

## Support The Troops

Our Support the Troops committee has put together a list of items we are collecting at the October meeting to support our lodge member Matthew Mahoney. These items were selected to support him and his unit. He is not located on a base but is part of a Marine mobile unit that is constantly on the move and carries everything with them. Please do not vary from this list as we are trying to customize the packages to their needs and they way they are living.

We are also looking for other family of lodge members who are serving overseas in the military. If you have anyone serving please call Neil at 239-2999. We are limiting it to family of Lodge members to start with. This could be children, grandchildren, nieces, nephews, etc. We all have friends who might be serving but for now we want to be able to take a little more care and customize the packages to their needs. Until we know how many family members we have we don't want to open it up to outsiders yet, although we may once we see what kind of support we get from our members.

### **Personal Items; These should be travel or individual sizes;**

- Medicated foot or body Powder. "Goldbond"
- Deodorant
- Soap
- Shampoo
- Baby Wipes
- Hand Sanitizers, Purell etc.
- Toothbrushes
- Toothpaste, hard containers, not tubes
- Dental "Brush-ups"
- Razor Blades, mach 3 etc.
- Brown or Black Boot Socks, cotton
- Wash cloths or "small" towels
- Travel or Pocket size packages of Tissues or Toilet Paper

### **Other Items:**

- Pencils
- Puzzle Books
- Magazines, sports, fitness, current events/news

### **Food; Individual or snack sizes are best.**

- Crystal-light, Gatorade, propel type drink mixes. Small "on the go" sizes to mix in 16-20 oz of water.
  - Trail Mix
  - Beef Jerky
  - Power Bars or Protein Bars
  - Sunflower Seeds
  - Jolly Ranchers
  - Gum
  - Random Snacks (consider extreme heat, no chocolate candy, and post office throwing box around)
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- Playing Cards
  - Zip Lock bags, quart or 1 gallon size
  - Pre paid military phone cards