

### AMERICAN LEGION POST 18

PO Box 307, Portsmouth, RI 02871

P: 401.683.6148 E: ripost18legion@aol.com

2016-2017 Commander: Dave Duggan

www.americanlegionpost18ri.homestead.com

### VFW POST 5390

822 Anthony Rd., Portsmouth, RI 02871

P: 401.683.9869 E: vfw5390adj@gmail.com

2016-2017 Commander: Harry J. Church

www.vfwri.com

### VFW POST 5390 AUXILIARY

2016-2017 President: Shauna Fournier

P: 884.251.7680 E: shaunafournier@yahoo.com

www.facebook.com/groups/309435705777333/

### CUB SCOUT PACK 50

Meets at VFW Hall, Common Fence Point. Accepting new recruits year 'round. New Kindergarten Lions Pilot Program.

P: 401.683.1812 E: portsmouthpack50@gmail.com

### PORTSMOUTH HIGH SCHOOL MUSIC DEPARTMENT & MUSIC BOOSTERS

Director of Bands & Music: Ted Rausch

E: phsbandmusic@gmail.com

www.portsmouthmusic.org

Choir Director & Strings Instructor: Shawna Gleason

E: gleasons@portsmouthschoolsri.org

Music Booster President: Gary Jefferds

E: chef@is3enough.com

www.portsmouthmusicboosters.org

### SURFACE NAVY ASSOCIATION—NEWPORT CHAPTER

E: newportsna@gmail.com

www.navysna.org

# VETERANS DAY

## 11 NOVEMBER 2016 @ 9 AM

PORTSMOUTH TOWN HALL—PORTSMOUTH, RI



*“Wellness Through  
Alternative Therapy”*



## VFW POST 5390 & AUXILIARY

The Alvaro E. Vieira Post has been a hub of community and patriotic activity on Common Fence Point since 1946. They sponsor Cub Scout Pack 50, support the Voice of Democracy Scholarship and Patriot's Pen competition, host patriotic ceremonies, and provide support, services and referrals to the veteran community here on Aquidneck Island. A large hall with ample parking is available for community events. New members welcome. See eligibility at [www.vfw.org](http://www.vfw.org).

The Auxiliary to VFW 5390 is dedicated to providing support and assistance to Post 5390, local veterans and the community-at-large. We provide support to local veterans' organizations such as Operation Stand Down RI whose mission is to end homelessness amongst our veterans and their families. Auxiliary 5390 is proud to pledge our "Unwavering Support for Uncommon Heroes." Contact info for both the Post and the Auxiliary on back page.

## AMERICAN LEGION POST 18

A charter post founded in 1919, Post 18 has a long history of supporting veterans and promoting patriotism in our community. A scholarship is awarded annually to a Portsmouth High School senior; graves are flagged in preparation for Memorial Day; tattered flags are retired each June; seasonal events are hosted for the residents at the RI Veterans Home in Bristol and members volunteer regularly throughout the Ocean State. Post 18 sponsors a Junior Shooting Sports Team and Legion Baseball. Together with other fine Veterans Service Organizations, we are proud to represent The American Legion here on Aquidneck Island. New members are welcome, and the application can be downloaded from our web site. Contact info on back page.



## RI PATRIOT GUARD RIDERS (PGR)

The PGR is a volunteer organization which ensures dignity and respect at memorial services honoring Fallen Military Heroes, Veterans, Law Enforcement, Firefighters and First Responders. There is no requirement to ride a motorcycle and membership is free. Members are patriotic citizens who stand in flag lines at Honor Missions at the request of the family. There are also Help on the Homefront (HOTH) Missions for Memorials, Dedications, Military Deployments and Homecomings and events like today's Veterans Day ceremony. Visit [www.patriotguard.org](http://www.patriotguard.org).

## PROJECT BLUE STAR/BLUE STAR MEMORIAL

Dedicated in 2013, our local Blue Star Memorial is on the grounds of the Portsmouth Free Public Library. A project of the Portsmouth Garden Club, the "Blue Star" theme inspired Carolyn Evans-Carbery to ensure that all Portsmouth veterans are honored—preferably during their lifetime. To support those efforts and Project Blue Star, visit <http://projectbluestar.jimdo.com>.



