



American Legion
Auxiliary

The Auxiliary News Hub

OFFICIAL PUBLICATION OF THE AMERICAN LEGION AUXILIARY DEPARTMENT OF CALIFORNIA

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.

Vision Statement

The vision of the American Legion Auxiliary is to support The American Legion while becoming the premier service organization and foundation of every community providing support for our veterans, our military, and their families by shaping a positive future in an atmosphere of fellowship, patriotism, peace and security.

Purposes

In fulfillment of our mission, the American Legion Auxiliary adheres to the following purposes:

- To support and advocate for veterans, military, and their families
- To support the initiatives and programs of The American Legion
- To foster patriotism and responsible citizenship
- To award scholarship and promote quality education and literacy
- To provide educational and leadership opportunities that uphold the ideals of freedom and democracy and encourage good citizenship and patriotism in government
- To increase our capacity to deliver our mission by providing volunteer opportunities within our communities
- To empower our membership to achieve personal fulfillment through *Service Not Self*

Congratulations!

Aida Tapia

Kristine Stanley

Rodica Andreescu

Susan Morgan

Crystal Reynaga



on receiving the Presidential Lifetime Achievement Award from President Joe Biden for their lifelong commitment to building a stronger nation through volunteer service

2022-2023 Officers

President	Gloria Williams
Vice President	Glenda Schultz
Secretary	Liz Doidge
Treasurer	Susie Tozier
Chaplain	Grace Huston
Historian	Valerie Hill
Parliamentarian	Anita Biggs
Srgt-at-Arms	Phyllis Meyi
Asst. Srgt.	Alberta Cummings
Finance	Linda Workman
	Katherine Tellyer
	Teresa Lugo-Nunez
NEC	Joan Cannon
NEC Alt.	Kathie Martinez
Advisory	Diane DeLashmit
	Ruby Kapsalis
	Madeline Lee

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Americanism	Suzanne Winters
Aux. Emergency	Marion Rocha
Children & Youth	Susan Baker
Community Service	Sharon Moore
Constitution/Bylaws	Glenda Schultz
Convention Chm.	Debbie Hurado
Convention Co-Chair	Gloria Jean Sinopoli
Conv. Com. Chair	Anita Biggs
Conv. Com. 2 Year	Linda Fercho
Conv. Com 1 Year	Gloria Jean Sinopli
Credentials	Patricia Galatioto
Distinguished Guest	Linda Workman
Editor	Nancy Heinisch
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Elections	Donna Scott
Girls State Advisor	Nancy Brown-Park
Girls State Chairman	Allyn Kau
Girls State Director	Tammy Sollazzo
Girls S. Asst. Director	Sherry Core
Girls State 3 Year	Leslie Vondra
Girls State 2 Year	Jan Fletcher
Girls State 1 Year	Kimberly MacKinney
Girls State Nurse	Elizabeth Tomlin
Girls State Pres. Alt.	Patricia Patrick
Girls State VP Alt.	Jean McGinnis
GS Chief Counsel	Kimberly MacKinney
Junior Activities	Jackie Cleveland
Junior Conf. Director	Stacey Jones
Junior Conf. 2 Year	Deloris Artis
Junior Conf. 1 Year	Lela Dooley
Junior Conf. Nurse	Ann Sanchez
Leadership	Robin Falkenberg
Legislative	Dee Ann Graham
Membership	Maureen O'Brien-Sacco
Music	Yve Evans-Hanna
National Security	Joyce Henderson McLeod
Past Presidents Parley	Joan Cannon
Poppy	Martha Romano
Public Relations	Donna Smith
Resolutions	Linda Fercho
Rules	Linda Diebel
Veterans Affairs	Linda Hayes
Ways and Means	Mahala Beery
Ways and Means Com.	Marsha Munroe
Webmaster	Rebecca Glenn

