

# AMERICAN LEGION AUXILIARY – DEPARTMENT OF NC NATIONAL SECURITY PROGRAM – ACTIVITIES CALENDAR

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## ONGOING NATIONAL SECURITY PROGRAM ACTIVITIES:

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- 1<sup>st</sup> Day of Every Month – **BE THE ONE DAY:** Wear a ‘Be the One’ item to help reduce the stigma around mental health issues among veterans and servicemembers and to start a conversation about how to save the life of a veteran. It only takes 90 minutes to save a veteran's life - The American Legion is partnering with Columbia University on suicide prevention training. Find a training session: [Saving lives with the Columbia Protocol](#).
- Wear **RED** on Fridays - **R**emember **E**veryone **D**eployed.
- Follow the Legion's POW/MIA Empty Chair Resolution 288 for designating a POW/MIA Empty Chair at all official meetings. Fly the POW/MIA flag at your Post.
- Cut and send coupons for our troops: <https://supportourtroops.org/troopons>.
- Organize a blood drive or simply take time to donate blood.

All year – **ALIVE DAY:** anniversary date of when a soldier (or Veteran) almost lost their life in combat. Many soldiers lost fellow servicemembers on the same day, making it a day to also honor the sacrifice of those they served with.

- Some spend the day reflecting on their own, while others celebrate with a party surrounded by family and friends; some may not want to acknowledge the day at all.
- Recognize the veteran/servicemember on that day with a phone call, text, gift, or a card to let them know you are thinking of them and grateful to have them in your life.
- This may be an opportunity for the soldier/veteran to acknowledge and celebrate those connections with their fellow service members and their safe return home from a war zone.
- To help understand the emotions and needs of these soldiers, watch the HBO documentary, *Alive Day Memories: Home from Iraq (2007)*, featuring Alive Day stories from veterans of the Iraq war. They tell their stories and talk about the ways their lives changed after their injuries occurred.
- For friends or loved ones, it can be challenging to know how to best acknowledge a servicemember/veteran's Alive Day, or whether to acknowledge the day at all.

All year – **ANNIVERSARY DAY:** servicemember wedding anniversary. We can help military couples celebrate their wedding anniversaries to help shorten the distance.

- Encourage spouses to plan to make it special – do not assume either spouse “just knows” how things work during a TDY. Surprise parties/unexpected gifts sometimes just are not possible during a deployment.
- Get creative – help send flowers/gifts to the duty location or vice versa. Those involved in military exercise, war games, weekend drill, etc., may not be able to send or receive such packages.
- Settle for a brief phone call or video conference if not able to celebrate.
- Have the spouse wrap/pack a small, but special, gift to open while the service member is on duty.
- Plan a time where each spouse does something special with friends or family on their Anniversary Day.
- Help them plan a visit. The service member’s assignment may permit family to come for a visit – others may not. Navigating specific regulations and rules of engagement for your overseas assignment are key.

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## JANUARY – CELEBRATING FREEDOM

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Jan. 1 – **NEW YEAR’S DAY**

3<sup>rd</sup> Monday – **MARTIN LUTHER KING, JR. DAY:**

- “*Everybody can be great because everyone can serve.*” – *The Rev. Martin Luther King Jr.*
- Host a Day of Service Project with a focus on empowering individuals, strengthening communities, and creating solutions to social problems. Be sure to check out The Department of Defense for newsletters, blog posts, and ad media recognizing Martin Luther King, Jr.’s accomplishments and legacy.
- Hold events, contests, fundraising drives, and remembrance ceremonies to commemorate King’s birthday.

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## FEBRUARY – HONORING OUR RICH HISTORY

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### Feb. 2 – GROUNDHOG DAY

Feb. 3 – **FOUR CHAPLAINS DAY:** Host the ceremony at your Post honoring their sacrifice ([Four Chaplains Brochure](#)).