## ACKNOWLEDGMENTS

We would like to thank **Portsmouth Town Council** for use of the Portsmouth Town Hall and the **Portsmouth Police Department** for granting access to same; **Newport Daily News, Newport This Week, Portsmouth Times, Portsmouth Patch** and **Newport NAVALOG** for press coverage; **Portsmouth Garden Club** for beautification within Legion Park; **Project Blue Star Coordinator Carolyn Evans-Carbery** for providing today's wreath and maintaining the plantings at the WWI Memorial and the SGT Donald H. Sisson Memorial at PHS; and all who participated and attended this ceremony. Yellow Awareness Ribbons provided by **Christine Hayward**. Event program designed/printed by **AL Post 18**.

**We encourage you to attend the Veterans Day ceremony @ Newport City Hall or the Brunch @ the VFW Hall on Common Fence Point @ 11 AM.**



## DARE TO DREAM RANCH

Dare to Dream Ranch, Inc. is a 501(c)(3) veteran non-profit that offers alternative therapy programs for service members, veterans and their families that may be experiencing emotional challenges like PTSD, anxiety, depression, military sexual trauma and mild traumatic brain injury. Founder and Executive Vice President Karen Dalton is the daughter of a U.S. Marine who had some anger management issues. While attending the Institute of Integrative Nutrition, Ms. Dalton learned past graduates were doing impactful things like changing health policies. Wanting to do something impactful with her certified health coach training as well, Dare to Dream Ranch was born. Ms. Dalton has also completed the Equine Assisted Growth and Learning Association (EAGALA) training. Besides equine-facilitated coaching sessions, Dare to Dream Ranch also offers woodworking, gardening, nutritional cooking, fly tying/fishing and most recently kayak/canoe excursions. To learn how you can get involved, participate in and/or support the various programs, please visit [www.daretodreamranch.org](http://www.daretodreamranch.org).

## SHRI YOGA

Since 2010, Shri Yoga and its non-profit (Shri Service Corps) have been the only yoga outreach studio and organization in RI to serve adults and children with disabilities, veterans, students, hospitals, shelters, incarcerated youth and men and women in recovery on a weekly basis. With its unique blend of yoga classes along with community building, mindfulness and character education components, Shri is committed to reducing stress in our most vulnerable populations, improving health and wellness outcomes and inspiring communities. Founder Alison Bologna has been recognized by Providence Business News, The Women's Center of RI, RI Small Business Journal, L.I.F.E., Inc., Rally for Recovery, ARC of Blackstone Valley, Blackstone Valley Children's Shelter, RI's Attorney General, The Pawtucket Foundation, RI Monthly Magazine and more! Learn more at [www.shriyoga.org](http://www.shriyoga.org).



## INDOOR CEREMONY

- **FLAG LINE:** RI Patriot Guard Riders {Ride Captain (RC): Barry Black; Assistant RC: Richard "Pappy" Desjarlais}
- **POSTING OF THE COLORS:** Cub Scout Pack 50
- **NATIONAL ANTHEM:** Portsmouth High School Vocal Ensemble
- **PLEDGE OF ALLEGIANCE:** Scouts will lead the Pledge
- **INVOCATION:** LTC Michael Nott, USA (Ret.), Chaplain, VFW Post 5390
- **WELCOME & INTRODUCTION OF SPEAKERS:** Master of Ceremonies Dave Duggan, Commander, American Legion Post 18
- **POST 18 PHS SCHOLARSHIP WINNING ESSAY:** "Alternative Therapy for Veterans" by Adam Carceller
- **GUEST SPEAKER:** Kristen Varadian, Teacher of Yoga for the Military @ Shri Yoga
- **KEYNOTE SPEAKER:** Karen Dalton, Founder & Executive Vice President of Dare to Dream Ranch with U.S. Army combat veterans Steven Frye and Robert Young
- **PRESENTATION OF GIFTS:** CDR Carlton Johnson, USN (Ret.), Sr. Vice Commander, VFW Post 5390
- **RETIRING OF THE COLORS / MUSTER OUTDOORS**

