VFW/Auxiliary and military members and their families – especially a local military base or National Guard unit. (Please note that multiple VFW posts cannot adopt the same unit.)

Why Adopt-a-Unit? First and foremost, support military members and their families. Develop supportive relationships before, during, and after deployments. Assist them through any challenges they face and offer needed aid, which these days is needed more than ever. Secondly, connect them to the many resources available through the VFW. Finally, by providing any type of assistance (even mowing the lawn while deployed), maybe a few military members will join the VFW, and their spouses join the Auxiliary.

What type of activities can be done? As many as can be imagined. For instance, provide Thanksgiving/Christmas meals – if the unit is preparing their own, offer to bring more food, or provide the entertainment, or just bring more bodies to assist. For Christmas, have a toy collection, wrap them up and present to the children – ease the burden of the spouse during a deployment. Other activities that can be planned are: Welcome Home/Sending Off, Family Day, dinners (whether host at the unit or at the Post), attend any funeral or memorial services, or host a fundraiser with or support a fundraiser that the Family Readiness Group (FRG) may have. The possibilities are endless.

What are the steps to Adopt-a-Unit? Work with the Post leadership to identify a unit - the best resources are usually family/relatives or someone on a military base. Request permission from the unit's Commanding Officer or Senior NCO. Review the full requirements on the Adopt-a-Unit application. For more information, please go to the VFW website: <https://www.vfw.org/community/troop-support>.



**DIRECTORY CHANGES
NOVEMBER 2025**

Replace Department Assistant Conductor

Carol Struszkiewicz

With Caitlin Piccone
399 Lincoln Ave.
Cliffside Park, NJ 07010
201-655-4780
Cait5451@gmail.com

Replace Department Color Bearer #3

Cheryl Ann Stranahan

With Jennifer Norton
43 Pine Tree Rd.
Old Bridge, NJ 08857
732-586-3686
Oceangrl77@hotmail.com

JOIN AHG TROOP NJ0316 TO SPONSOR WREATHS PLACED AT B.G. WILLIAM C. DOYLE CEMETERY



Girls from the troop will be at Fall Conference collecting donations. All donations will directly sponsor wreaths placed on veteran's graves in Arneytown. Wreath sponsorships are \$17 per wreath, but we will gladly take any donation.



VFW AUXILIARY DISTRICT #1

PASSAIC COUNTY

October 24, 2025

Dear VFW Auxiliary President Gloria and Line Officers,

We look forward to Dept of NJ President Gloria Lisicki's Official Visit to District #1, Passaic County.

The meeting will take place on **Friday, November 7, 2025** at **James W. McCartney VFW Post #6765 425 Ringwood Avenue Wanaque, NJ 07465** at **6PM**.

We will provide light refreshments – cake, cookies, coffee, tea, water.

We are looking forward to welcoming you to District #1.

Thank you

Loyally,

Janet Hoeland

Janet Hoeland, District #1 Secretary

By order of District #1 President Donna A. Tutuian



**DISTRICT 11
OFFICIAL VISIT OF THE DEPARTMENT PRESIDENT
LUNCHEON RESERVATION FORM
Sunday, November 30, 2025, at Mt. Holly VFW Post 2692 12:00PM**

CHECKS SHOULD BE MADE OUT TO: AUXILIARY DISTRICT 11

Enclosed is a check in the amount of

\$_____ to reserve lunch for _____ members @ \$12.00 each.

NAME & TITLE: _____

AUX or DIST #: _____

*****DEADLINE FOR LUNCH RESERVATIONS IS FRIDAY, NOVEMBER 21, 2025*****

Please send check and completed reservation form to:

Denise Beckler
12 Wright Ave.
Stratford, NJ 08084

Please call/text 856-448-3501 or email denise.beckler@aol.com with any questions.
Tickets will not be mailed – check in at the luncheon.

If you'd like an email confirmation of your reservation & payment, please list address below:



District 8 Auxiliary
Veterans of Foreign Wars of the United States

October 27, 2025
District 8

You are cordially invited to attend the Official Visit of State President Gloria Lisicki to District 8!

Date: Friday, December 12, 2025

Location: VFW Post 133, East Brunswick, New Jersey

Time: Doors open at 5:30 p.m. | Dinner served at 6:00 p.m. | Meeting begins at 7:00 p.m.