### Feb. 4 – USO BIRTHDAY

- Be sure to attend a USO programmed event at a military base or USO location.
- Encourage members to volunteer for, donate to or fundraise for your USO (<https://northcarolina.uso.org/>).

Week including Feb. 14 – **NATIONAL SALUTE TO VETERAN PATIENTS:** Help members understand “the role of a VA medical center” and how they can get involved as a volunteer (<https://www.volunteer.va.gov/index.asp>).

### Feb. 14 – VALENTINE’S DAY

- Share some love for active-duty service members by sending valentines. At Soldiers' Angels, send hand-made or purchased cards to soldiers who will appreciate your kind words. For more info: <https://soldiersangels.org/volunteer/special-campaigns/valentinesforveterans/>.
- Host a Valentine’s Day luncheon or dinner at your Post honoring area female veterans. Have a speaker focusing on women’s health and well-being, including veteran PTSD/suicide, and send them home with a special gift (a flower, coffee cup filled with candy, candle, etc).

### 3<sup>rd</sup> Monday – PRESIDENT’S DAY

- Host a ceremony at your local Post or park with a 21-Gun Salute. Military across the U.S. traditionally perform 21-gun salutes on President’s Day.
- Many military units use this day as a time for service members to take their Oath of Citizenship. Be sure to see if you can participate in one.

Feb. 19 – **COAST GUARD RESERVE BIRTHDAY:** At any observance, you are likely to hear a recitation of the [Coast Guard Ethos](#). Honor them by reciting their pledge... Protect, Defend, Save – Always Ready!

Month of Feb. – **BLACK HISTORY MONTH:** Take time to learn about and share some courageous stories at your general membership meeting (<https://www.military.com/history/black-history-month-overview.html>).

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## MARCH – WOMEN & SERVICEMEMBERS CHANGING HISTORY

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### Mar. 3 – NAVY RESERVE BIRTHDAY

- Donate/volunteer with the Navy-Marine Corps Relief Society (<https://www.nmcrcs.org/>), USO (<https://northcarolina.uso.org/>), the Red Cross (<https://www.redcross.org/local/north-carolina.html>).

Mar. 4 – **HUG A GI DAY:** Give a service member a hug – but always ask first! Many have back and knee problems, chronic pain, PTSD, or other issues. Handshakes, ‘virtual hugs’ on social media, and letters are also appreciated!

Mar. 5 – **SEABEE BIRTHDAY:** Seabee is an abbreviation of the name U.S. Naval Construction Battalions. “Seabee” comes from abbreviating “Construction Battalions” to C.B. and with some creativity the spelling as “Seabee.” If you know one, thank them for their service.

Mar. 13 – **K-9 VETERANS DAY:** A Military War/Working Dog (MWD), is trained to protect in dangerous situations.

- Thank a military dog or their handler for their service or donate to an organization that supports military dogs.
- Visit a war dog memorial site ([Special Ops K9 Memorial - Fayetteville](#)).

Mar. 15 – **AMERICAN LEGION BIRTHDAY:** Check out the National website: [Birthday | The American Legion](#).

### Mar. 17 – ST. PATRICK’S DAY

Mar. 21 – **ROSIE THE RIVETER DAY:** Time of cultural shifts for working women and the beginning of societal evolution.

Mar. 25 – **MEDAL OF HONOR (MOH) DAY:** Attend a ceremony honoring the fallen with Taps/lowering of the flag or honoring Medal of Honor recipients or support MOH societies (<https://www.cmoahs.org/>).

Mar. 29 – **NATIONAL VIETNAM WAR VETERANS DAY:** U.S. Armed Forces on active duty service from 11/1/55 to 5/15/75, regardless of service location includes: 9 million Americans serving at that time, 6.4 million Americans living today, 2.7 million service members who served in Vietnam, 58,000 whose names are memorialized on a black granite wall in our Nation’s capital, 304,000 who were wounded, 1,253 Missing in Action (MIA) and 2,500 Prisoners of War (POW) (Source: [www.veterans.com](http://www.veterans.com)). Be sure to thank a Vietnam Veteran today.

