



**Queensbury
Veterans of Foreign Wars
Post 6196 and Auxiliary
QVFWP6196.org**

Volume 30 Issue 7

September 2023
Mike Varmette, Commander
Kelly Sweet, Editor
Rebecca Sweet, Co-Editor

VFW Messenger

Commander's Message

Loyalty, Honor, Service

Comrades,

I hope everyone had an enjoyable summer! With September, we enter the Fall Season, and welcome the cooler, less humid weather!

This month we also reflect on 9/11! We want to honor all those who we have lost, and took part in fighting global terrorism, please take a moment, and reflect!

Schools also have started backup, please be aware of your surroundings, watch for children and school buses. Always drive defensively. We'd also like to get the word out to the schools, First Responder organizations, and Colleges of our VFW and Auxiliary Programs, available to participate in, such as "Voice of Democracy", "Patriot's Pen" just to mention a few programs.

Reminder of recent updates:

Post/Auxiliary meetings have changed to the second Monday of each month.

New Meeting Time; start at 6:30 PM. This gives members time to get home from work to attend the meetings.

We also have the several recruiting events coming up this Fall that will be finalized this September.

State of the Post: State of the Post: Other various fixtures are taking place each month. We plan to have the main hall repainted by Veteran's Day; this depends on the availability of the paint. Tuesday Night Bingo is going well but we could use a couple of volunteers to help sell cards, work the floor and set-up. Secondly, if there are any volunteers to help with Post cleanup or just help around the Post, let us know! We have several handmade signs by Bob Brooks we will be putting up around the post this month.

Several members of the Post and Auxiliary have volunteered to replace our current curtains, which we do and coordinate in further meetings.

September Calendar Highlights!

VFW Bingo Every Tuesday (Doors Open at 4pm, selling at 5pm, games start at 6:30pm)

Sept 4th – Post Closed

Sept 11th – **Post/Aux Meeting 6:30pm**

Sept 15th – **Karaoke 6pm**

Sept 17th – Fan Club 2-6pm

Sept 18th – Veteran's Breakfast at Kerrie's Diner 7-9am

Sept 21st – "Cup of Joe" SPOT Coffee 4:30-6:30pm

Sept 23rd – Polsun's Show 5-10pm

Sept 25th – Veteran's Lunch 11:30-1:30

I want to put in everyone's calendar our Post Benefit **October 15th** for the Family of Paul Hayes!!!!

During this month I'd also like to reflect on the members we have lost in the past year!

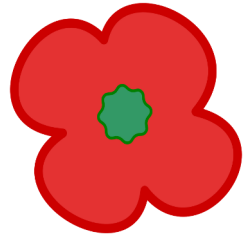
Commander Mike Varmette





Auxiliary President's Message

Unwavering Support For Uncommon Heroes



Lest We Forget.

Greetings,

September is National Suicide Prevention Awareness Month. Awareness saves lives and the efforts to promote suicide awareness and prevention are working. We can help save more lives by being proactive in getting the word out on what to look for in someone in emotional distress. There are many resources available online;

-<https://www.va.gov/REACH/#>

-<https://www.veteranscrisisline.net/>

-<https://www.vfw.org/assistance/mental-wellness>

Remember to wear the blue teardrop (can be purchased from the VFW store

<https://www.vfwstore.org/products/32033>) . When someone asks about it, explain our concern about the number of veterans and military suicides. It's an easy way to bring veteran and military suicide awareness into our communities.

Gold Star Mother's/ Family's Day is the last Sunday of September (9/24/23). This day honors mother's and families who have lost a service member in the line of duty or in support of military activities. The American Gold Star Mothers, Inc. was founded shortly after World War 1 by Grace Darling Seibold, who lost her son, George Vaughn Seibold, during the war. <https://www.goldstarmoms.com/our-history.html>

The Malta website has many resources to help you learn about being an auxiliary member and has many resources and benefits for our members. Currently we have only 20 members with Malta accounts; I strongly encourage you all to create an account and navigate the site <https://malta.vfwauxiliary.org/Account/NewLogin> if you need help with this please reach out. With school starting be sure to share various scholarships available to students. Patriot's Pen and Voices of Democracy due dates are midnight 10/31/23 (VFW Scholarships); Young American Creative Patriotic Art and 3- Dimensional Patriotic Art due dates 3/31/24; more specific information can be found on Malta website. Auxiliary Chairperson is Cherie Brooks.

Fall Conference will be held at the Albany Marriott October 6th and 7th, 2023

<https://vfwauxny.org/di/vfw/v2/default.asp?pid=126417> please see the website for a tentative agenda and STOP 22 information.

Remember Family Freedom Festival will be held September 9th 10am- 4pm with plenty of food and fun activities for all. We encourage you to spread the word and are able to attend. Volunteers are always needed for various events such as bingo, Polson shows, etc . If you have time to spare, stop in. We'd be happy to see you. Our next meeting will be September 11th, at 6:30pm. Enjoy the cooler Fall weather and stay safe.

