



Department of California
District 28
Connie Raya, National Security
November 2023

Security Council Chairmen,

Lia Doidge, Department National Security Chairman gave us tips to show the deep appreciation we have of Veterans, that sacrificed their lives for our freedom. We can do this and did this, this last Veteran's Day, but we can do this, with other Celebrations through-out, the year by followings: that Liz provided in her Bulletin, which will be in your folders.

Her bulletin, also has **The Soldier and Family Readness Group (SFRG)**. They provide official, accurate command information, connect Soldiers and Families to the chain of command, provide a network of support, connect SFRG members to on/off post community resources.

This Chairman (Connie) has notice, we are having more and more earthquakes, volcanic eruptions, floods, plus violence for all sorts of reasons happening all round this world. Please, where you may be, be ready/ be alert here or aboard with family, with friends and even strangers in trouble.

In your folders is the:

- Mid-Year Report due *December 1, 2023*
- Preparing Your Family For And Earthquake
- Emergency Supplies Checklist

This concludes this report.



**American Legion Auxiliary
Department of California
National Security Bulletin
November 2023**



Veteran's Day

Veteran's Day is right around the corner. Take an hour or two to volunteer on behalf of veterans who placed their very lives on the line to protect and ensure our freedom. It's impossible to compensate them for their great personal sacrifice, but we can demonstrate deep appreciation for all they've done by sharing a little bit of ourselves. Here are five meaningful ways to volunteer on Veterans Day.

1. **Be an active listener:** Give your veteran you undivided attention. Lean into the conversation giving them nonverbal cues that you're really engaged, be sensitive to questions our veteran may not want to answer, and refuse to be judgmental.
2. **Celebrate with veterans:** Stand in the crowd and enthusiastically cheer your veterans on during a parade, congratulate them on their service by introducing yourself, and thank them personally for their service during the celebrations in your community.
3. **Make it personal:** Ask a veteran what they need. It may be a ride somewhere, help picking up mail, or a pit stop at the grocery store.
4. **Pick up their tab:** If you see a veteran in line at the coffee shop or at a restaurant, pay for their drink or meal.
5. **Write a personal thank you:** Express your thanks in a letter or note card, try to mention something personal and relevant to your time together.

The Soldier and Family Readiness Group

The Soldier and Family Readiness Group (SFRG) is a Unit's Commander's program. It forms a network of mutual support and assistance and assists unit commanders in meeting military and personal deployment preparedness and enhances Soldier and Family readiness. The SFRG is important because it is taking care of the Soldiers, Families, and civilians is an enduring Army priority. SFRGs provide a critical link between commander's and their Soldiers and Families. They provide official, accurate command information, connect Soldiers and Families to the chain of command, provide a network of support, and connect SFRG members to on/off post community resources.

The U.S. Army FRG is now known as [the Soldier and Family Readiness Group](#), or SFRG. In the U.S. Air Force, it's known as [the Key Spouse Program](#). The U.S. Marine Corps has [the Family Readiness Program](#). The Coast Guard has [the Work-Life Program](#).

American Legion Auxiliary members can be one of those off post community resources providing support. The American Legion has created the Family Support Network (FSN) as a direct post of assistance families who need assistance.

The contact information of the veteran's family member and the reason for the FSN request is collected. The request is referred to the local American Legion department. The department refers the call to a local hometown post. The local post contacts the family and provides the assistance, if resources are available, or refers the family to other local agencies. In case of financial need, the post provides the necessary funds or assists the family in applying for Temporary Financial Assistance, if minor children

Preparing Your Family For An Earthquake

The Plan

- ✓ Stock up on at least a three-day supply of food, water, clothes, medical supplies and other necessary equipment for everyone in your family. Make sure everyone knows where to find them. (See the information sheet on emergency supplies in this packet.)
- Decide where and when to reunite your family should you be apart when an earthquake happens.
- Choose a person outside the immediate area to contact if family members are separated. Long distance phone service will probably be restored sooner than local service. Do not use the phone immediately after an earthquake.
- Know the policies of the school or daycare center your children attend. Make plans to have someone pick them up if you are unable to get to them.
- If you have a family member who does not speak English, prepare an emergency card written in English indicating that person's identification, address and any special needs such as medication or allergies. Tell that person to keep the card with him/her at all times.
- Conduct Earthquake: Duck, Cover & Hold drills every six months with your family.
- Know the safest place in each room because it will be difficult to move from one room to another during a quake.
- Locate the shutoff valves for water, gas and electricity. Learn how to shut off the valves before a quake. If you have any questions, call your utility company.
- Make copies of vital records and keep them in a safe deposit box in another city or state. Make sure your originals are stored safely.

When preparing for an earthquake, plan on having enough supplies to get you and your family through at least the first 72 hours. After a major earthquake, there's a good chance that traditional emergency response teams will be too busy to take care of you and your family. You need to prepare your home and neighborhood.