President's Message Gloria Williams

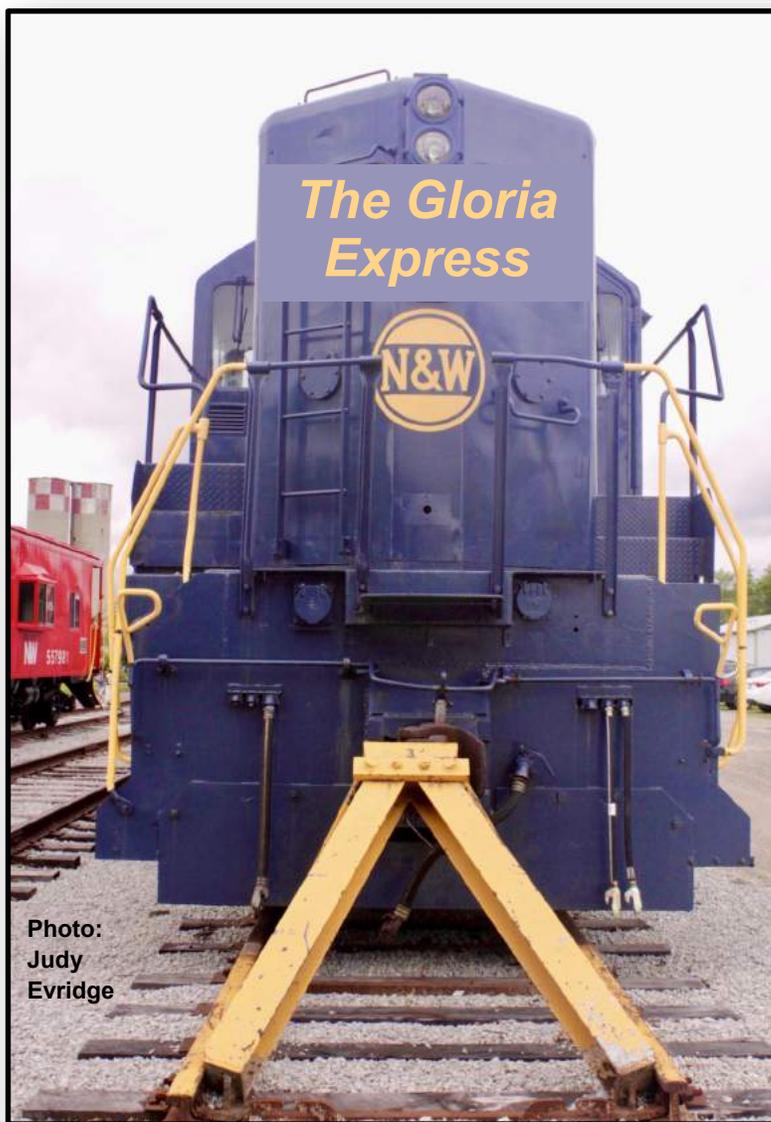


Photo:
Judy
Evridge

Get onboard with Madame President Gloria's plans for a productive year. She is looking forward to serving the Department and expanding our program goals.

The Auxiliary News Hub is the official publication of the American Legion Auxiliary Department of California.

Deadline for the October / November issue is September 24

Editor reserves the right to edit any submission for the purpose of publication. Please email all articles, photos, suggestions and (gentle) criticisms to
Editor Nancy Heinisch
editor@calegionaux.org



All Aboard the Friendship Train!

A Special Message for Department President Gloria Williams:

Your theme for this year is very fitting as to who we are as an organization serving our veterans and families across the United States and Abroad. Prior to your friendship train there was another in 1947. This effort inspired a whole nation to give. Surely your special project TFA will do the same throughout California.

Madam President District 12 is All on Board to Ride the Friendship train with you!

Here's a brief history of the Friendship Train (source *Wikipedia*):

"The 1947 U.S. **Friendship Train** collected foodstuffs from American donors for transport to the people of France and Italy. Contemporaneous with the Marshall Plan, it provided desperately needed assistance in the aftermath of World War II, but was primarily a token gesture of goodwill, with stops across the U.S. ending at New York City, where it was received with a ticker tape parade prior to shipment to Europe.

