

## July Patriotic Instruction

Brothers,

With the summer months approaching and things returning to normal, many of us will be back in the field in the coming weeks and months doing the grunt work of the SUVCW. With that being said, we have got to ensure that we are being smart and safe while undertaking these projects. We will be working in the hottest days of the year and in many cases, we will be doing extreme physical labor. Continuing with the theme we started in May, I am a few tips for how we can remain safe while in the field so that we can keep doing the good work of the order and spread Patriotism by example. Here are a few simple tips you can use when going to do a project:

- Never be alone in the field, even if you are flagging a small family cemetery. If something happens to you, you want someone there that can call for help if needed.
- Always have water and Gatorade with you, dehydration catches up to you quick and if you are not drinking enough water and replacing electrolytes, it is an all but a guaranteed for a trip to the hospital.
- If you are in the field for a long period of time, make sure you have some type of snack with you to help replenish nutrients, especially if you have a pre-existing medical condition.
- Pay attention to the weather for hazardous conditions, do not be afraid to reschedule a work detail.

I know these all seem like simple, no brainer things. However, many of us not being in the field for almost 2 years, depending on when the cold weather hit, it is good to reiterate these things. We cannot spread Patriotism through our work if we are not physically capable of doing the work, or if we take unnecessary risks the end up in ER visits.

With it being July, I would be derelict in my duties if I did not wish you all a safe and happy Independence Day. I urge you all to tell one person outside of the SUVCW why you are proud of this country and why Independence Day is an important day to you. For me it is a day to reflect on the fact that I can freely speak my mind without fear of penalty or prosecution under law. Every time I walk through a cemetery, and I see an American flag flying next to a headstone, I am reminded that that soul signed the blank check, for up to and including their lives, to ensure that I can do that. I do believe that many of us take for granted some of the freedoms we have, and do not realize that in some countries saying the wrong thing will end in jail time. We all have the right to speak our mind, we might not agree with everything coming out of people's mouths, but it is our right, as Americans, to say it and to disagree with what another has said, and we can still be friends and countrymen after said disagreement. A lesson that I personally feel many have forgotten. We must strive to not forget these lessons, but not forgetting is not good enough. We must educate our friends, family, neighbors, and countrymen on how important these rights are.

Enjoy your 4<sup>th</sup>, I hope all of you will be doing something to celebrate the holiday in a fun way, whether it is having a cold one, a slice of apple pie, participating in a ceremony, watching the Red Sox win or the Yankee lose or in my case marching with the 2<sup>nd</sup> Rhode Island in the oldest continuous 4<sup>th</sup> of July celebration hosted in Bristol, Rhode Island every year since 1785 (yes that's what is called a humble brag).

In Fraternity, Charity, and Loyalty,  
Br. Ben Frail, PDC  
National Patriotic Instructor