



# FIRST RESPONDERS RECOGNITION DAY

Make plans to join President Patricia Lugo and the American Legion Auxiliary Department of Arizona in recognizing the First Responders in the State of Arizona for their service to the community. Festivities will feature a proclamation issued by Governor Doug Ducey.

**When:** Saturday February 8, 2020

**Where:** American Legion Post 41

715 S. 2<sup>nd</sup> Ave, Phoenix, AZ 85003

**Time:** All Day

Pancake Breakfast 8:00am to 10:00am

BBQ Lunch 12:00pm to 2:00pm

Pulled Pork Dinner 5:00pm to 8:00pm

*Games  
Drawings  
Music All Day*

First Responders are invited to stop by and visit with the American Legion Family and enjoy a **FREE** meal.

If you are interested in volunteering for this special event, please contact Josie Herrera, Special Project Chairman at 623-340-5936 or Sara Ward at 520-840-4585.

*This event is open to the public. Meals are FREE for First Responders and will be available to public for a donation.*

# ARIZONA MISSION TRAINING / LEADERSHIP

DATE	TRAINING		TIME	WHERE
	4 HR	8 HR		
Jan 19		√	9:00 - 5:30	Green Valley Unit 131 ***
Feb. 9				OPEN
Feb. 15				OPEN
Feb 16				OPEN
Feb 22		√	8:00 - 4:30	Phnx Unit 41
Feb 23	√		9:00 - 1:00	Unit 107
Feb 29		√	8:00 - 4:30	Yuma Unit
Mar 8	√		9:00 - 1:00	Unit 107
Mar 14				District 5 mtg
Mar 15				OPEN
Mar 21				OPEN
Mar 22				OPEN
Mar 28		√	pending time	Humbolt Unit 78
Mar 29				OPEN
April 5				OPEN
April 11				OPEN
April 12				OPEN
April 18				OPEN
April 19				OPEN
April 25				OPEN
April 26				OPEN

Reporting for this year due by May 1st

\*\*\* time revised

**AMERICAN LEGION AUXILIARY DEPARTMENT OF ARIZONA**  
**PRESIDENT'S MESSAGE**  
**February 2020**

**“Serving Those Behind the Badge”**

A big thank you to everybody that came out to welcome National Auxiliary President Nicole Clapp to Arizona. On behalf of the Department of Arizona thanks to all the units and everyone that contributed to extending a warm welcome to her.

As we celebrate 100 years of service in caring for our Veterans, Military, and their Families, let's remember the servicemen and women serving in harm's way during these difficult times.

Thank you to the Districts and Units that have invited me to come for a visit. It is great to see and hear about the events being planned to support the various programs. If you would like to invite me to your meeting or special event please call me at 602-475-0208 or email to [plugo1@cox.net](mailto:plugo1@cox.net).

As of the February 10, 2020 Membership stands at 69.80%. The next target date is 95% by April 13, 2020. Let's keep our membership “Stay Alive” by sending in your membership on a regular basis.

I would like to remind everyone of the various upcoming events: National Security and Children and Youth Workshop will be held February 2, 2020 at American Legion Post 27, in Apache Junction. Creative Arts in Prescott February 10,11,12, 2020 and Phoenix will be held February 12 & 13, 2020. The dates for the 2019-2020 High School Oratorical Scholarship Contest are as follows; Post, 02/09/2020, District 02/15/2020, Department, 02/22/2020, State Finals are scheduled to be held on March 7, 2020 at Post 26, Mesa, Arizona.

The President's Special Project will be holding an all-day event on February 8, 2020 at The American Legion Post 41. Please refer to the Special Project bulletin for more information.

Patricia Lugo, President  
[Plugo1@cox.net](mailto:Plugo1@cox.net)  
602-475-0208

# **CONSTITUTION & BYLAWS**

**February 2020**

Hello members of the American Legion Auxiliary Department of AZ.