Month of Mar. – **WOMEN’S HISTORY MONTH:** Check out: [WomensHistoryMonth.gov](http://WomensHistoryMonth.gov).

- Get involved with local military installation observances including fitness events, celebrations and parades.

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## APRIL – CELEBRATING OUR MILITARY CHILDREN

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Month of Apr. – **MONTH OF THE MILITARY CHILD:** ([www.veteran.com](http://www.veteran.com) - great resources/suggestions)

- Recognize the month with military-focused signs/decorations in front of your home.
- Search for events with your Military Family Readiness Centers/bases including base Child Development Centers (daycare).
- Ask local schools to host an assembly for Month of the Military Child or classrooms to create a Bulletin Board “What does HONOR mean to you...” – share on social media. Give a prize to the best board posted.
- Military children can find comfort in a free custom made photo transfer quilt or pillow through this program for children of deployed service members – [Operation Kid Comfort](#).

Month of Apr. – **MILITARY SAVES MONTH:** Inspiring military to save, reduce debt and establish savings goals.

- Military installations everywhere host financial planning events, fairs, seminars, classes and one-on-one counseling throughout April. Check local installations for events to find out how your members can help.

Apr. 5 – **GOLD STAR SPOUSES DAY**

- Let your Unit know of any military families or businesses that should receive a Gold Star Banner.
- Take a Gold Star Spouse out to dinner or provide a meal. Be sure to offer a listening ear.

Apr. 9 – **NATIONAL FORMER POW RECOGNITION DAY:** for those that made it home.

- Fly the POW/MIA flag/honor former POWs at your Post. Use [#FormerPOWRognitionDay](#).

Apr. 14 – **AIR FORCE RESERVE BIRTHDAY**

- Volunteer with the Red Cross (<https://www.redcross.org/local/north-carolina.html>) or Air Force Aid Society (<https://afas.org/>).

Apr. 15 – **PURPLE UP! DAY:** ([www.veteran.com](http://www.veteran.com) has lots of great resources and suggestions)

- Wear Purple on April 15<sup>th</sup> – and encourage all members to do so.
- Partner with local schools with creative ways to celebrate/recognize military children ([Military-Kid-Certificate](#)).
- Invite local businesses to post a Purple Up! message. Suggest companies ask employees to wear purple.
- Share activities on social media: #purpleup. You can also hold an online contest - ask children to share their “Hero Story” of what they think it takes to be a hero (include an essay, a drawing, or a video).
- Publicize military installation events scheduled on Purple Up! Day. Get your members involved.
- Ask local schools, elected officials, and businesses to wear purple in support of military children.

Apr. 22 – **EARTH DAY**

Apr. 23 – **ARMY RESERVE BIRTHDAY**

- Volunteer with the Army Emergency Relief (<https://www.armyemergencyrelief.org/>) or USO (<https://northcarolina.uso.org/>).

Apr. 30 – **NATIONAL MILITARY BRATS DAY**

- For ideas, check out the many activities for Month of the Military Child and Purple Up! Day.

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## MAY– MILITARY APPRECIATION

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Month of May – **MONTH OF THE MILITARY CAREGIVER**

- VA Caregiver Support Line: 1-855-260-3274 – helps with resources, advice, and networking. All care providers are welcome to dial in to monthly education groups, ask questions, and get help with self-care.
- Many tasks don’t require medical skills/training (meal prep, grocery shop, drive to appointments/bank).

Month of May – **NATIONAL MILITARY APPRECIATION MONTH:** Observe appreciation holidays this month!

First full week in May – **PUBLIC SERVICE RECOGNITION WEEK (PSRW):** Send a thanks to your public servants. Ideas: [Public Service Recognition Week website](#).

First full week in May – **NATIONAL CORRECTIONAL OFFICERS WEEK**

- Thank a corrections officer today, many are former military.

May 1 – **SILVER STAR SERVICE BANNER DAY:** Honors those who died, become sick, injured in combat.