The train began from Los Angeles on November 7, 1947 and proceeded through Bakersfield, Stockton, Oakland, Reno (Nevada), Ogden (Utah), Rawlins, Laramie, Cheyenne (Wyoming), Sidney, North Platte, Kearney, Grand Island, Fremont, Omaha (Nebraska), Council Bluffs, Boone, Ames, Cedar Rapids, Clinton (Iowa), Sterling, and Chicago (Illinois).

From Chicago the main route passed through Fort Wayne (Indiana), Mansfield (Ohio), Pittsburgh, Altoona, Harrisburg, Lancaster, Philadelphia (Pennsylvania), and Trenton (New Jersey) before reaching New York City in 11 days. A northern branch assembled cars of aid as it passed through South Bend and Elkhart (Indiana), Toledo, Cleveland, and Ashtabula (Ohio), Buffalo, Syracuse, Utica, and Albany (New York) before joining the train at New York City.

The United States Lines' *American Leader* was rechristened the Friend Ship prior to carrying the first shipload of the train's cargo to Le Havre, France .

Originally hoped to collect 80 train car loads of food, the train ultimately collected over 700 cars (\$40 million value) of food, clothing, and fuel, paid in part by monetary donations. Many of the donations were made by individuals, such as individual cans of evaporated milk collected from junior high students. Described at the time as a "token gift", the aid was symbolic of the Marshall Plan effort."

Elizabeth Estavillo, ALA District 12 President

More information on the Friendship Train can be found at www.thefriendshiptrain1947.org.

Proper Parliamentary Procedure and Practices

Department Parliamentarian Anita Biggs helps answer your most perplexing



Parliamentarian Anita Biggs with Department Secretary Liz Doidge

I know we are non-partisan politically. Does that mean if I am wearing an Auxiliary shirt that I should not express a political opinion?

It is best that we remain non-partisan politically while representing the American Legion Auxiliary, which would include wearing branded clothing.

You should be careful what you say politically because you could inadvertently make an eligible member feel uncomfortable or turned off about joining the Auxiliary.



Proposed ALA Membership Dues Increase

The measure will be voted on at the National Convention

ALA National Standing Rule XIII. Dues and Assessments

1. The National per capita dues shall be eighteen dollars (\$18.00) per annum for Senior members beginning in Dues Year 2024, with a one dollar (\$1.00) increase in DUES YEAR 2026 (\$19.00), DUES YEAR 2028 (\$20.00) and DUES YEAR 2030 (\$21.00). National Junior member dues remain at two dollars and fifty cents (\$2.50) per annum with a \$.50 (fifty cent) increase in DUES YEAR 2026 to three dollars (\$3.00) per annum, DUES YEAR 2028 (\$3.50), and DUES YEAR 2030 (\$4.00).

The per capita dues for Senior members shall include a complimentary subscription to the American Legion Auxiliary national magazine. Each Department shall remit the national per capita dues promptly to the National Treasurer at least monthly.



Seeing a Need in her Community

Carol McChesney, Past President of Unit 311, is leading the effort to fill purses with sanitary products, shampoo, conditioners, toothbrushes, toothpaste, shower caps, lipstick samples and many other items to be given to the homeless women in her area.

She has also donated purses filled with basic hygiene items to Grace Resources, a community service organization in Lancaster that provides homeless prevention services, and given two bags of bar soaps and toiletries to Lancaster Mental Health Services.

ALA Poppy Funds, Food Assistance and Emergency Food Relief for Military Families

Nearly 10 years ago the number of military families needing assistance from food pantries each month was increasing. Because of this, food pantries operate on or near every military installation in the United States.

Service members who have enlisted and are fighting for our country are now struggling to find ways to feed themselves and their families.

Today's junior enlisted service members look entirely different from their predecessors of 30-40 years ago. Today's junior service members are more diverse in race, ethnicity, and gender than the higher ranks. They are supporting families at a higher rate than previous service members. Their base salary has not been adequately adjusted to the modern-day realities of what it actually costs to raise a family above the Federal Poverty Level.



