

# **Making a Brighter World for Our Veterans**

January 2022

**THIS OFFICE IS OPEN...PLEASE CALL FOR AN APPOINTMENT BEFORE YOU COME TO DEPARTMENT OFFICE FOR ASSISTANCE...THIS IS DUE TO CORVID-19.**

**YEAR END REPORTS FORMS...They are in this packet...WATCH WHO TO SEND THEM TO...DO NOT SEND THEM HERE TO DEPARTMENT.**

## **DIRECTORY ADDITIONS / CORRECTIONS...**

### **Unit 87**

**President  
OPEN**

**Secretary  
Kathy Bliss  
608-513-5200**

**[kjeclsyrom@yahoo.com](mailto:kjeclsyrom@yahoo.com)**

**Membership  
Debra Kanner  
909-519-2652  
[debrakanner@aol.com](mailto:debrakanner@aol.com)**

**Unit 130...Unit Mailing Address: PO Box 476, Concho, AZ 85924**

**Dist 3...VP...Katzenberger...email...memainaz718@gmail.com**

**Dist 8...VP...Lisa Young...lmby\_02@msn.com**

**AEF...Jessica McComb...602-573-8681...jessica.ann.matteson@gmail.com**

**PDP...Carmelite Staker 527 12<sup>th</sup> St #112, Perry, Iowa 50220, 928-772-3147**

**Community Service...Sara Decker...[SaraDeckerAZ@gmail.com](mailto:SaraDeckerAZ@gmail.com)**

**Public Relations...Shannon Mead, 623-521-1263. [shannonmead@live.com](mailto:shannonmead@live.com)**

**EXTRA... EXTRA ... “RED TICKET” ... Did you get one? If you get one send Department an email to let us know and the reward will be sent out asap.**

**NEW UNITS...Yes...let's get some...Guess what something is coming.**

**MEMBERSHIP... “REACHING FOR THE GOAL”. Membership is everyone's job. Legion Act has opened the window of eligibility from 12-7-1941 thru now. The Department Goal this year 14,282 and we are at 57.57%. I have never seen out membership this bad for so long.**

**RENEW MEMBERSHIP BY PHONE...Call National Headquarters at (317) 569-4570 with your member ID and debit or credit card ready.**

**Applications MUST BE LEGIBLE AND COMPLETE**

- The original application is sent to DEPARTMENT not copies of them.
- Be eligible & USE BLUE INK, SEND ORIGINAL APPLICATION and COMPLETE INFO.
- Unit number
- Name of Veteran related to and only 1
- NEW "ANYTIME AFTER" Veteran Served...MUST IDENTITY CONFLICT...CHECK ALL THAT APPLY
- DIRECT DESCENDANT... No longer on NEW application
- Only 1 relationship and do not add any
- Now you have spouse in place of wife, you have to identify female or male spouse
- Must be signed by a Post Officer unless it is woman veterans joining on herself
- Half sheet transmittal both white and yellow copies
- Do not pay for paid online and PUFL members on your transmittals...They are already paid for.
- USE THE FORMS PROVIDED BY DEPARTMENT FOR MEMBERSHIP PROCESSING.
- DO NOT RECREATE THE FORMS.

**Have you signed up the Mission Training and or the Junior National Meeting in Las Vegas this month?**

**"Happy New Year"**



**Barbara Matteson**  
**Dept Secretary/Treasurer**  
[secretary@aladeptaz.org](mailto:secretary@aladeptaz.org)

**Pat Stanaski**  
**Dept Membership Processor**  
[membership@aladeptaz.org](mailto:membership@aladeptaz.org)

**DEPARTMENT OF ARIZONA**  
**PRESIDENT'S JANUARY 2022 BULLETIN**  
**MAKING A BRIGHTER WORLD FOR OUR VETERANS.**

HAPPY NEW YEAR TO EACH ONE OF YOU AND YOURS. THE BEGINNING OF THE YEAR IS WHEN WE ALL TRY TO MAKE PLANS FOR DIFFERENT THINGS WE WANT TO SEE IN OUR FUTURE. NOW IS THE TIME TO START THINKING ABOUT WHAT YOU CAN DO TO MAKE THIS A BETTER WORLD. IS IT A TIME TO TAKE BETTER CARE OF OURSELVES? IS IT A TIME TO THINK ABOUT HELPING OTHERS? WHATEVER YOUR DECISION IS, MAKE SURE IT IS SOMETHING YOU FEEL STRONGLY ABOUT AND ARE WILLING TO PUT FORTH AN EFFORT TO HAVE IT SUCCEED.

THINK ABOUT OUR MILITARY AWAY FROM HOME AND KEEP THEM IN YOUR PRAYERS. ALSO SUPPORT FAMILIES WHO WILL BE MISSING THEM AND THOSE WHO HAVE TO CARE FOR THEM UPON THEIR RETURN AND COME HOME WITH PHYSICAL OR MENTAL HEALTH ISSUES.