## **DOCUMENT DOMINO AFFECT**

Remember when you are working with your governing documents that you:

1. Make sure it does not conflict with the Department and National organization's governing documents
2. Make sure when you change one item in a governing document like the constitution and Bylaws that it may affect your Standing Rules. Double and triple check every document.
3. Hint: Remember to have your work checked.

## **WHAT GOES INTO YOUR CONSTITUTION**

The Constitution is where you define the primary characteristics of the organization, not its policies. Example follows:

- NAME...The full name of the organization, properly punctuated, and should be included here.
- OBJECT...A concise statement of the objective of the organization.
- MEMBERS...The classes of members; qualifications of membership; method of becoming a member; and the duties, rights and obligations of members.
- OFFICERS...The officer titles, terms, nominations and election process, duties that re different from those stated in Robert's, and the method of filling vacancies.
- MEETINGS...Information on regular, annual, and special meetings as well as how meetings are called; the quorum for a meeting and any information on changing the meeting in case of emergency.
- METHOD OF AMENDMENT...How the constitution can be changed, who can change it, what kind of vote and notice is required, and so on.

## **CONSTRUCTION OF THE BYLAWS**

Bylaws are usually divided into articles, and information within the articles is divided into sections. Bylaws are rules that, for the most part, cannot be suspended. Your organization's bylaws should include all the rules that the group considers to be so important that they cannot be changed at the whim of the members present at a single meeting and cannot be suspended.

- ARTICLE I, NAME...The full name of the organization, properly punctuated, should be include here.
- ARTICLE ii, OBJECT...A concise statement of the objective of the organization.
- ARTICLE III, MEMBERS...The classes of members; qualifications of membership; method of becoming a member; and the duties, rights, and obligations of members.
- ARTICLE IV, OFFICERS...The officer titles, terms, nominations and election process, duties that are different from those stated in Robert's, and the method of filling vacancies.
- ARTICLE V, MEETINGS... Information on regular, annual, and special meetings as well as how meetings are called; the quorum for a meeting and any information on changing the meeting in case of emergency.
- ARTICLE VI, EXECUTIVE BOARD...The composition, powers and rules of the board.

**OVER**

## **CONSTITUTION & BYLAWS**

Continued

- ARTICLE VII, COMMITTEES...The names of the standing committees, their composition, manner of selection, and duties. Also, the requirements and composition for special committees.
- ARTICLE VIII...PARLIAMENTARY AUTHORITY...The parliamentary manual the organization will use as the basis for the rules for conducting business and the right of the members.
- ARTICLE IX, ADMENDMENTS...How the bylaws can be changed, who can change them, what kind of vote and notice is required, and so on.
- ADDITIONAL ARTICLES MIGHT INCLUDE...
  - Dues and fees
  - Finance
  - Nominations and elections
  - State, local or regional bodies authorized to exist
  - Dissolution, if incorporated

### **BYLAW ADVICE**

- Avoid administrative details
- Write in plain English
- Avoid Dates
- Watch the little words (i.e. difference in may and should)

Specify a parliamentary authority.

Ginger Cox, Constitution & Bylaws Chairman, Dept. of AZ

4355 E. Charleston Ave. Phoenix, AZ 85032

Phone: 602-616-2811

Email: [gingercee@cox.net](mailto:gingercee@cox.net)

**WHY HAV I NT RECEIVED A COPY OF YOUR REVISED C&B**

**MAIL COPY TO NOT EMAIL.**



## *Creative Arts*

*February 2020*

It's Here! Your Local Creative Arts Festivals! This is your chance to see what a wonderful program this is at your local VA Hospital. Tucson was early this year, so by the time you read this, it's probably over. It was January 28 and 29. Prescott begins Feb 10 and runs through the 12<sup>th</sup>. It is held in the same auditorium as the Christmas gift shop. Phoenix is Feb 12, setup and Feb 13 open to public with awards ceremony at 11 AM. We can always use help setting up and cleaning up after everything is over. Again, it is held in the basement of the VA Med Center, the same as the Christmas gift shop.

If you have never been before, you need to experience this wonderful event. Just visit and see all the creations these veterans have accomplished. Vote for your favorite!

