



**AMERICAN LEGION AUXILIARY**  
**Department of California**  
**The Roarin' 20th District**

# CHATTERBOX

**Volume 64, #7**

**April 2025**



## **Mission Statement**

In the Spirit of Service, Not Self, the mission of the American Legion Auxiliary is to support [The American Legion](#) and to honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad. For God and Country, we advocate for veterans, educate our citizens, mentor youth, and promote patriotism, good citizenship, peace and security.

## **Our Impact**

We are one of the nation's most prominent supporters of veterans, military and their families. We help to advance the mission of The American Legion. From helping to draft the GI Bill in 1944 to advocating for veterans on Capitol Hill, the nonpartisan American Legion Family is instrumental in advancing legislation that improves the quality of the life for our nation's veterans and Service members.

## 2024—2025 DISTRICT OFFICERS



**President**  
**1st Vice President**  
**2nd Vice President**  
**Secretary**  
**Treasurer**  
**Chaplain**  
**Historian**  
**Parliamentarian**  
**Sergeant-at-Arms**  
**Asst. Srg-at-Arms**  
**Jr. Past President**

Liz Tungate  
 Sam Marsteller  
 Laura Kellgreen  
 Mahala Beery  
 Bonnie Christner  
 Carol McChesney  
 Krista Young  
 Rebecca Valdivia  
 Hila Estrada  
 Annette Seigny  
 Carol Harville

[ALA.deptca.district20@gmail.com](mailto:ALA.deptca.district20@gmail.com)  
[Marstellersandra@gmail.com](mailto:Marstellersandra@gmail.com)  
[laurakellgreen@gmail.com](mailto:laurakellgreen@gmail.com)  
[mahala.beery@gmail.com](mailto:mahala.beery@gmail.com)  
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[Ehila636@gmail.com](mailto:Ehila636@gmail.com)  
[as1122@icloud.com](mailto:as1122@icloud.com)  
[bcountry\\_47@yahoo.com](mailto:bcountry_47@yahoo.com)

## 2024—2025 DISTRICT CHAIRMEN

**AEF**  
**Americanism**  
**Children and Youth**  
**Community Service**  
**Constitution**  
**Distin. Guests**  
**Editor**  
**Education**  
**Girls State**  
**Junior Activities**  
**Leadership**  
**Legislative**  
**Membership**  
**Music**  
**National Security**  
**PPP**  
**Poppy**  
**Public Relations**  
**Resolutions**  
**VA & R**

Bonnie Christner  
 Laura Kellgreen  
 Marlena Tungate  
 Bonnie Christner  
 \*  
 Carol Harville  
 Nancy Heinisch  
 Eva Miles  
 \*  
 \*  
 Rebecca Valdivia  
 Kathy Faulconer  
 Sam Marsteller  
 Rebecca Valdivia  
 Mahala Beery  
 Carol Harville  
 Wendy Freeman  
 Carol McChesney  
 Marlena Tungate  
 Barbara Garrison

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[nancyheinisch@att.net](mailto:nancyheinisch@att.net)  
[evabeans@yahoo.com](mailto:evabeans@yahoo.com)  
  
  
[rebeccavaldivia@live.com](mailto:rebeccavaldivia@live.com)  
[kfaulco102@aol.com](mailto:kfaulco102@aol.com)  
[Marstellersandra@gail.com](mailto:Marstellersandra@gail.com)  
[rebeccavaldivia@live.com](mailto:rebeccavaldivia@live.com)  
[mahala.beery@gmail.com](mailto:mahala.beery@gmail.com)  
[bcountry\\_47@yahoo.com](mailto:bcountry_47@yahoo.com)  
[Wendyfreeman27@gmail.com](mailto:Wendyfreeman27@gmail.com)  
[cmcchesney1@msn.com](mailto:cmcchesney1@msn.com)  
[Marlenat07@earthlink.net](mailto:Marlenat07@earthlink.net)  
[Bgarri2445@verizon.net](mailto:Bgarri2445@verizon.net)