Melanie Taylor

We now realize that the members of the American Legion Auxiliary must step up and help. At the 2013 National Convention held in Houston, Texas, the American Legion Auxiliary passed a Resolution presented to them changing how poppy funds could be used.

One such use states: *For the welfare of veterans, active military personnel, and the families of veterans and active military personnel where financial and medical need is evident.* By understanding this, the poppy fund donations can now be used to help the problem of food insecurity for the junior enlisted service members and their families.

There are currently 14 food pantry locations in 7 states across the United States including Alaska and Hawaii. At Camp Pendleton, California, they hold two drive through "Neighborhood Exchanges" every month where families can drive through and pick up food items and diapers. They typically provide 200-300 families per month. At the Twentynine Palms Marine Corp Base in California, the ASYMCA has established a food pantry named the "Pelican's Shop" to assist their junior enlisted families with food assistance.

When sending Poppy fund donations to those food pantries, we are participating in two of the American Legion Auxiliary programs, Poppy and National Security.

Won't you please help the junior enlisted service members and their families by sending your donations today to the following addresses:

Ms. Samantha Holt, Executive Director
Armed Services YMCA
Box 555028
Camp Pendleton, CA 92055
Earmarked for the junior enlisted service member food pantry

Ms. Sara Beams, Executive Director
Armed Services YMCA
PO Box 6002
Twentynine Palms, CA 92278
Earmarked for the Pelican Shop Food Pantry

Melanie Taylor, Past Department President 2004/2005
National Education Committee Chairman 2021/2022

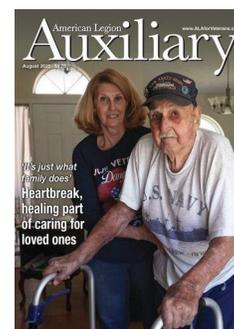
Dedicated Mobile Apps for Convention

Since 2011 attendees of The American Legion's national convention have had access to a dedicated mobile app in addition to the traditional convention program book. The app features updated schedules for meetings and speakers, floor events and more. But this year, the convention app is getting an upgrade.

For 2022 the scope of the app will widen to include more profiles of honorees, multimedia options, floor plans, and agendas for everything from Subject Matter Expert Training to the Patriotic Memorial Service, as well as any health and wellness protocols in force. Information about host city Milwaukee will also be expanded.

The 103rd American Legion National Convention will be held August 26—September 1. The app will be available to download to your mobile device free of charge from the Apple Store or Google Play, and will be updated as the convention draws closer. You can also search the stores for "The American Legion National Convention," or access them via legion.org/moSocial/Digitalbileapp.

legion.org



Did you see ALA Past Department President Kathie Martinez in the August issue of the American Legion Auxiliary Magazine?

She is on page 7. If you missed it, you can find it online at ALAforveterans.org/Magazine.



Guidelines for Designing Flyers

Flyers are an effective and inexpensive marketing method to promote an event and provide information that a business card alone cannot do. Adobe InDesign flyer templates are available for your graphic designer to edit and create ALA branded flyers. Fillable, branded PDFs are also available for use to create custom flyers.

Auxiliary-branded flyer designs should include:

- * ALA emblem, contact information, and ALA mission statement placed along the left column.
- * Flyer message located on the larger, right side.
- * Photos, stacked along the right side.
- * Solid or line version of the blue ALA wave along the bottom.
- * Date the file was last revised.

Recommendations for creating flyers:

- * Use attention-grabbing headlines that are short and to the point.
- * Write easy-to-read sentences to promote an event and get your message across.
- * Use bullet points, as readers often pay them extra attention.
- * Include positive pictures to complement the message.
- * Be sure to end with a call to action. Should they call you, visit your website, or go somewhere else for additional information? Encourage the reader to take action now.
- * Remember to always have a second set of eyes to proofread before printing.
- * Print in color as often as possible.