## OUTDOOR CEREMONY

- **LAYING OF THE WREATH:** Project Blue Star Coordinator Carolyn Evans-Carbery
- **TAPS:** LCDR Richard Ashmore, USN (Ret.)
- **BENEDICTION:** Francis Gutierrez, Chaplain, AL Post 18
- **GATHER FOR OUTDOOR GROUP PHOTO**

## VETERANS DAY BRUNCH

@ ALVARO E. VIEIRA VFW POST 5390  
822 ANTHONY RD., PORTSMOUTH

Hosted by Auxiliary 5390

**11 NOVEMBER 2016 @ 11 AM**

\$8 per person (\$4 for children under 12 years old)  
Veterans eat for free!!!

Menu: Bacon, eggs, sausage, toast, French toast sticks, home fries, variety of homemade breads, coffee, tea & OJ  
~ Mimosas and Bloody Marys available for purchase ~



NEWPORT NAVY CHORISTERS  
**CHRISTMAS IN SONG**  
FRIDAY, 9 DEC 2016 @ 7:30 PM  
ST. LUCY'S CHURCH, MIDDLETOWN, RI

**TICKETS:** \$12 for adults; \$8 for children & seniors. For tickets in advance, call 401.919.2059 or visit [www.newportnavychoristerschristmasconcert.eventbrite.com](http://www.newportnavychoristerschristmasconcert.eventbrite.com)

### PROGRAM ADVERTISING OPPORTUNITIES:

Proceeds from this year's concert benefit **DARE TO DREAM RANCH**. Contact: Karen Dalton; 401.919.2059 or [karendaltonhealthyliving@gmail.com](mailto:karendaltonhealthyliving@gmail.com)

[www.newportnavychoristers.org](http://www.newportnavychoristers.org)

## OPERATION STAND DOWN RHODE ISLAND

Aquidneck Island location (164 Broadway, Newport) needs:

- winter coats, gloves & hats
- non-perishable items for food pantry
- toiletries
- gift cards for Stop & Shop, Shaw's, WalMart

Hours: Monday through Friday, 8 AM to 4 PM  
Call: 401.383.4730 Visit: [www.osdri.org](http://www.osdri.org)



HERE'S A GREAT OPPORTUNITY TO HONOR A LOVED ONE AND SUPPORT THE "WREATHS ACROSS AMERICA" EVENT IN NEWPORT (17 DECEMBER 2016)

**Wreath Sponsorship Form**—Sponsored wreaths will be placed at graves in Island Cemetery and the Common Burial Ground on December 17<sup>th</sup>.  
The best way to sponsor wreaths is by making your purchase on-line at [www.bit.ly/SNAWAA](http://www.bit.ly/SNAWAA) or you can mail a check with the form below.

Name : \_\_\_\_\_  
Address : \_\_\_\_\_  
City : \_\_\_\_\_ State : \_\_\_\_\_  
Zip : \_\_\_\_\_ Phone : \_\_\_\_\_  
Email : \_\_\_\_\_

Sponsorship	Price	Quantity	Total
Individual=1 Wreath	\$15		
Family=4 Wreaths	\$60		
Small Business=10 Wreaths	\$150		
Corporate=100 Wreaths	\$1500		
Grand Total			



Please make checks payable to:

**Wreaths Across America™**  
PO Box 249  
Columbia Falls, ME 04623

**Thank you for your sponsorship and joining us in our mission to Remember, Honor and Teach!** Questions? Please call 877.385.9504.

*\*Please note that wreaths are sent directly to the WAA ceremony location and not to individual sponsors.*

Location ID: RINPAC-RI Newport Area Cemeteries  
Fundraising Group ID: RI0006-SNA, Newport

### FOR WAA OFFICE USE ONLY:

Cash\$: \_\_\_\_\_ Total\$: \_\_\_\_\_ Date: \_\_\_\_\_  
Total # Checks: \_\_\_\_\_ Reconciled: \_\_\_\_\_  
MO\$: \_\_\_\_\_ GEN: \_\_\_\_\_  
Entered: \_\_\_\_\_

Donate on-line at [www.bit.ly/SNAWAA](http://www.bit.ly/SNAWAA) or detach and mail to Wreaths Across America with payment. Thank you!