## 2024—2025 UNIT PRESIDENTS

**San Fernando 176**  
**Antelope Valley 311**  
**Palmdale 348**  
**Sunland-Tujunga 377**  
**Newhall-Saugus 507**  
**Sun Valley 520**  
**Panorama City 817**

Hila Estrada  
 Pat Frisan  
 Marcy Velador  
 Chandra Young  
 Christie Marks  
 Eva Miles  
 Barbara Garrison

[hila.estrada7@gmail.com](mailto:hila.estrada7@gmail.com)  
[frizgang47@netzero.com](mailto:frizgang47@netzero.com)  
[marsea18@msn.com](mailto:marsea18@msn.com)  
[alauxiliary377landtunga@gmail.com](mailto:alauxiliary377landtunga@gmail.com)  
[xiemarks@earthlink.net](mailto:xiemarks@earthlink.net)  
[evabeans@yahoo.com](mailto:evabeans@yahoo.com)  
[Bgarri2445@verizon.net](mailto:Bgarri2445@verizon.net)

\* = vacant

# OFFICER REPORTS

## DISTRICT 20 PRESIDENT

*Liz Tungate*

Greetings from the desk of your president! March was an exciting month for our Auxiliary members in Southern California.

We were honored an opportunity to meet our National President Trish Ward at the Orange Post 143. Unit 143 President Diana Trujillo and first vice Cheryl Sepulveda, along with many of their members, put on a fabulous dinner, and a very successful event – thank you!!

In honor of April being Children and Youth month and the month of the Military Child, April's District 20 meeting will showcase two special ceremonies. Our first will be the Memorial Ceremony to honor those Auxiliary members that have passed away and held a special place in the hearts of our members. The second ceremony will be honoring the military child with a special Military Child's Table Setting Ceremony.

April 15th is Purple Up Day! Wear **purple** to recognize and support the children of military families.

Nominations! April is also nominations month! Do you want to hold an officer position in District 20? Let your friends know so they can nominate you!

Deadlines! At last month's meeting I passed out copies for each Unit of the Member Impact Report form. Each active member that volunteers in their Unit or community on behalf of a veteran or their family, should fill out this report. These reports (with instructions) can be found online [calegionaux.org/resources/eoy/eoy-unit-impact-member.pdf](http://calegionaux.org/resources/eoy/eoy-unit-impact-member.pdf).

Please give your completed report to your Unit President by April 11. The Unit Presidents will compile these reports and submit their Unit report to me by May 1 because I'll need to submit to Department by May 15.

It's **\*\*very important\*\*** to fill out your impact report because these numbers are also reported to the American Legion which includes them in its annual report to Congress.

I also handed out the Unit Data forms at the last meeting. These forms are due to Department NO LATER THAN April 15. These are for the 2026 membership dues mailing address. You can find that form at <https://www.calegionaux.org/resources/forms/unit-data-form-1.pdf>.

Units that made goal by April 1 (176 & 348) are eligible for the Department Colleen Award. Congratulations!! To be considered for this award, the Unit Activity Report needs to be filled out and submitted to me by April 12. You can find that form at <https://www.calegionaux.org/resources/eoy/eoy-unit-activity-report.pdf>.

Unit's year end Program reports are due to District Chairs by April 11. Even if you have no activity in certain programs, please submit your form to that program chair.

I was mailed the District YE Program forms earlier in March and I will have them for my Program Chairs at the April meeting.



*ALA District 20 President Liz Tungate with ALA National President Trish Ward*

*(President's Report continues on following page)*

## DISTRICT 20 PRESIDENT (cont.)

*Liz Tungate*

***Unit End of-year Reports are due April 11 to District Chairs. District End of Year Reports are due May 1 to Department Chairs. Please remember to send a copy of your District End of Year Report to me. Please note the following changes below:***

Please send the following Unit reports to

ALA President Liz Tungate  
ala.deptca.district20@gmail.com

Constitution and Bylaws  
Girls State  
Junior Activities  
Poppy

Please send the Leadership Unit reports to

Rebecca Valdivia  
RebeccaValdivia@live.com

Please send PPP Unit Reports to

Carol Harville  
bcountry\_47@yahoo.com

Please keep District 20  
Poppy Chair Wendy  
Freeman in your  
thoughts and prayers  
as she's recently  
undergone heart  
surgery.