REMEMBER: "THERE ARE SOME WHO BRING A LIGHT SO GREAT TO THE WORLD THAT EVEN AFTER THEY HAVE GONE THE LIGHT REMAINS."

PLEASE FIND THE LIGHT WITHIN YOU AND SHINE ON OTHERS TO MAKE IT A BRIGHTER WORLD FOR ALL TO SEE.

I WAS VERY HONORED TO ATTEND THE GIFT SHOP AT THE TUCSON VA AND ALLOWED TO HELP WITH THE PACKING OF GIFTS FOR OUR IN HOSPITAL VETERANS. I ALSO BRIEFLY ATTENDED THE PHOENIX GIFT SHOP HELD AT POST 1 SINCE NOT ALLOWED TO HOLD AT THE VA HOSPITAL. THANK YOU, LADIES, FOR ALL YOUR EFFORTS IN TRYING TO ENSURE OUR VETERANS WERE REMEMBERED AND HAD GIFTS.

AS ALWAYS THANK YOU FOR ALL YOU DO, GOD BLESS YOU AND GOD BLESS AMERICA.

Jennie Molina

truelepa@gmail.com

DEPT OF AZ.

P.O Box 448 Douglas, Arizona 85609

AMERICAN LEGION AUXILIARY

## **Americanism January**

**Norma Tramm, the National Americanism Chairmen would like to share the following information.**

**On Facebook, if you type in "American Legion Auxiliary Americanism Program" and then click on join. The 2 questions you will be asked are 1) if you are a members do 2) what state and Unit you belong. After a short time you will have access to Announcements. National wants to share the Star Spangled Kits for Children and Youth.**

**There is also an "Application " they would like completed by June 15th asking 4 things you would like to do, not that you have done but WOULD like to do. They will select a winner from the completed submissions.**

**Wishing everyone a Happy New Year. Be the best you can be.**

**Linda Lopez  
llopez10@cablone.net**



# AUXILIARY EMERGENCY FUND

January 2022

**BE KNOWLEDGEABLE** – Familiarize yourself and your unit members with the Auxiliary Emergency Fund. Knowing about this program will make the process easier should you need to help a member apply.

**BE AWARE** – Learn the application process and fund restrictions and help members in need contact other nonprofit agencies that might be able to assist them.

**BE GENEROUS** – When you donate to the Auxiliary Emergency Fund, you're giving a fellow Auxiliary member not just help, but hope. Please give

**Now...Tell me what you have been doing to raise funds for AEF. With your permission I can put ideas on the National AEF Facebook site.**

## AWARDS

Individual contributors donating \$50 or more can receive a citation and lapel pin.

Unit awards for Department listed below...

Patricia M. Lee –Gloria Elliott Memorial Plaque

Paula Burgess "President's Plaque"

Paula Burgess "Per Capita Award"

Jessica Matteson – Chairman

602-573-8681

[jessica.ann.matteson@gmail.com](mailto:jessica.ann.matteson@gmail.com)



“Making a Brighter World for Our Veterans”

Cavalcade of Memories

January 2022

The 22<sup>nd</sup> convention August 8, 1942, a Resolution resolved that Department go on record to establish permanent HEADQUARTERS in Phoenix.

In 1963 Mrs. T. G. Chilton (Maxine) was Arizona Candidate for Western Division Vice President and was elected Western Division Vice President from 1963 –1964 Mrs. T. G. Chilton (Maxine) went on to be Arizona Second National President at the 50<sup>th</sup> National Convention held in Chicago 1972-1973.

Did you ever wonder how Luke Greenway got its name from. Two Post and units was combined to make Luke Greenway. The two posts were #1 Frank Luke Jr., and #50 John C. Greenway was combined by a 38-39 vote to become post and unit #1 Luke Greenway. These are a few more Memories from the Cavalcade of Memories. Still looking for Past Honorary Junior Department Presidents. If any Units know if they had a Junior from there Unit served as Past Honorary Junior Department President, can you send me information on them.

Department Cavalcade of Memories Chairman

Paula Burgess – pngb62@hotmail.com

CHAPLAIN

January 2022

Greetings Auxiliary Members.

I apologize for not having a bulletin for December, so this will be my Dec. and Jan. bulletin. November was a very busy month for me.

I hope everyone is doing well and I want to wish you all a safe and Blessed Christmas and New Year's as you spend time with your family and friends.

*Behold, how good and how pleasant it is  
For brethren to swell together in unity.  
Psalm 133.1*

I know we all procrastinate about sending in prayers, but its never to late so if you're sending out cards just think about sending a prayer for President Jennie's prayer book, it will certainly be appreciated.