A sit-down roast beef dinner will be served prior to the district meeting. The cost of the dinner is \$12.00 per person, and reservations must be received no later than December 1st.

Please complete the form below and send your dinner reservation check to:

Robin Gerhart
485 Cranbury Road
East Brunswick, NJ 08816

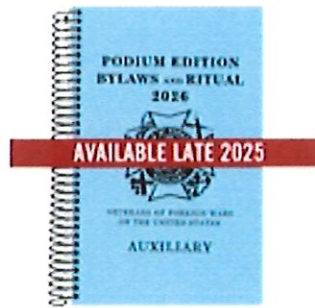
Make checks payable to: VFW Auxiliary 133.

Looking forward to a great official visit and hope to see many Auxiliaries in attendance!

Loyally,

Sandra Reed
District 8 President
Vfwauxiliary7508@gmail.com
732-343-1133

Auxiliary: _____ District: _____ Number Attending: _____



Auxiliary Podium Edition - Bylaws

\$8.50

Add To Cart

**The 2026 Podium-Bylaws book is available
for pre-order through the VFW Store.
Books will be available in Late 2025.**

Need it sooner, no problem!

**The 2026 Podium-Bylaws Books is currently available in
MALTA.**

It can be found under Member Resources.



Breast Intentions
P.O. Box 926
Middletown, NJ 07748

Veterans of Foreign War
12 Wright Avenue
Stratford, NJ 08084
Attn: Denise Becker

September 11, 2025

Dear Friends in Caring,

Thank you for your continuous support to Breast Intentions. Breast Intentions is run solely by volunteers, and your donations go directly to women struggling with breast cancer. Below are a few of the patients that we have helped, **BECAUSE OF YOU!**

- RL. 58, Worked for the state for years and always provided for his family. Now, after a mastectomy, ongoing chemotherapy, and radiation, he finds himself unable to work. Caring for his elderly father on only \$1200 a month Social Security check. His mother recently passed away, and with the tax lien hanging over their home, he felt everything was slipping away. **Because of you**, we were able to step in with grocery cards, pay for his car insurance and cover critical utility bills, giving him breathing room.
- JF, only thirty-six, thought the lump in her breast was just a clogged milk duct while nursing her infant. But her persistence led to a devastating diagnosis of stage 3 triple negative breast cancer. A young mother of a 5-year-old and a six -month- old, she now faces surgery, chemo, and radiation while her husband struggles to balance school and providing for their family. **Because of you**, we paid their mortgage, giving this young family a chance to focus on her recovery.
- SH was hit with not one but three cancer diagnosis at once - breast cancer, adenocarcinoma, and ovarian cancer. After losing her job of 30 years, she was left trying to survive on limited aid while undergoing weekly chemotherapy. Two months behind her rent, she feared eviction. **Because of you**, we were able to cover her rent and provided her with Shoprite food cards, giving her much relief.

- CW has the has a dedicated career helping others as a patient advocate at Center State Hospital. Then, despite keeping up with annual mammograms, she was diagnosed with triple negative breast cancer. Even while working through chemo, bills threatened to overwhelm her. Nurses and doctors at her hospital collected what they could, but it was not enough. **Because of you**, we stepped in and covered mortgage, utilities, and food, allowing her to focus on healing, just as she has helped many others in her work.
- OA recently diagnosed with stage 1 her two positive breast cancer. She is enduring chemo as she prepares for her daughter's wedding. Losing her hair broke her heart --she wanted nothing more than to stand by her daughter's side and dance with the wedding without cancer stealing her confidence. **Because of you**, we were able to provide her with a wig. Thanks to your kindness. She will walk into her daughter's big day feeling strong, radiant, and full of hope.

These women and families are fighters. They are mothers, fathers, caregivers, workers, survivors, and they are thankful for your help.

Because of you, they are not alone.

With sincere gratitude,

Mike, Erika, and the BI team!

Mike Ruane & Erika Rech, Founders
And the Breast Intentions Team

Breast Intentions is a 5013C non-profit corporation. Our Tax I.D. number is: 75-3263498. For more information on Breast Intentions visit our website. www.breastintentions.org

*Thank-you for all you
do for women struggling
Nicole, Carol
& Annmarie*