- Before a quake occurs, call your local Red Cross chapter and Office of Emergency Services to find out about their plans for emergency shelters and temporary medical centers in case of such a disaster.
- Establish all the possible ways to exit your house. Keep those areas clear.
- Know the locations of the nearest fire and police stations.
- Take photos and/or videos of your valuables. Make copies and keep them in another city or state.
- Include your babysitter and other household help in your plans.
- Keep an extra pair of eyeglasses and house and car keys on hand.
- Keep extra cash and change. If electricity is out, you will not be able to use an ATM.

General Tips

- ✓ Stay away from heavy furniture, appliances, large glass panes, shelves holding objects, and large decorative masonry, brick or plaster such as fireplaces.
- Keep your hallway clear. It is usually one of the safest places to be during an earthquake.
- Stay away from kitchens and garages, which tend to be the most dangerous places because of the many items kept there.

Emergency Supplies Checklist

Stocking up now on emergency supplies can add to your safety and comfort during and after an earthquake. Store enough supplies for at least 72 hours.

Essentials

- ✓
- Water — 1 gallon per person per day (a week's supply of water is preferable)
- Water purification kit
- First aid kit, freshly stocked
- First aid book
- Food
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medications
- Extra pair of eyeglasses
- Extra pair of house and car keys
- Fire extinguisher — A-B-C type
- Food, water and restraint (leash or carrier) for pets
- Cash and change
- Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices.

Sanitation Supplies

- ✓
- Large plastic trash bags for waste; tarps and rain ponchos
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine hygiene supplies
- Toilet paper

Safety and Comfort

- ✓
- Sturdy shoes
- Heavy gloves for clearing debris
- Candles and matches
- Light sticks
- Change of clothing
- Knife or razor blades
- Garden hose for siphoning and firefighting
- Tent
- Communication kit: paper, pens, stamps

Cooking

- ✓
- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are no gas leaks; never use charcoal indoors)

Tools and Supplies

- ✓
- Axe, shovel, broom
- Adjustable wrench for turning off gas
- Tool kit including a screwdriver, pliers and a hammer
- Coil of 1/2" rope
- Plastic tape, staple gun and sheeting for window replacement
- Bicycle
- City map



American Legion Auxiliary
Department of California

National Security- Unit Mid-Year Report for 2023-2024

Submit this completed form to your District Chairman no later than December 1, 2023.

District # _____ Unit # _____ Unit Chairman _____
Phone # _____ Email: _____
No Activity reported during this period: _____

Supporting Military Service Members and their Families

- Did your Unit greet service members as they deployed and/or returned from a deployment?
Yes _____ No _____
- Did your Unit nominate military women who are currently serving for the "Salute to Service Woman" Award?
Yes _____ No _____
- How many Unit members wear red on Friday for "Remember Everyone Deployed" (R.E.D)?

- How many boxes for Military Care Packages did your Unit assemble to be sent to troops serving overseas?

 - How much was spent? _____
 - Did your Unit hold fundraisers for preparing Care Packages? Yes _____ No _____
- How did your Unit work with a local USO? _____
- How many quilts were donated to Quilts of Valor Foundation? _____
- How else did your Unit support Quilts of Valor Foundation? _____

Support active-duty military families by working with an installation Family Readiness Group.

- How much did your Unit donate to the Armed Services YMCA (ASYMCA) Twentynine Palms, Camp Pendleton, or San Diego Food Pantry? _____
- How many Blue Star or Gold Star Banners were presented to your Community? _____
- How many of your members trained for Community Emergency Response Training (Cert)?

- Did your Unit do anything special for National Preparedness Month (September)?
Yes _____ No _____
 - If so, How? _____
- Have your members reviewed the ALA Military Family Support Guide? Yes _____ No _____

Raise awareness of POW/MIAs

- How many hours did your Unit spend supporting POW/MIA Remembrance Events?

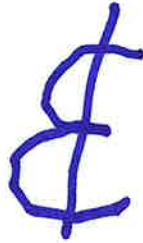
 - How much was Spent? _____
- How many hours did your Unit spend supporting Veteran Day Events?

 - How much was Spent? _____
- How did your Unit support Taking Care of Our People (defense.gov)? _____

Please use an additional sheet of paper to explain how you supported the above events and programs. Please also write about how chairman have worked with the Legislative and Public Relations Chairman to further the National Security Program.

Submit this completed form to your District Chairman no later than December 1, 2023.

**National Security
Unit Mid-Year Report for 2023-2024**



**Due date is December 1st of 2023 to District 28
Chaplain Connie Raya. (831) 324-3733**

**My address is:
c/o 3142 Mimi Court
Marina CA
93933-2856**