Questions, contact one of your CAF team.

Phoenix: Margaret Ellis, Chairman [mellis3166@gmail.com](mailto:mellis3166@gmail.com) 480-818-3166

Prescott: Sally Fine [mightyfine123@gmail.com](mailto:mightyfine123@gmail.com)

Tucson: Kathy Szakonyi [N3SAD@aol.com](mailto:N3SAD@aol.com)



## Education January, 2020



The 1st semester is already at an end! Each month I am focusing on one of the areas mentioned in the August newsletter. This month: **Assist and support veterans pursuing higher education and vocational education.**

There are a number of ways that Members and Units can assist veterans in furthering their education:

- Volunteer to collaborate with a Student Veterans of America chapter or other campus student veterans group at colleges and universities in your community.
- Sign up to receive The American Legion's Legislative Action Alerts, and support the alerts regarding the GI Bill.
- Arrange for your post home to be available for off-campus events/chapter meetings.
- Provide information/handouts to members on organizing and delivering presentations on career and life skills topics to student veterans.
- Promote events through local media and your Unit social media accounts.
- Promote the American Legion Auxiliary Non-Traditional Student Scholarship, available for students who are returning to the classroom after some period of time.

Be sure to review all the material in the Education packet distributed at the Fall Conference. It contains the rules and application forms for all the scholarships. A special THANK YOU to all of the Units who sent me their mid-year reports forms by the deadline.

I look forward to hearing how your Units promote the Auxiliary education programs throughout the school year.

In the Spirit of Service, not for self,  
For Veterans, God and Country,

*Julie Vietri*

Education Chairman  
Department of Arizona  
jvietri@msn.com  
480-947-1304



## Education February, 2020



As we all know, college is very expensive, and all of our high school students should be taking advantage of any and all scholarships available to them. Units and departments are responsible for promoting American Legion Auxiliary scholarships and making sure the schools have them in ample time for students to apply. The American Legion Auxiliary offers four scholarship opportunities to students:

1. **Children of Warriors National Presidents Scholarship:** Scholarship is awarded to children of veterans who served in the armed forces during eligibility dates for The American Legion. Three \$5,000 scholarships will be awarded in each division. Fifteen outstanding students will be awarded a total of \$75,000 to further their education. The applicant must complete 50 hours of community service during their high school years to be eligible for one of these scholarships. Applicants must present the completed application to the local American Legion Auxiliary Unit President on or before March 1, 2019 to be forwarded to the **Department Secretary by March 15, 2020.**
2. **The Non-Traditional Student Scholarship:** One scholarship in the amount of \$2,000 will be awarded in each American Legion Auxiliary division. Applicant must be a member of The American Legion, American Legion Auxiliary or Sons of The American Legion and shall have paid dues for the two preceding years and for the calendar year in which the application is made. Applicant must present the completed application to the American Legion Auxiliary unit president on or before March 1, 2019 to be forwarded to the **Department Secretary by March 15, 2020.**
3. **Spirit of Youth Scholarship:** One Junior member in each division will receive a scholarship valued at \$5,000. The applicant must have held membership in the American Legion Auxiliary for the immediate past three years, hold a current membership card and continue her membership in the American Legion Auxiliary during the four-year scholarship period. Applicant must present the completed application to the American Legion Auxiliary unit president on or before March 1, 2019 to be forwarded to the **Department Secretary by March 15, 2020.**
4. **Junior Member Loyalty Scholarship:** American Legion Auxiliary Junior members are the future of our organization. To reward those who retain their membership into adulthood, the American Legion Auxiliary offers the Junior Member Loyalty Scholarship to current college students. Ten scholarships, in the amount of \$2,500 each, will be awarded to a current college student for 2020. Two scholarships will be awarded in each division of the American Legion Auxiliary. The scholarship is a grant; not a loan. Applicant must present the completed application to the American Legion Auxiliary unit president on or before March 1, 2019 to be forwarded to the **Department Secretary by March 15, 2020.**

Please promote these American Legion Auxiliary scholarships to enable our children of veterans to apply and receive funds the American Legion Auxiliary has so graciously provided. Applications were contained in the Education packet distributed at Fall Conference or online at [www.ALAforVeterans.org/Scholarships](http://www.ALAforVeterans.org/Scholarships).