ALA District 20 (Area 6)				
Membership 3/19/25				
Unit #	Unit Name	Members	Percentage	Standing
176	San Fernando	68	115.25	1
311	Antelope Valley	89	98.68	5
348	Palmdale	49	100	2
377	Sunland-Tujunga	55	57.29	7
507	Newhall-Saugus	59	96.72	3
520	Sun Valley	18	66.67	6
817	Panorama City	62	95.38	4
Total		400	88.50	

## CHAPLAIN

*Carol McChesney*

We pause to pay tribute to those of our members who have died during the past year.

Our Memorial Service will take place at the conclusion of the April meeting.

Please join us for this important service.





## OFFICER REPORTS (cont)

### HISTORIAN Krista Young



Unit 311 is in full gear shopping for items to make Easter baskets. The Easter baskets will be assembled at Unit 311's next meeting and will be delivered to Antelope Valley Pediatric Hospital in Lancaster.

I have been working with Department Historian, Erika Hernandez, to make some changes in rules and scoring for the history picture books. She will be presenting these changes to National soon. Hopefully these changes will be helpful for our units and districts.



## CHAIRMEN REPORTS

### AMERICANISM Laura Kellgreen

**Purpose:** The purpose of the Americanism program is to promote patriotism and responsible citizenship. *Standing Rules #6, Core National Standing Committees*

#### Key Program Statements

- Be knowledgeable on flag history, etiquette, and proper disposal methods, and promote the observation of patriotic holidays so your community will look to the ALA for information.
- Increase participation in the Americanism Essay Contest. Participate in the promotion of The American Legion Americanism programs.

#### Looking for ideas?

ALA Committee Facebook Groups are spaces on the social media network for ALA members to discuss or share about broad or narrow topics related to each committee. Groups provide an arena for organic discussion about your local programs or services and present the opportunity to cultivate brand awareness.

The fundamental value of the American Legion Auxiliary is showing respect for our country and our nation's flag. This is a place to share activities and events, ask questions, obtain information and promote the love of our country.

[facebook.com/groups/818779828161560](https://facebook.com/groups/818779828161560)

### CHILDREN & YOUTH Marlena Tungate

April is the Month of the Military Child and is meant to express appreciation for children who have military parents (no matter one or both) as they go through unique challenges and in a way, make sacrifices: they may not receive full and consistent care, be forced to move homes and change schools frequently, separate from friends and family members all the time, etc.

The key event for the month of the military child is the national Purple Up day. It is on April 15 and is a military child appreciation day. In essence, to thank and show your support, you would wear purple for military children across the nation. Americans everywhere are encouraged to do this.

#### But why purple for military children appreciation?

The idea is that purple represents all the branches of the military: the Army's green, Marine Corps's red, Air Force's blue, Navy's blue, and Coast Guard's blue combined together makes purple.

[thesoldiersproject.org](https://thesoldiersproject.org)

## JR ACTIVITIES

*Submitted by Chandra Young*



The Junior Conference is coming soon—April 11-13, 2025, at Camp Arnaz! Seniors, register and pay for your juniors by **\*\*March 28th, 2025.\*\*** Forms are available under Junior Activities/Junior Conference.

Let's mentor our juniors by teaching them meeting conduct, flag etiquette, the Poppy Program, ceremonies, and more. Email patch-eligible juniors' names to [huntLL577@gmail.com](mailto:huntLL577@gmail.com).

Don't miss the National Junior Activities Program Awards—submissions due by **\*\*June 1st, 2025.\*\*** Details at [Junior Activities](<https://www.legionaux.org>).