- Plan a ceremony (wreath-laying at military cemeteries, proclamation, etc.)

May 1 – **LOYALTY DAY:** Reaffirm your loyalty to America and recognize the heritage of American freedom.

1<sup>st</sup> Thursday in May – **NATIONAL DAY OF PRAYER**

May 6-12 – **NATIONAL NURSES WEEK**

- Participate in events, expressing gratitude to nurses, and donating to a ‘Thank a Nurse’ fund.

May 8 – **VE DAY (VICTORY IN EUROPE DAY):** On May 8, 1945 Nazi Germany unconditionally surrendered to Allied Forces of WWII ending the war in Europe (although, the war continued in the Pacific Theater of Operations).

Friday before Mother’s Day – **MILITARY SPOUSE APPRECIATION DAY**

- Give your military spouse a day off or do a chore they don’t like to do. Give a token of appreciation (care package, gift, flowers). For deployed troops, send a video message/ecard showing appreciation.
- Make dinner or surprise your spouse with breakfast. Give a list of reasons why you appreciate them.

2<sup>nd</sup> Sunday in May – **MOTHER’S DAY**

Week leading up to Armed Forces Day (3<sup>rd</sup> Saturday) – **ARMED FORCES WEEK**

- Have a “retreat” event – American flag is lowered at the end of the business day to the sound of Taps.
- Reflect on the sacrifices made by those in uniform. Organize a tribute to local missing/fallen loved ones.
- Check your local area/military installation for ceremonies to pay respects to those missing or killed in action.
- Are you a quilter? A Quilt of Valor® (QOV) is a quality, handmade quilt awarded to a Service Member/Veteran who has been touched by war. The Quilt says, “Thank you for your service and sacrifice in serving our nation.” The quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded. Not a quilter? Please consider submitting someone for the award.

May 13 – **CHILDREN OF FALLEN PATRIOTS DAY:** Donate to support children of Fallen Patriots Foundation – identifies and supports Gold Star scholars by providing financial assistance and educational counseling.

May 15 – **PEACE OFFICERS MEMORIAL DAY:** Honors law enforcement who have died/been disabled in the line of duty. Be sure to use *#PeaceOfficersMemorialDay* on social media.

- Support families of fallen/injured law enforcement officers or visit the National Law Enforcement Officers Memorial wall in Washington, D.C. – featuring 22,000+ law enforcement officers killed in the line of duty.

3<sup>rd</sup> Saturday in May – **ARMED FORCES DAY:** See Armed Forces Week (May 11-18).

May 22 – **MARITIME DAY:** recognizing the Maritime industry.

Last Monday in May – **MEMORIAL DAY:** Observe a minute of silence at 3 p.m. local time. Wear Blue.

- Have Gold or Blue Star Banner ceremony at your Post.
- Attend Memorial Day ceremonies – parade, ceremony, or concert such as the National Memorial Day Concert (watch online). Run for charity or donate to military support groups.

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## **JUNE – HONORING OUR FLAG**

Month of Jun. – **PTSD AWARENESS MONTH:** Follow the [Dept. of Veterans Affairs PTSD Awareness Calendar](#) – daily challenges to raise awareness. If someone you know is [experiencing symptoms of PTSD](#), seek help immediately.

Month of Jun. – **HOMEOWNERSHIP MONTH**

Jun. 6 – **D-DAY:** 150,000 Allied soldiers landed in Normandy. 5,000 vessels with 30,000 vehicles crossed the English Channel. 13,000 men parachuted in. 11,000 planes were involved. 9,000 allied soldiers were dead/wounded after the first day. At Omaha Beach, 9,387 Americans are buried. A long day, near a full moon (to guide ships/airborne troops), and strong tides was needed for D-Day – the largest land and water invasion in history (source: veteran.com).

Jun. 12 – **WOMEN VETERANS DAY:** Organize a local event for active-duty women at your Post to share their stories.