Stay Healthy,

Rachel Frasier

Auxiliary President

(518-920-2505)





WE HAVE BINGO TUESDAYS !!!!

Regular Tuesday Night Bingo!!

For September @ 6:30 pm

5th, 12th, 19th and 26th

Food and Snacks available

Come and enjoy yourself!

VFW MOTTO

"Honor the dead by helping the living"

VFW POST DONATIONS

August 2023 Total: \$300.00

Saint Jude	\$ 50.00
Alzheimer's Association	\$ 50.00
American Cancer Society	\$ 50.00
Special Olympics	\$ 50.00
Dist. 3 VFW Aux Ways & Means	\$ 50.00



AUXILIARY DONATIONS

August 2023 Totals: \$

CHAPLAINS CORNER

All Members,

Melissa Lopez is our Post Chaplain. You can reach her at 518-726-7273.

Auxiliary Chaplain is Kathleen Hayward. She can be reached at 518-858-6018

Please remember those of our members who reside in area Nursing facilities. Keep our ill comrades and sisters in your prayers.

If you know of any member in distress or that needs cheering, you can always leave a message at the Post by calling 518-793-7535.

If you hear about anyone who is having health problems (VFW or AUX) please use one of the above numbers or the Chaplains box to let us know. There is a very good chance that we do not know about it. Our Chaplain will be glad to send a get well card to a member or a sympathy card to the families.

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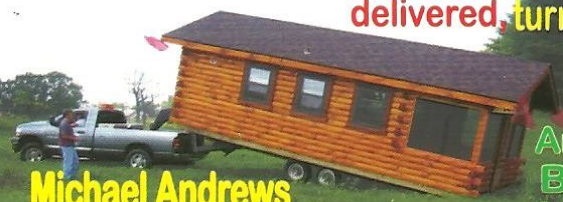
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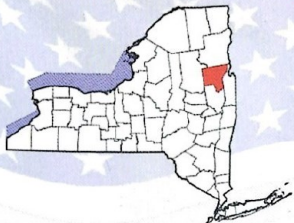
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Email: direstad@warrencountyny.gov
Web: www.warrencountyny.gov/veterans
Facebook.com/WarrenCountyNYVeteransServices

Another fantastic Post 6196 picnic
Thank you to the cooks and all the members of the Post and Auxiliary
that brought food to share. All had fun. Till next year.





Queensbury Veterans of Foreign Wars

Post 6196 and Auxiliary

32 Luzerne Road

Queensbury, New York 12804

518-793-7535

qvfw6196.org

UNWAVERING SUPPORT






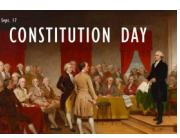
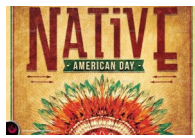

FOR UNCOMMON HEROES™



SEPTEMBER 2023

Pray for our troops at home and overseas

God Bless America

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
		B				
		I				
3	4	5	6	7	8	9
		N		WIC 1130-5PM "YOU'RE NOT ALONE 6PM"	WIC 8AM-2:30PM	FAMILY FREEDOM FESTIVAL 10-4PM
		G				
10	11	12	13	14	15	16
	 VFW MEETING 6:30PM	O			KARAOKE 6PM	
17	18	19	20	21	22	23
 <i>Fan Club</i> 12 pm- 6 pm	<u>VETERAN'S BREAKFAST</u> <u>KERRIE'S DINER 7-9AM</u>	P		<u>"CUP OF JOE"</u> <u>SPoTCOFFEE</u> 4:30 - 6:30PM		POLSUN'S SHOW 5-10PM 
24	25	26	27	28	29	30
	<u>VETERAN'S LUNCH</u> 11:30 - 1:30	M				

NEW LAWS
SERVICE OFFICERS
QUESTIONS?
ANSWERS !
SOMEONE TO TALK TO
A PLACE TO GO

STOP 22
MEDICAL
FINANCIAL SUPPORT
EDUCATION
FAMILY

VETERANS AND FAMILIES ALL NEED
THESE A ONE POINT IN TIME.
USE
VFW.ORG AND VFWAUX.ORG

TO FIND THE ANSWERS OR A
PERSON THAT CAN GET YOU THE ANSWERS
YOU JUST NEED TO ASK

NO ONE DOES MORE FOR VETS

CONTACT INFORMATION

Commander	Mike Varmette	540-379-4212	tmvarmette@gmail.com
Qmstr.	Barry Cronkhite	518-793-7535 (post)	b_cronkhite@yahoo.com
Service Off.	Denise DiResta	518-761-6342	direstad@warrencountyny.gov
Adjutant	Kelly Sweet	518-879-6655	luvkel@yahoo.com
President	Rachel Frasier	518-920-2505 (cell)	rfrasier76@gmail.com
Treasurer	Bobbie Cauffiel	518-645-8474	mosher8099@aol.com
Secretary	Belinda Cole	518-260-1694	belinkisses@gmail.com

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