***\*\*“Our Juniors are Our Future.”\*\* Let's make it count!***

## LEADERSHIP

*Rebecca Valdivia*

“Leadership is not magnetic personality, that can just as well be a glib tongue. It is not ‘making friends and influencing people,’ that is flattery. Leadership is lifting a person’s vision to higher sights, the raising of a person’s performance to a higher standard, the building of a personality beyond its normal limitations.” – Peter F. Drucker

## LEGISLATIVE

*Kathy Faulconer*

Please know that a leaked VA memo shared the cutting of more than 80,000 VA jobs by end of Fiscal Year 2025. Ranking Member Sen. Richard Blumenthal, D-Conn., asked about the Legion’s discussion with VA Secretary Doug Collins on this. “The American Legion has spoken with VA Secretary Doug Collins about the need for more transparency and methodology of these changes and plans to mitigate potential impacts,” American Legion Veteran Affairs & Rehabilitation Director Cole Lyle replied, adding that the Legion has been in contact with the secretary’s office about the department-wide personnel review by May 9 about the cuts. “We absolutely want to have the Legionnaires’ voices heard in that process to ensure that there are no cuts in mission critical capabilities for health care or benefits at the VA” per Lyle. **Blumenthal added that, “It is your voices and faces that will make a difference. At the end of the day it’s our veterans who save VA health care, VA benefits, the Pact Act.”**

AL Veteran Affairs and Rehab Director Cole Lyle testified March 11 before the Senate Committee on Vet Affairs regarding pending legislation. He answered questions from members about the Veterans Access Act, reduction in the U.S. Dept. of VA workforce, and privatizing VA. “It is vital to acknowledge that this hearing comes at a time of uncertainty and widespread change” Lyle stated. “I want to be clear. The American Legion has never shied away from the responsibility of being a voice for the veterans and we will not start now.”

American Legion Auxiliary Department of California Legislative Chair Glenda Schultz states that as of January 29, 2025, we had 15,284 paid members and only 41 responses to the A. Action Alerts! California needs to get up to speed. The District. of Columbia was the winner in the National Legislative Committee Challenge for the first quarter. We have a lot of work to do ladies. She and I remind you that these are your Veterans benefits that you are supporting when you contact your reps through <https://www.votervoice.net/AmericanLegion/Register> it’s so easy to sign up, receive the alerts and vote/speak up. The system automatically keeps track of your More planning information on Legislative issues may be found in the Legislative Advocacy Guide, and the American Dispatch. Also, if you have not already joined the Legislative Facebook page, please join now at **ALA Legislative**. This is a closed group, so you must request permission to join. You must then answer all questions to be approved. It is a method to share updates discuss national legislation, and stay connected with other members.





## MEMBERSHIP

Sam Marsteller

A reminder that end of year reports are due to me by April 11.

They can be emailed to me at [marstellersandra@gmail.com](mailto:marstellersandra@gmail.com) . If you have questions feel free to contact me at 818)919-2279.

The unit report form for membership is on the department website under “forms”. I encourage all to attach a supplemental report describing your Unit’s success stories in working the membership program.

Thanks for all your hard work.

## MUSIC

Rebecca Valdivia



Music therapy is the process of using songs and instruments to help achieve therapeutic goals in a clinical setting. For Veterans, this can be a powerful form of therapy.

Music helps us connect. Whether it’s expressing yourself by writing or playing a song, or simply sharing your love of a particular band, music creates strong social bonds.

Music therapy can address various health and educational objectives, including promoting overall wellness, reducing anxiety and stress, relieving pain, expressing emotions, enhancing memory, improving communication, and supporting physical rehabilitation. Music therapy can improve the quality of life for people with physical or mental health issues.

With our military and Veteran populations, there are a myriad of benefits to music therapy services that bolster recovery, rehabilitation, and resilience across treatment domains (e.g., physiological, neurological, psychological, social), as indicated below.