Launch an Effective Public Relations Campaign

Get the word out about who we are, what we do, and why we matter. Don't have any public relations experience? That shouldn't get in your way of launching a successful campaign that gets the word out about the American Legion Auxiliary - who we are, what we do, and why we matter. **Start early.**

Don't wait until the last minute to work on a PR plan. Plenty of resources are available at www.ALAforVeterans.org to help you start. Think ahead about unit or department promotional plans for certain holiday and seasons, as well as any fundraisers.

Be persistent and consistent.

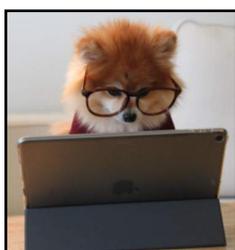
You may hear "no" sometimes. Don't take it personally, and don't give up. Public relations is about being out there consistently over time so that your target market hears your message.

Mix it up.

Pitch different types of stories, including letters to the editor, event announcements, and positive news about the American Legion Auxiliary programs. Also, don't stop with the local newspaper: Social network pages, including Facebook pages of ALA members and local community centers, are all easy ways to get the stories out about the ALA's great work.

Donna Smith, Department Public Relations Chair

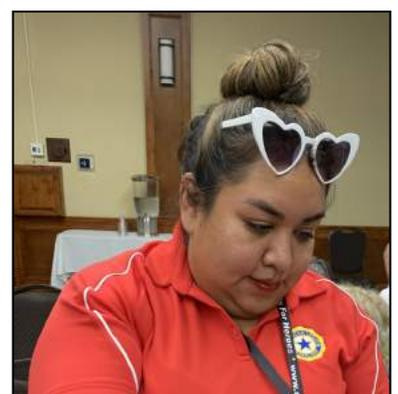
ALA Branding Guide



Think Before you Hit "Send" . . .

When answering an email, remember that "Reply All" sends your message to every single person listed in the original message's "From," "To," and "Cc" fields, while "Reply" sends it only to the person who sent the email.

This practice can have some not-so-funny-consequences when emailing, so remember to think before you "send."



Fashion Icons at Convention 2022!

Introducing Barb Toth

Barb has graciously volunteered to serve as proofreader for *The Auxiliary News Hub*.

Barb joined the Auxiliary in 2013 under her father Elbert (Tom) Thomas who served in the Navy. She has served as President of Unit 112 Ontario. She is a charter member of Unit 835 Rancho Cucamonga and currently serves as Secretary for



the Unit. She is currently 1st Vice/Membership Chairman for The Great 25th District and also volunteers with the USO in Ontario and Operation Community Cares in Rancho Cucamonga.



Photo Judy Evridge

It is with sadness that we have lost our loyal member of 54 years Jeanne Haines Wood on June 8, 2022. Jeanne was a WWII nurse serving in England. She was a PUFL in the Auxiliary Unit 299 and an Honorary Life member of Chino Post 299 now known as Elmer C Jertberg Post 299. She served as Post Commander 1970-71 as the only woman commander of the Post, and later as 3rd Vice Commander representing women in the Department.

*Diane DeLashmit
Past Department President*

Capping off Convention: A Personal Remembrance

Now that our first “in-person” convention is in our rear-view mirror, I can reflect on it. It was so great to see the smiles of old friends, and a lot of first-time convention attendees too.

On Sunday, many of you witnessed my sisters and myself presenting President Dee Ann’s First Dude, Dave, with an orange and white cap with PDG on it. If you didn’t know, that stands for Past Department Gopher. What’s a gopher you say? It’s usually the spouse or close friend of the President who spends the year Go-for-ing anything the President needs.



Photo Deborah Butler

In 1970-71 our mom, Josie Melgard, had her term as Department President, and our dad Robert (Bob) was her “Go-Fer” person. Those days may have included more nylons, hairspray, and hospitality room set ups, but it was a job dad was totally proud to have! In fact, when mom became National President in 1985-86, dad got another “Gopher” year as a PNG! When you talk about being an American Legion family, that’s us.