In the Spirit of Service, not for self,  
For Veterans, God and Country,

*Julie Vietri*

Education Chairman  
Department of Arizona  
[jvietri@msn.com](mailto:jvietri@msn.com)  
(480-947-1304)



February 2020

Hello Ladies,

WOW, where does the time go? We will be seeing each other at convention in four short months. In the meantime remember I need your unit/district minutes when President Patricia visits, so I can add them to the Department history.

Your unit's history is a story of what the unit did over the course of the year. It MUST be a narrative (which means written in the THIRD PERSON)

WORDS WHICH SHOULD NOT BE USED:

REPLACE THEM WITH THESE:

I, me this

this Chairman, the Chairman

my, mine

this Chairman's, her

we, us

the Unit

our, ours

the Unit's

Refer to the Department Awards Book (available on the website) For format and content.

NO decorations, computer graphics, pen or ink drawings, illustrations, extra materials, or newspaper clippings. This is a history NOT a SCRAPBOOK.

If you have questions please call or text me at 602-628-4088

Email [auntwosie1990@yahoo.com](mailto:auntwosie1990@yahoo.com)

For God and Country

Rose Ficklin

**American Legion Auxiliary**  
**Junior Program**  
**February 2020**  
**“Serving Those Behind The Badge”**

I want to thank the Senior members that brought their unit's Junior members to join Sara and myself at the National Auxiliary President Nicole Clapp's dinner. We appreciate you!

This month I would like to give you information on the Junior Activities Patch Program. In last month bulletin I provided information on the Children of Warriors Scholarship Patch. If you would like to receive it again, please let us know.

**Junior Activities Patch Program**

American Legion Auxiliary Junior members and Sons of The American Legion youth members can be active participants of the organization with the Patch Program. Regardless of where one lives, and whether she/he belongs to an active Junior group or squadron, Junior Auxiliary members and SAL youth members can serve their communities and veterans, and learn about patriotism, health, fitness and leadership through this program.

Each sheet explains the criteria and what must be accomplished in order to earn a specific patch. When the activities are completed, an adult or Senior member must sign the form to verify that the Junior or SAL youth has met the patch criteria.

There are three levels of patch criteria:

• Red—Level 1: Kindergarten through 3rd grade • Gold—Level 2: 4th grade through 8th grade • Blue—Level 3: 9th grade through 12th grade (or 18 years old)

If you need the forms call me and I can send them to you. Otherwise you can get the information on the Auxiliary website at [alaforveterans.org](http://alaforveterans.org). Please send completed forms to your Department Junior Activities Chairman.

Have questions? Contact us at:

Lexis Nicole Escudero-Chairman  
623-221-7132  
[Lescudero@camdenliving.com](mailto:Lescudero@camdenliving.com)

Sara Ward-Co-Chairman  
520-840-4585  
[Sraelizabethward@hotmail.com](mailto:Sraelizabethward@hotmail.com)

# Legislative

## February 2020

Greetings,

A couple of updates. H.R. 3 Lower Drug Costs Now Act was passed by the U.S. House on December 12, 2019. This is the most significant stand-alone prescription drug bill to pass either chamber of Congress since 2003. The Lower Drug Costs Now Act gives Medicare the power to negotiate directly with pharmaceutical companies to lower the price of some of the most heavily purchased medications in the United States. Medicare is the largest customer of prescription drugs serving 59 million seniors and people with disabilities, including 1.2 million in Arizona. This proposed federal law now needs Senate approval. Please contact your Senators and ask them to address this problem in Congress.

An analysis of the latest Census numbers indicates Arizona may gain a seat in Congress after 2020 as our population has increased about 871,000 since 2010 – faster than the national average. This means Arizona would now have ten members in the U.S. House.