*It’s not what you get out of the music but what the music gets out of you.*

# Membership Reports

AMERICAN  
LEGION  
AUXILIARY

Linda Hayes  
American Legion Auxiliary  
Department of California President

### ALA DEPARTMENT OF CALIFORNIA CONTINGENCY PLANS IN TIMES OF CONFLICT OR WAR

*The consequences of war are dire, regardless of whether the conflict is fought on American soil or in a foreign country.*

*Consequences of war include:*

- Mass destruction of cities
- Long-lasting effects on a country's economy
- Insecurity and lower living standards for people
- Environmental destruction
- Existential threat if fought with nuclear weapons
- Increased military expenditures
- Destruction of livelihoods and infrastructure
- Limitations on economic activities due to insecurity and flight of capital ([bing.com](http://bing.com))

*Being prepared as much as possible for all scenarios can make a significant difference should the unthinkable happen. Take proactive steps now to protect yourself and your families. Areas to focus on include emergency supplies, personal safety, communication, survival skills, support systems, mental health and spiritual preparedness.*

*Foresight and preparation will significantly improve the chance of surviving. If war breaks out, it may simply be too late to start getting ready.*

*Stay safe, stay vigilant, and remember: hope for the best, but always prepare for the worst.*

## Military Support Committee

Be sure to check out the Military Support Committee’s California Contingency Plans in Case of War. They can be found on the welcome page of the Department website.

# NATIONAL SECURITY

*Mahala Beery*

Happy April everyone!

Reports are due, I hope yours are on the way, if I haven't received them. It's a busy month for ALA activities and of course, Easter is on Sunday, April 20, 2025.



Last month Past National President Lisa Williamson asked for our help collecting coupons. It is a great opportunity to get members involved in working the mission of National Security, especially those members who may be homebound.

Below are some helpful tips and the contact information on where to send the coupons:

1. Only Manufacturer's Coupons may be used. This can include coupons for food, non-food items like hygiene or cleaning supplies, baby items such as diapers, and pet supplies. The commissary is unable to accept store coupons, restaurant coupons or internet coupons.
2. Cut out the coupons. Please do not send sheets of unclipped coupons.
3. Overseas Commissaries are permitted to accept expired manufacturer coupons up to 6 months past the expiration date. Be sure to consider the time it will take to mail the coupons and for the commissary to sort.
4. Try and sort the coupons before mailing: separate the expired (or soon to expire) from the nonexpired. Then separate and group together by type: Food, Non-food, baby & children, and pets.
5. Send the coupons to the below listed address: Yokosuka Commissary Attn: Mr. Sun T. Park PSC 473 Box 33 FPO AP 96349.

Our Department's National Security Chairman was able to go to Washington DC to attend some important meetings. Please check out her report on the ALA California Department website. Go to Resources, then Bulletins, then look at March 2025 Bulletin, under that is Washington Report. She attended meetings about Suicide Prevention where they spoke about VA collected data on Veteran Suicide and medications, another meeting about Veterans' Employment & Training Service, they also covered various housing programs, then they heard from the Small Business Administration and how they can help Veterans. She was there with several leaders from the Department of California and walked the hill visiting representatives. Please read the report (it's too long for here) but it shows how much the American Legion does to enhance veterans lives and well worth the time to read.

Don't forget to send your member impact report to your Unit President. I hope April is a great month for all, I'm looking forward to reading all the unit National Security reports.



# PAST PRESIDENTS PARLEY

Carol Harville

**UNITS: Deadline All student Nurses' application due on Friday, April 4, 2025.**  
**ALL completed and signed Nurses' applications to PPP Department Chairman by Friday, April 18, 2025.**

The purpose of the Past Presidents Parley (PPP) committee is to utilize the experience and knowledge of past Auxiliary leaders for training and encouragement of future Auxiliary leaders. Through the Past Presidents Parley committee, women who have served as unit, department, and national presidents have an opportunity to continue in active service to the Auxiliary, helping ensure strong future leadership for the organization.

