



**American Legion Auxiliary
Department of California
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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 are in the home.