Jun. 14 – **ARMY BIRTHDAY:** Check with your local USO, AMVETS, and others recognizing the Army Birthday.

Week of Jun. 14 – **NATIONAL FLAG WEEK/ Jun. 14** – **U.S. FLAG DAY:** Be sure to hang your flag!

Jun. 19 – **JUNETEENTH:** Share stories of Black military history ([19 Stories of Black U.S. Military History · United Service Organizations \(uso.org\)](#)). Share Juneteenth history and African American history in general with your Post.

3<sup>rd</sup> Sunday in Jun. – **FATHER’S DAY**

Jun. 23 – **COAST GUARD AUXILIARY BIRTHDAY:** Make boating and waterway use safe by taking their free vessel safety checks and recreational boat safety classes. Stay out of their way while they are on patrol.

Jun. 27 – **PTSD AWARENESS DAY**

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## JULY – USA, USA, USA!

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**Jul. 4 – INDEPENDENCE DAY** - Be sure to fly the American Flag today!

- Send deployed soldiers letters of encouragement and care packages.
- Go to a Fourth of July celebration and honor our deployed troops.

**Jul. 25 – NATIONAL HIRE A VETERAN DAY** – Help military spouses or servicemembers transitioning into civilian by:

- Using the Department of Labor’s [apprenticeship.gov job-finder tool](https://www.dhs.gov/apprenticeship.gov-job-finder-tool) to search for training and apprenticeships with employers across the country.
- Matching military occupational code to a civilian opportunity: see where skills learned in the military match with the veteran job finder tool at [Career OneStop’s Veteran and Military Transition Center](https://www.careeronestop.com/veteran-and-military-transition-center).
- Finding Government Work With USA Jobs: Veterans can use [USAJobs.com](https://www.usajobs.com) to search for federal government and public sector job opportunities.
- Find a job that matches security clearance: civilian employers, government agencies, government contractors and consulting firms frequently recruit veterans who have security clearances. Visit [ClearanceJobs.com](https://www.clearancejobs.com) to find and apply for opportunities.
- The US Chamber Foundation’s Hiring Our Heroes Program (HOH) connects service members, military spouses, and veterans for a diversified workforce (<https://www.hiringourheroes.org/>).

**Jul. 27 – NATIONAL KOREAN WAR VETERANS ARMISTICE DAY** – as many as 50,000 Americans died in the conflict (official sources vary on the actual number). Over 100,000 were wounded and thousands of prisoners of war.

**Jul. 28 – NATIONAL BUFFALO SOLDIERS DAY** – celebrating the contributions of some of the earliest African American troops in the United States military.

**Jul. 29 – ARMY CHAPLAIN CORPS ANNIVERSARY**

- Donate to the Army Chaplain Corps at: [Home · Army Chaplain Corps](https://www.armychaplaincorps.com).

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## AUGUST – MILITARY HONOR AND AWARENESS

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**Month of Aug. – ANTITERRORISM AWARENESS MONTH** – designed to raise awareness not only of the threat of terrorism, but also to encourage regular vigilance and communication to report potential threats.

- Review with your Unit “What Activities Do I Report?”:
  - People drawing/measuring important buildings.
  - Strangers asking questions about security forces or security procedures.
  - A briefcase, suitcase, backpack or package left behind.
  - Cars or trucks in "No Parking" zones in front of important buildings.
  - A person wearing clothes that are too big and bulky and/or too hot for the weather.
  - Intruders found in secure areas.
  - Chemical smells or fumes that worry you.
  - Questions about sensitive information, such as building blueprints, security plans or VIP travel schedules without a right or need to know.
  - Purchasing supplies or equipment that can be used to make bombs or weapons or purchasing uniforms without having proper credentials.

**Aug. 4 – COAST GUARD DAY**

- Taking a tour of one of the many Coast Guard museums in the country.
- Share stories of Coast Guard experiences. Post on social media using #NationalCoastGuardDay.
- Listen to the U.S. Coast Guard Band or watch movies featuring the Coast Guard – find list [here](https://www.uscg.mil/activities).