Prop. 206. Arizona's minimum wage increased to \$12 from \$11 on January 12, 2020. The new wage figures do not include tips. A provision in the law requires an adjustment to the minimum annually based on a cost of living index. If inflation increases by 2.5% in 2020, the 2021 minimum hourly wage will increase to \$12.30. Some cities enacted their own minimum wage. Flagstaff voted for a \$13 an hour minimum wage in 2020 which will increase automatically to \$15.50 by 2022.

The Arizona Department of Revenue reports it has collected an extra \$51.5 million in the first two months a new online sales tax law went into effect. The new tax eliminates the advantage out-of-state retailers had over the brick-and-mortar stores in Arizona who argued online sales were not subject to Arizona sales tax because they did not have retail outlets in the state.

The State of Arizona began its session on January 13, 2020. Governor Ducey gave State of State address that afternoon in the House Chambers. Governor Ducey also signed into law that day, a bill eliminating taxes on military pensions.

U.S. Senate Impeachment Trial began on January 14, 2020. Mitch McConnell warned that both sides could call witnesses. McConnell opens door for Hunter Biden testimony at Trump trial. Pelosi to announce impeachment managers. House committees will send additional evidence to the Senate. Predictions indicate the trial will overlap the State of the Union.

***“A primary object should be the education of our youth in the science of government. In a republic, what species of knowledge can be equally important? And what duty more pressing than communicating it to those who are to be the future guardians of the liberties of the country?” - George Washington***

For God and Country,

Stephanie M. McMullen

Chairman

15239 W. Taylor St.

Goodyear, AZ 85338

(623)910-4716, stephanieemr@yahoo.com

**AMERICAN LEGION AUXILIARY  
MEMBERSHIP  
FEBRUARY 2020**

Happy Valentines Day! All you wonderful members are doing great work in getting membership going. There are now a number of units that have reached a 100% goal and as of Jan 8, Arizona is at 72.18%. Thank you for all your work but we still have a way to go. I don't know how many of you are competitive but we have a membership challenge with the Legion and the Sons. LET US WIN!!!

February might be the shortest month of the year but that does not mean less help for our veterans.

Membership is what gives our organization strength and bodies to do the work of "Service Not Self".

Christmas is past but Valentines Day is here. Can you think of a better love gift than a membership to someone you care about?

There have been some questions asked from units regarding their numbers not matching what they have. Some of these might be because they were done online. When this is done please inform Department so they can follow up as needed to match numbers and obtain the Department credit. Also do not wait to accumulate numbers. Send in those membership forms as soon as received.

Again, thank you for all you do and continue the good work as we continue Staying Alive, Staying Alive, Staying Aliiiiiive, wo wo wo wo Staying Alive.

God bless you and God bless America.

Jennie Molina  
Dept of AZ Vice President.  
Membership Chairman.

[truelepa@gmail.com](mailto:truelepa@gmail.com)  
(520) 220 8460  
P.O. Box 448  
Douglas, AZ. 85608

## ***ARIZONA MISSION TRAINING / LEADERSHIP***



We are now in the middle of January with just a few short months left in this reporting year. Finding time to schedule and then attend a training is hard with our many scheduled events and unit obligations.

Some additions to the training schedule were made this month so please check dates and times to find a training near you that your schedule might permit you to attend.

**TEN RULE** – 10 members signed up and paid to Department ten days in advance of training. 8-hour course is \$10 each; 4-hour course is \$5 each. Please verify to me this has been accomplished or training will need to be canceled.

My thanks to those that sent in a mid-year report.

For God and Country in Service to Veterans

Kat Sticklin, Department Chair  
Arizona Mission Training  
928-428-7431 / 928-322-1550  
[gsticklin@cableone.net](mailto:gsticklin@cableone.net)  
1519 S. 2<sup>nd</sup> Avenue  
Safford, AZ 85546

Open, Northern Co-Chair  
Pending Approval, Southern Co-Chair  
Open, Central Co-Chair



American Legion Auxiliary  
Department of Arizona

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**“SERVING THOSE BEHIND THE BADGE”  
MUSIC REPORT  
FEBRUARY 2020**

Happy Americanism Month:

Apologies to Unit 81 in Lake Havasu City for not including you in the mid-year report respondents. Your mailed report was received before the end of November.

