

Hello Brothers, and Sisters,

First and foremost, I want to apologize for not having a monthly promotional every month. There is no excuse for me not having one, however, I could use the excuse that I have been so busy and not had time. However, as all of all of us we all have been busy. So again, my sincere apologies.

This month I would like to talk about something that has been talked about many times and I know that when some of you hear this, you will have a deaf ear, and I truly hope that you will respect my promotional and take heed to what I say.

So, this month I am going to focus on suicide awareness. Not trying to put on a “pity show”, however I would like to share with you what has become an eye opener to me. In the last six months I have heard of 9 people whether it be an acquaintance and /or people that I knew personally that they had passed. Out of the 9 there have been 5 veterans that have taken their lives due to PTSD and/or other issues. Within the last four weeks I have had 4 deaths in my Auxiliary, 2 to health issue and the other 2 suicide. The 2 people that took their lives were family members of a veteran. People, suicide is very real.

My encouragement is that you be aware of the people around you. Watch for change in their demeanor, mood and overall personality. Don't dismiss it and think that they will get over it, or they are just in a bad mood, or they just want attention. You never know what goes on behind closed doors. You don't want to live with the what if's or regrets. If you see someone in need, help them seek get, help them in any way possible because you never know you may be the person that saves a life. There are many resources out there. Research them and see what they offer. Don't ever be afraid to reach out to someone who may need help. If you, yourself is going through something, don't be too proud to seek help. Every life is valuable!

I hope you all have a wonderful month!

Respectfully,

Shelly Ravak

VFS Department Chairman