**Aug. 7 – PURPLE HEART DAY** – a time for Americans to remember and honor the brave men and women who were either wounded on the battlefield or paid the ultimate sacrifice with their lives.

- Honor the families (Gold Star) of these fallen heroes with a remembrance meeting or ceremony at your Post and special events to thank soldiers, veterans, and Purple Heart recipients on this day.
- Take the time to listen to soldiers/veterans to learn more about their life stories and military service.

**Aug. 10 – AGENT ORANGE AWARENESS DAY**

**Aug. 10 – U.S. DEPARTMENT OF DEFENSE BIRTHDAY**

- Thank a servicemember for answering the call of duty.
- Contribute time/funds to organizations for active-duty military such as your USO (<https://northcarolina.uso.org/>).

Aug. 14 – **NAVAJO CODE TALKERS DAY** -- honors the contributions of Native Americans / First Nations people who contributed to the United States war effort during World War Two, as well as recognizing the evolution of U.S. code related to Native American languages and the participation of First Nations tribe members in U.S. military efforts from many conflicts.

Aug. 16 – **NATIONAL AIRBORNE DAY**

- Attend an Army parachute exhibition such as the Army Golden Knights which usually performs annually at the American Legion World Series in Shelby, NC ([American Legion World Series \(alws.us\)](http://American Legion World Series (alws.us))).

Aug. 29 – **MARINE CORPS RESERVE BIRTHDAY**

- Thank a Marine Reservist for her or his service.
- Visit the [National Museum of the Marine Corps in Virginia](#) (more than 100 years of history).
- Supporting the [Navy-Marine Corps Relief Society](#), which partners with the Navy and Marine Corps to provide “financial, educational, and other assistance to members of the Naval Service of the United States, eligible family members, and survivors when in need.

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**SEPTEMBER – GREAT MONTH FOR NATIONAL SECURITY ACTIVITIES**

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1<sup>ST</sup> Monday in Sept. – **LABOR DAY**

Sept. 2 – **V-J DAY (VICTORY OVER JAPAN DAY)**

Sept. 11 – **PATRIOT DAY**

Sept. 15 – Oct. 15 – **HISPANIC HERITAGE MONTH**

3<sup>rd</sup> Friday in Sept. – **NATIONAL POW/MIA RECOGNITION DAY**

- Fly the POW/MIA flag at your Post. Follow the Legion's POW/MIA Empty Chair Resolution 288 for designating a POW/MIA Empty Chair at all official meetings.
- Raise funds to support the identification and finding of our POW/MIA.
- Join your Post to host a POW/MIA ceremony at your local POW/MIA memorial (or other location).
- Host a remembrance event for any MIA servicemembers who have been identified from your area.

Week of Sept. 17 – **CONSTITUTION WEEK**, Sept. 17 – **CONSTITUTION DAY/CITIZENSHIP DAY**

Sept. 18 - **AIR FORCE (USAF) BIRTHDAY & AIR NATIONAL GUARD BIRTHDAY**

Last Sunday in Sept. – **GOLD STAR MOTHER’S DAY**

- Let your unit know of any military families to receive a Gold Star Banner in recognition of a service member’s sacrifice.
- Have a ceremony honoring your local Gold Star mothers. Light a candle - there is light in the darkest parts of our lives. Remind Gold Star Families their loved one’s life will always be remembered.
- Share a meal, a smile and maybe a tear or two. Take a Gold Star Mother to their loved one’s favorite restaurant or find a restaurant that serves their loved one’s favorite meal or dessert.
- Plant a plant or tree in their honor. Maybe in a special place the family goes to remember their loved one.
- Important: say the name of the children. With permission, post pictures of the service members from your community on social media with a message such as “Remembering the Families Left Behind”.

Sept. 29 – **VETERANS OF FOREIGN WARS (VFW) DAY**

Month of Sept. - **NATIONAL PREPAREDNESS MONTH** – Hurricane season (Sept-Nov). Are you ready?