This is my last year serving as Department Music Chairman. It has been my privilege to serve under Department Presidents Josie Herrera, Jan Cushing, Yolanda Bonilla, Cindy Queen, and Patricia Lugo. If you or someone you know is interested in taking over this Chairmanship, please contact Vice President, Jennie Molina, at [truelepa@gmail.com](mailto:truelepa@gmail.com) or (520) 220-8460.

Information regarding the Music Awards can be found on the website: [www.aladeptaz.org](http://www.aladeptaz.org) under Ruling Documents. Click on ALA Department Awards Book and go to page 48. This will list the rules and the scoring for the awards. Deadline for submission of Year End Reports is May 1, 2020.

Department Music Awards will be handed out at Convention in June as follows:

**MUSIC PLAQUES**

**Frances Aros Memorial Music Plaque awarded to Unit with membership of 151 and over  
Millicent Kasun Music Plaque awarded to Unit with membership of 150 and under**

Monica Rae Stein, Department Music Chairman  
11533 E. Kilarea Ave., Mesa, AZ 85209  
[steinent@cox.net](mailto:steinent@cox.net)  
480.272.1255 cell



## American Legion Auxiliary Department of Arizona

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### **“SERVING THOSE BEHIND THE BADGE” MUSIC REPORT JANUARY 2020**

Happy New Year:

Sarah Ban Breathnach says about the New Year: “Take a leap of faith and begin this wondrous new year by believing. Believe in yourself. And believe that there is a loving Source - a Sower of Dreams - just waiting to be asked to help you make your dreams come true.” The New Year is always a time for reflection and resolutions. Many make resolutions to lose weight, learn more, make more time for the important things in life, etc. It’s also a good time to think about adding more cheer to our daily lives and those lives of the veterans we so fondly serve. Take time out of your busy day to spend time with a veteran. Oftentimes a veteran just wants to be heard. Be a good listener. As music chairman of our individual units and districts, let’s resolve to add more music and singing to our gatherings. Ask that a song be added to the agenda just like every other important item to be discussed. Make it a habit to sing a song at every monthly meeting.

Thanks to those unit music chairmen for turning in mid-year reports: 1, 14, 26, 27, 32, 45, 62, 66, 76, 79, 93, 108, 126, and 131. Thanks to District 5 and 12 for their input. It’s so great to see how others add music to their meetings and gatherings with veterans.

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#### **MUSIC PLAQUES**

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Monica Rae Stein, Department Music Chairman  
11533 E. Kilarea Ave., Mesa, AZ 85209  
[steinent@cox.net](mailto:steinent@cox.net)  
480.272.1255 cell

**DEPARTMENT OF ARIZONA  
PRESIDENT'S MESSAGE  
SERVING THOSE BEHIND THE BADGE  
JANUARY 2020**

Happy New Year members! I hope you all had a great holiday with family and friends. I want to thank everyone for your dedication to our mission of service not self during the holidays.

The American Legion Auxiliary Department of Arizona welcomes National President Nicole Clapp for her official visit to Arizona January 6-10, 2020. She will arrive in Tucson and will visit Prescott and Phoenix. She will be visiting all the VAMC's and State Veteran Homes. Check the schedule for the event in your area and make plans to attend. President Nicole would like to meet as many members as possible. Her official dinner will be Thursday, January 9, 2020, at The American Legion Post 41. See the flyer in this packet. We look forward to seeing you there.

Thank you for the support you have given to the Special Project so far. The President's Special Project event will take place on February 8, 2020. Please check out the Special Project Chairman's bulletin for details.

We hope to see you at the Department Open House on January 4, 2020.

I want to thank the units that have sent me invitations to visit. I have enjoyed visiting and listening about the work your members are doing. If you would like for me to visit your Unit/District meetings, please text me at 602-475-0208.