AMERICA the beautiful

DEPARTMENT OF CALIFORNIA

You are cordially invited to the

**"PAST PRESIDENT PARLEY" Lunch**

**FRIDAY JUNE 27, 2025 at Noon**

**Marriott Convention Center - 300 South Court, Visalia, CA**

**LUNCH \$25**

Choices - Chicken Salad on Croissant w/side salad or Cobb Salad

meals includes Iced Tea or Lemonade & Water

NAME _____	MEAL _____
NAME _____	MEAL _____
NAME _____	MEAL _____
NAME _____	MEAL _____
NAME _____	MEAL _____


DISTRICT \_\_\_\_\_ UNIT \_\_\_\_\_

RSVP by **Friday June 6, 2025**

PLEASE MAKE CHECK PAYABLE TO - ALA Dept of CA, Memo "PPP Lunch"

MAIL YOUR LUNCH ORDER & CHECK to Dee Ann Graham, PPP Chmn

668 VIA MENDOZA UNIT B, LAGUNA WOODS, CA 92637

 "TEA PARTY"

**Nursing Scholarship:** The Department of California offers a Nursing scholarship Application through the Parley, this support is intended for a man or woman who is educationally working toward becoming a nurse. Units are urged to continue to provide scholarships for student nurses. Our efforts in this area are important and help to relieve the nursing shortages as well as improve the quality of health care.

Estimates show California faces a shortage of about 36,000 licensed nurses, according to the UC San Francisco Health Workforce Research Center on Long-Term Care. (Jul 31, 2023)

Forecasts of the Registered Nurse Workforce in California (As Reported in UC San Francisco by Joanne Spetz, Lela Chu, and Lisel Blash (August 2022)

This study used data from two surveys conducted in California and other data sources to assess the current and future supply and demand of RNs. We find that RN employment rates have remained steady over the past four years, but many older RNs have left nursing.

In addition, a large proportion of older RN intends to retire or quit within the next two years. Many RNs report that childcare and school closures have made it difficult to work during the pandemic and reported they feel unsupported by their employers. The supply and demand projections estimate that a shortage of RNs now exists but will diminish as RN education enrollments return to and surpass pre pandemic levels.

Still looking for that special person to receive the \$4000 Nurse's Scholarship? **Don't forget your PPP lunch reservations**  
**Deadline is June 6, 2025.**

End of Year reports deadlines: Unit to District Chairman is April 11.

## PUBLIC RELATIONS

*Carol McChesney*

Quoting April Bulleting from Rosemary Barron, Public Relations Department Chairman, Rosemary mentioned April is to wear purple to promote the "Children and Youth Program."

Some of you may be wearing purple to honor that program, Hopefully we can do that in April of next year. For this year with our Memorial Service, some may be wearing white and Some may not. That's okay. Just wear whatever your Heart desires.

Rosemary encourages Units and Districts to take pictures and post them, mentioning why the wearing of the Purple in April is to promote "Children and Youth Program." NO matter what color you choose to wear, seeing Yourself in a picture posted somewhere, maybe in the Historical book or in a newspaper or the Auxiliary magazine.

How about photos or snapshots of a special event, i.e., a meeting night, a birthday celebration, a Halloween party, any ole party or get together posted on a bulletin board at your Post. ☺ Especially for those who couldn't attend any One of those special events to see what fun everyone had. Social media is becoming more and more Popular to spread the word of who we are and what we are doing with having special events and/or showing pictures of what successful events we already had.

Rosemary ended April's Bulletin by quoting Lucille Ball, "Love yourself first and everything falls into line. You really Have to love yourself to get anything done in this world!"

Please send a birthday card to Vernon Ricks who is celebrating his 105th birthday if you can. Cards ay be sent to

Vernon Ricks  
Select Senior Living  
1959 Hendrix Avenue  
Thousand Oaks, CA 91360



## VA&R

*Barbara Garrison*

A few Important items to be included in YE report:

1. Monetary donations
2. In-kind donations.
3. Volunteer hours, dollars spent and miles driven.
4. Special events./projects completed.



*Wishing each and  
every one of you a blessed  
Easter season!*