- Distribute information to Unit and Post members on disaster preparedness kits and emergency plans. Set up a "wellness check" for members in case of a disaster.
- Emergency preparedness kits can be assembled at your post ( <https://www.ready.gov/kit>).
- Team up with local hospitals, police, fire departments to share their information. Offer to assist if needed. With permission of Post, offer Post as a 'place of shelter' if needed.
- Volunteer to help on the disaster drills held in your community. Offer to volunteer as a first responder with the Red Cross, etc. in case of disaster.
- Encourage your members to complete Community Emergency Response Training (CERT).
- Organize a blood drive or simply take time to donate blood.

Month of Sept. - **NATIONAL SERVICE DOG MONTH**

Month of Sept. - **NATIONAL SUICIDE PREVENTION MONTH**

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## OCTOBER – HONORING OUR ACTIVE DUTY & FIRST RESPONDERS

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2<sup>nd</sup> Monday in Oct. – **COLUMBUS DAY**

Oct. 13 – **U.S. NAVY (USN) BIRTHDAY**

Oct. 26 – **DAY OF THE DEPLOYED**

- Send or donate money for care packages - <https://supportourtroops.org/care-packages>. Sending your own? Try <https://shipthrifty.com>, an ALA membership benefit.
- Display a yellow ribbon to remember the men and women who serve far from home. Even better – make it a neighborhood event and place them on doors or mailboxes.
- On social media, use the hashtag #DayOfTheDeployed on Oct. 26th to raise awareness and encourage others so support deployed service members and their families.
- Reach out to a deployed troop you know. Prepare a meal or invite the family to dinner.
- Assist with minor inconveniences and household tasks: Handy? Fix a leaky faucet or broken fence. Deliver groceries, baked goodies or a care package for the spouse or kids. Babysit -a military spouse has the role of two parents. Better yet, take the kids out for some fun while they relax.
- Organize a ‘Trunk or Treat’ at your Post for Halloween including military children. Encourage local businesses/police/fire/town to participate.

Oct. 27 – **NAVY DAY**

- Smile and say “thank you for your service” to the men/women you see in uniform throughout the day.
- If you know a family with a loved one who is deployed, take time to thank them for their sacrifice.
- Visit a battleship memorial park or museum (i.e., [USS North Carolina Battleship - Wilmington, NC](#)).

Oct. 28 – **NATIONAL FIRST RESPONDERS DAY**

- Make some homemade cookies, cakes, or candies for your Police, Rescue, and Fire Departments.
- How about coffee and donuts for a morning pick-me-up or maybe provide McDonald’s or other gift cards?
- Place a radio or newspaper ad saying, “Thank You, First Responders!”.
- Collaborate with your Post to invite First Responders to monthly meeting/meal.
- Have Juniors (or local school) create ‘thank you’ posters to display downtown or deliver to business offices.

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## NOVEMBER - SUPPORTING MILITARY FAMILIES/CAREGIVERS & WARRIOR CARE

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Nov. 10 – **MARINE CORPS DAY/BIRTHDAY**

- See someone in uniform? Thank them for their service with a free coffee, dessert or drink.
- Offer to help at your local Marine Corp. Ball - [Marine Corps Birthday - MCA \(mca-marines.org\)](#).