Help the Membership Patrol, keep sending in your membership.

Until Next month.

Patricia Lugo, President  
Plugo1@cox.net  
602-475-0208



# **FIRST RESPONDERS RECOGNITION DAY**

**Make plans to join President Patricia Lugo and the American Legion Auxiliary Department of Arizona in recognizing the First Responders in the State of Arizona for their service to the community.**

**When: Saturday, February 9, 2020**

**Where: The American Legion Post 41  
715 South 2<sup>nd</sup> Avenue  
Phoenix, AZ 85003**

**Time: 8:00 A.M. to 10:00 A.M. - Breakfast**

**12:00 P.M. to 2:00 P.M. - Lunch**

**5:00 P.M. to 12:00 Dinner**

**The First Responders are invited to stop by visit with the American Legion Family and enjoy a meal.**

**The festivities will feature a Proclamation issued by Governor Doug Ducey.**

**We will have drawings, games, and music throughout the day.**

**If you are interested in volunteering, please give me a call at 623-340-5936**

**I hope to see you there.**

**Josie Herrera  
Special Project Chairman**



THE AMERICAN LEGION AUXILIARY

***ATTENTION!! ATTENTION!!***

***LADIES & GENTLEMEN***

**Please take note that RING YOUR BELL was designed for the purpose of sharing information about your Unit's successes.**

**We want to hear about what you are doing for our Veterans and active military.**

***In addition, all flyers that are promoting events should be limited to date, time, place, they should not have any amount of money mentioned. If a member is interested in your event, they will call or email you.***

***Thanking everyone in advance for following the guidelines that were set when Ring Your Bell was introduced to Arizona.***

***Department of Arizona***

## New Units/Unit Development & Revitalization

FEBRUARY 2020

### HOW TO BE A UNIT MENTOR

Mentoring is an invaluable service we give our new members and our successors in the American Legion Auxiliary. What is mentoring? Mentoring is the art of teaching, counseling, listening to and advising others so they can be successful. A mentor is a knowledgeable person who is willing to give their time to explain the programs of the Auxiliary. A mentor provides encouragement and guidance and is enthusiastic about teaching others. A mentor is patient and understands that a new member may be hesitant and unsure of their selves.

How do you mentor a new member or a member wishing to become active in the Unit?

- Sit with the Unit member during meetings and get to know them.
- Offer to car-pool together to meetings and volunteer events, if feasible.
- Introduce them to others, particularly to the chairmen of any committees in which they have an interest.
- Encourage them to participate in Unit activities and projects.
- Answer any question they may have about procedures.
- Answer their questions about the Auxiliary mission, programs and volunteer opportunities.
- Follow up if they miss a meeting or a volunteer event .Let her know that they were missed. *Remember* - some members may not enjoy meetings but would *love* to use their time and talent to serve veterans and their families.
- Invite them to attend a District meeting, Department workshops and other Auxiliary events.

Jan Cushing  
New Units/ UD&R Chairman  
[gcushing@cox.net](mailto:gcushing@cox.net)  
623-544-0797

VA&R REPORT  
TUCSON VA MEDICAL CENTER  
12-31-19

**Upcoming Events (Volunteers & Monetary Donations Needed):**

**Bingo parties** which are held on the **third Saturday of each month at 1:30PM in Building 60** at the VA hospital. Volunteers are needed to assist with this activity, which is much appreciated by our hospitalized Veterans. Please consider sponsoring the Bingo program. We are now welcoming Veteran patients from the Building 95 Substance Use Treatment Disorder Program to our Bingos. Thank you Unit 54 & Unit 7 for your generous donation to support the Bingo program. Many thanks to the new Bingo volunteers, Kathy & Marilyn. Thank you Unit 68 for volunteering and providing funds for the August & September Bingos. Unit 68 will be sponsoring Bingo for the balance of the year.