Sadly, we have lost both of them, but it is very comforting to be amongst some of their old friends and our new friends at conventions like this. When I came across dad’s Gopher cap, I felt it needed to be passed on; being my first year as a District President working on the Convention Committee, it was most fitting to pass it on to Dave. A big thank you to all the past Gophers for allowing us to crash your Gopher dinner and present the cap as the “Gopher” was passed on.

Thanks for the memories!

*Debbie Hurado
ALA District 14 President
ALA Unit 191 President*

Department Poppy Heroes



Mahala Beery: Seamstress Extraordinaire

Incoming Ways and Means Chair Mahala Beery decided to make felt poppy pins and offer them for sale at the department convention in June. When her ALA Unit 377 President Rebecca Valdivia's mother saw the sample, she decided to donate some of the beautiful and ornate buttons she had collected over the years to be used for the pins.

Coincidentally, her name is Mrs. Flanders! ***And yes, she is a descendent of the Belgium Flanders family!*** A special poppy pin was made for Mrs. Flanders with one of her unique buttons. The proceeds from the felt poppy pins with "official Flanders buttons" were donated to Department.

Lois Cornish and Jean Sudbeck: Poppy Production Mavens

Most of you know that our ALA was short two Poppy Production facilities, Yountville Veterans Home and the VA Long Beach Medical Center, leaving only one production facility and manager. Poppy Production Manager, Lois Cornish, who works with the veterans of the San Diego Wellness & Vocational Enrichment Clinic (WAVE) took it upon her shoulders to work extra hard to take up the slack. Lois, with the help of two units that assisted the veterans making poppies at the WAVE clinic, is responsible for 88,500 poppies that were distributed to California units. Lois actually saved the California Poppy Program this year!

Poppy Chairman Jean Sudbeck and members of Unit 327 in District 29 stepped up and volunteered to make enough poppies to fulfill poppy orders from two districts, making a total of 16,288 poppies! Kudos to both Lois and Jean!

Linda Hayes, Department Poppy Chair 2021-2022

Donations Needed for Fire



The American Legion Auxiliary Unit 197 has offered to provide relief for veterans and their dependents following the Peter Fire.

Members who want to donate can do so by mailing a check to ALA Shasta, PO Box 990621, Redding CA 96099-00621.

Questions? Contact Christine Smith
ceqsvdow@gmail.com



Remembering

Department Chaplain Grace Huston's Memorial Service at Convention was moving, solemn, and beautiful.

It included a slide show, music and memorials by Dave Smith and Diane DeLashmit.

Korean War Legacy – July 27th Commemoration



Artefacts from the Korean War

The Korean War Legacy Foundation (KWLF) is working to preserve the memory and legacy of the Korean War so that future generations can understand sacrifices the Korean War veterans made during the war in order to promote democracy and freedom.

The KWLF has a new project titled THE 22 (the22koreanwar.org). This is a website designed to create an online community that honors and memorializes the service of all who fought in the Korean War. It is their hope to have profiles from all 22 participating nations

in the war and eventually create lesson plans so that the Korean War has its rightful place in history classes across our country.

The KWLF invites you and members of your Post to visit the website and create profiles to honor the heroes of your Posts. KWLF often features the profiles on their Facebook page. They plan on highlighting many of them at the Korean War Veterans Memorial Wall of Remembrance Dedication Ceremony this July in Washington, D.C.

Since the Korean War Veterans Memorial Wall of Remembrance may be inaccessible to many veterans, the KWLF hopes that their site will serve as an extension of the memorial to honor both fallen soldiers and all others who served. Profiles on THE 22 website are free. They are a non-profit organization and will never charge or solicit anyone on their websites. Their hope is to highlight the American Legion Post with the most profiles on their website and email blasts.

Linda Hayes, VA & R Chair



Social Media Auxiliary Sites

American Legion Auxiliary
facebook.com/alaforveterans

American Legion Auxiliary Department of California
facebook.com/ALA.CaliConnection

California Legion Family
facebook.com/groups/1262571903913141

Legislative Issues

All aboard for the “Whistle Stop”, a legislative train ride from the comforts of your home to the issues in Congress. Yes! Everyone can support our veterans from home. Log on to your computer today!