Week at end of Oct./early Nov. – **NATIONAL VETERANS SMALL BUSINESS WEEK**

Nov. 11 – **VETERANS DAY** and **ARMISTICE/REMEMBRANCE DAY (POPPY DAY)**

4<sup>th</sup> Thursday in Nov. – **THANKSGIVING**

Tuesday after Thanksgiving – **#GIVINGTUESDAY**

Month of Nov. – **NATIONAL VETERANS & MILITARY FAMILY MONTH**

- Adopt a military family for the holidays by sponsoring a food basket or toys for junior enlisted military families through the ASYMCA’s Operation Holiday Joy ([Armed Services YMCA](#)).
- [Sesame Street for Military Families Free App](#) – Addresses topics such as deployments, homecoming, self-expression and injuries. Check out [sesamestreetformilitaryfamilies.org](https://sesamestreetformilitaryfamilies.org).
- [Adopt-a-Soldier for the Holidays](#).
- Military children can find comfort in a free custom made photo transfer quilt or pillow through this program for children of deployed service members – [Operation Kid Comfort](#).
- Create a Spouse/Service Member [Care Package](#) to help ease stress during a deployment.
- Contact your USO (<https://northcarolina.uso.org>) to see how you can support events they are hosting.
- Are you a quilter? A Quilt of Valor® (QOV) is a quality, handmade quilt awarded to a Service Member/Veteran who has been touched by war. The Quilt must be awarded (it is not a gift) and it must be recorded. Not a quilter? Please consider submitting someone for the award.

## Month of Nov. – **WARRIOR CARE MONTH**

- Support wounded warriors at your nearest military installation or visit a warrior and play some cards/another game (this will give the caregiver a much-needed break). If they are able, maybe go for a walk.
- The [DoD Warrior Care](#) official site has a variety of resources, fact sheets, and referral information to learn about those who have service-related medical issues. You can also check out [Warrior Care | Health.mil](#).

## Month of Nov. – **NATIONAL FAMILY CAREGIVERS MONTH**

- Give the caregiver a break by sitting with the warrior for a few hours. Caregivers must often cope with significant physical, psychological, financial, and social challenges without the help they need.
- Feeling ambitious? Organize a military caregiver event, conducted by specialized counselor, to discuss topics such as managing stress, nutrition, financial wellness, and employment, among other topics.
- Make a meal for a caregiver to reduce stress.
- Call a military caregiver and ask about their struggles and to provide emotional support. Remember to not judge their actions and feelings...there is no 'perfect' in caregiving.

## **HOLIDAYS – A TIME TO GIVE!**

- This is a great time to support an Armed Service Food Pantry (<https://asymca.org/what-we-do/food-assistance/>), adopt a family, or send a care package (<https://supportourtroops.org/>).
- Be sure to check for events going on with our partners including USO (<https://northcarolina.uso.org/>) and Operation Homefront - Holiday Meals - Charlotte/Fayetteville/Jacksonville, NC.

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## **DECEMBER – A MONTH OF REMEMBRANCE AND GIVING**

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### **Dec. 1 – CAIVIL AIR PATROL (USAF AUXILIARY) BIRTHDAY**

- Connect with your local Civil Air Patrol Squadron to conduct joint events/service projects - [Squadrons - Civil Air Patrol, North Carolina Wing \(ncwgcap.org\)](#).

### **Dec. 7 – NATIONAL PEARL HARBOR REMEMBRANCE DAY**

- Honor the day with a memorial service, wreath-laying ceremony and retelling of the days' events. Have a moment of silence at 8AM to honor and remember those who made the ultimate sacrifice.

### **Dec. 13 – U.S. NATIONAL GUARD BIRTHDAY**

- Have a cake cutting ceremony with local National Guard – the oldest member cuts the cake – it's a tradition!

### **Saturday in Mid-Dec – NATIONAL WREATHS ACROSS AMERICA: [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org).**

- [Attend the NC State House Remembrance Ceremony](#) to help REMEMBER the Fallen, HONOR those who Serve, and TEACH our children the value of Freedom. NC State House ([NC State House Ceremony](#)).
- [Start a fundraising group](#) – begin a wreath sponsorship campaign for a local cemetery. A portion of the proceeds from this type of fundraising activity will go to you!
- [Volunteer to place wreaths](#) on a veteran's grave – help is needed at any of the thousands of locations.
- [Sponsor-a-Wreath](#) which will be placed on a veteran's grave on Wreaths Across America Day.
- [Suggest a new location](#) - coordinate a wreath-laying ceremony at a cemetery/veteran's memorial nearby.