**Bridging Ceremony refreshments for the Substance Use Disorders Treatment Program (SUDTP)** on the **third Tuesday of each month and any month that there is a fifth Tuesday**. We sponsored refreshments on December 17, 2019. The time is 2PM and the venue is Building 90 at the VA hospital. Thank you to members of Unit 131 & Unit 68 who have volunteered to help with this program. Special thanks to Fire Woman (Ku Istan) and Jude for all their assistance with this activity.

**Wish Lists**

Golf clubs, Gloves, Gift Cards and Meals for PGA Hope Golf Program POC Scott Strzyzewski (520) 792-1450 X6367. Unit 109 contributed six sets of golf clubs with bags for this program.

Yuma CBOC (Community Based Outreach Clinic) is seeking donations of gift cards to local food stores (Fry's, Walmart, Albertsons, Sam's Club, Food City). These donations will support a collaboration between American Legion Post 19 and the Yuma CBOC. The Registered Dietician, Kelly Hamlin, MA, RDN is coordinating the effort to provide a cooking class for Veterans who would benefit from these skills. Many Veterans at the Yuma CBOC suffer from diabetes, obesity, high blood pressure and kidney issues due to a diet of processed foods. They want to teach these Veterans to prepare some healthy, simple meals to help improve their health. POC: Kelly E. Hamlin, MA, RDN; phone (520) 403-0217; mailing address 3111 S. 4<sup>th</sup> Ave., Yuma, AZ 85364. Should you decide to support this effort, please make sure that you submit a donation form to Southern Arizona VA Healthcare System.

The new Residential Mental Health Rehabilitation facility is now open. This added 25 new beds to house Veterans in various treatment programs with on-site housing on the hospital campus. The staff requesting donations has put forward that donations in kind, rather than monetary donations, would best fill this need. This program has requested 300 backpacks and 400 water bottles at this time. Any Unit which would like to support this need should send checks to Department with the memo "Building 95 Needs".

The grand total of material and activity donations for the American Legion Auxiliary for May 1, 2019 to December 31, 2019 is \$28,387.70. We would like to express special thanks to Elaine Yates and Yuma Unit 19, Unit 7's Ann Reatherford, Unit 24, Unit 131, Unit 132, Unit 73 and Unit 109 members and unaffiliated volunteers for their constant support of VA programs through their donations. The Legion family is the largest supporter of the Arizona Fisher House. Currently, Arizona Fisher House is funded for the foreseeable future. Other programs are in dire need of donations (ie. Homeless, Building 95, Social Services, Bingo, etc.). Units 58, 62, 75 and various other Units forwarded funds in the amount of \$7,295 for the Fisher House with their year-end donations. Total monetary donations for the American Legion Auxiliary for May 1, 2019 to December 31, 2019 are \$20,315. Thank you Unit 7 for your donations to support social services, July parties, mental health and Creative Arts.

Nine registered hospital volunteers and three summer youth volunteers donated time which was credited to the American Legion Auxiliary. The grand total of registered volunteer hours May 1, 2019 to December 31, 2019 is 3,575. Occasional hours are 481.25 donated by one hundred fifteen volunteers. Please consider volunteering at SAVAHCs if you can possibly devote the time.

This chairman has volunteered 227.5 hours and logged 2,880 miles this year in service to the Tucson VA Medical Center as of December 31, 2019. This chairman was elected to be the Chairman of the Executive Committee of the VAVS Executive Committee at the meeting on October 1, 2019. This chairman volunteers at the monthly Bingos and coordinates the refreshments for the Bridging Ceremony celebrations on the third Tuesday of each month. This chairman is responsible for entering all material & activity donations and acknowledging all donations, monetary and material, for SAVAHCs each year. These donations were in excess of \$1,000,000 for the last two years. This chairman made a motion at the July meeting of the VAVS Committee to fund Veteran Sports Programs (Wheelchair Games, etc.) in the amount of \$3,000. Motion carried. This chairman volunteered three days at Christmas Gift Shop. We will distribute the Christmas Pledge money and cards on December 17, 2019. AJR was completed November 12, 2019 and forwarded to National.

Respectfully Submitted, Kathy Szakonyi, VAVS Representative