Here are some things you can do:

Visit and learn about the legislative issues on The American Legion website legion.org/legislative. You can also find information at the ALA Legislative Program website legion-aux.org/advocacy.

Take the time to read or download the Legislative Handbook.

Learn the history of The American Legion legislative program.

Get legislative news flashes.

Find and write to your members of congress.

Follow one or two issues. Track them in and around congress. Report to your District chairman the progress of the veterans’ bills.



Dee Ann Graham

Gloria's Special Project: PTSD

Madame President Gloria will focus on PTSD for male and female veterans



Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD.

Post-traumatic stress disorder symptoms may start within one month of a traumatic event, but sometimes symptoms may not appear until years after the event. These symptoms cause significant problems in social or work situations and in relationships. They can also interfere with your ability to go about your normal daily tasks.

Getting effective treatment after PTSD symptoms develop can be critical to reduce symptoms and improve function.

Post-traumatic stress disorder can disrupt your whole life — your job, your relationships, your health and your enjoyment of everyday activities.

Having PTSD may also increase your risk of other mental health problems, such as:

- Depression and anxiety*
- Issues with drugs or alcohol use*
- Eating disorders*
- Suicidal thoughts and actions*

mayoclinic.com

GOLD STAR MOTHER'S DAY



Gold Star Mother's Day is observed on the last Sunday in September which will be Sunday, September 25, 2022. Gold Star Mother's Day is intended to recognize and honor those mothers who have lost a son or daughter in the service of the U.S. Armed Forces.

Each year there are events and meetings to publicly express love, sorrow and reverence toward Gold Star Mothers and their families. Flags are also mandated to be displayed on government buildings on this day. Army.mil says Gold Star Mother's Day is intended "to recognize and honor those who have lost a son or daughter in the service of the U.S. Armed Forces".

Celebrating Our Dual Members



Linda Sundberg
Post/Unit 434

National Suicide Prevention Lifeline Launches new 3-digit Number: 988

September is National Suicide Prevention Month



Suicide is the second leading cause of death among service members, and one of the leading causes of death among veterans.

The Department of Veterans Affairs official site lists a variety of warning signs for military members, veterans, and their families to look out for in times of crisis, stress, and situations leading up to or following such periods.

More information is available at veterans.com

Warning signs include:

- * Feelings of hopelessness
- * Feeling like there's no way out of a problem or circumstance
- * Anxiety and agitation
- * Sleeplessness
- * Mood swings
- * Feeling like there is no reason to live
- * Rage / anger
- * Risky behavior
- * Increasing alcohol or drug use / abuse
- * Withdrawing from family and friends

Iconic Weapon Used by Vampire Hunters

Kristy Swanson, the original Buffy the Vampire Slayer, donated a piece of Hollywood memorabilia - a vampire-slaying wooden stake! - to be included in a Halloween raffle basket..

Kristy currently lives on the east coast but maintains her ties to Unit 507 in California.



ALA Unit 507 President Christie Marks (shown above) examines the artifact.



Photo Judy Evridge

Save the Date!

August

National Convention

- August 01: Air Force Day
- August 04: Coast Guard Day
- August 07: Purple Heart Day
- August 08: VJ (Victory over Japan) Day (1945)
- August 10: U.S. Department of Defense Birthday
- August 10: Agent Orange Awareness Day
- August 13-14: Clovis Workshop
- August 16: National Airborne Day
- August 26- September 1: National Convention
- August 29: Marine Corps Forces Reserve Birthday

September

Music Month

- September 05: Labor Day
- September 11: Patriot Day
- September 15: Hispanic Heritage Month
- September 16: National POW/MIA Recognition Day
- September 17—23: Constitution Week
- September 17: POW/MIA Recognition Day
- September 18: Air Force Birthday
- September 22: First Day of Fall
- September 25: Rosh Hashanah Begins
- September 26: Gold Star Mother's and Family's Day
- September 29: VFW Day