Thank you to those who have sent me names of members and non-members who are ill or have lost a loved one.

May you always have love to share, health to spare and friends that care.

*The capacity to care is the thing which gives  
life it's deepest significance.  
...Pablo Casals*

Always keep the light burning for a brighter World for our Veterans

Dolores Chavez  
928-386-0841

P.O. Box 1517  
chebees@cox.net

Benson, AZ 85602

# Community Service

*January 2022*

Hello ALA members,

*"Everyone can be great, because everyone can serve." ~Martin Luther King Jr.*

Happy New Year! I hope your Holidays were filled with love and family.

Martin Luther King Jr. Day of service, is observed each year as "a day on, not a day off." It is one of only 2 federal holidays designated as a National Day of Service to encourage all Americans to volunteer to improve their communities. I look forward to hearing what your members are doing.

Now that the Holidays are over, it is a great time to reevaluate what kind of Community Service your Unit and members did in November and December.

Did you shop for a gift to give someone in need? Did you give to a food drive or make a meal? Did you volunteer in your Church or Community? Did you go caroling? All your time and energy, even doing the little things, adds up. Please bring it up in your meetings and offer to share your experiences. Ask your members to log these precious hours so you are able to report them in your End of Year reports due May 1st.

Community Service Month is April! And it's right around the corner! What will your Unit and members be up to? NOW is the time to start planning and promoting Community Service Month.

Sara C. Decker

Community Service Chairman

[SaraDeckerAZ@gmail.com](mailto:SaraDeckerAZ@gmail.com) (new email)

480-580-3269



## Finance Report

January 2022

I'm sure by this time you are all aware of my new address and the necessity for moving from the home I have shared for so many years with my cousin. I thank God daily for my sister Margaret and her husband Rick and their dog Smokey for being there when I needed them most. Now you know who supported me when times got tough. To my fellow members in the AL and ALA-I thank you all for your sympathy cards on the loss of my cousin Pat Smith and 40 year old niece Melissa Ann. In times like these you need a Savior-and I thank God I have one.

Now to the issue at hand-FINANCE-be it dept, your district, and unit. Were your treasurer's books from 2021 audited? Did you put a budget together for 2022? These are needed and necessary for your operations! Now its time to get out your Dept Constitution and By Laws and Standing Rules.

Specifically pg 16--Rules for National Convention

pg 20--Finance

pg 22--Finance

pg 23--ALL

pg 24--ALL

pg 26--Paragraph 18

pg 31--B C Conference

pg 55--Top of paragraph 2

All items are important but the above deal with Dept Finances--be familiar with them--your unit depends on YOU. With much love and thanks for the generosity of ALL, your finance committee.

Helen Stout Chairman, Jinny Molina President, Penny Maklary, Helen Griffin, Patricia Lugo NEC,  
Barbara Mattison Dept Sec Treas no vote



American Legion Auxiliary  
Arizona  
**Girls State**

January 2022

A reminder...Did you contact the school or schools assigned to your Unit and send that information to Department? If you have not completed this form and returned it...**PLEASE** take the time and do it now. It is one of the green forms in the Unit packet. We need your name and information as well as school information to make sure we get all Girls State information to you and the right person at a school. Thank you to those that got the information in already it is most appreciated.

Just a reminder that all hard cards for registration of delegates and alternates will be mailed to Unit Chairman this year for distribution to the schools later in January, another reason we need your information and the form. Please do not say the counselors are the same as last year as we change the data base each year.

We encourage you to use the check list provided in the packet to make sure you are current with required items. The pink brochure as well as the ALA Girls State facts sheets can be copied and used with necessary. I need to change, we are not the largest **women's** patriotic organization to we are the oldest patriotic membership organization.

We are currently working on information that will go by email with attachments to those counselors in charge of Girls State by January 15th. All the necessary forms will be included. You should be currently thinking about what selection process your Unit will be using. If you are interviewing in person, I have some questions you can use and will provide them in a later bulletin.

If we can be of any help or if you are having problems, we are an email or call away. Please reach out and make sure your questions are answered correctly.

If for some reason we are unable to hold an in person session this year due to COVID complications, we will go virtual. ALA Arizona Girls State will happen! I know some of your schools have already asked that question.

We thank you for your time and promotion of Girls State the **BEST STATE** in the land.

AMERICAN LEGION AUXILIARY

DEPARTMENT OF ARIZONA

JUNIOR PROGRAM

“Making a Brighter World for Our Veterans”

Happy New years to all!!

First of I want to start by thanking all of our Juniors who assisted their units during the holidays with activities and our Senior members for including our Juniors as they are future.

If you go to our national website [www.ALAforVeterans.org](http://www.ALAforVeterans.org), you will see what activities our Junior can participate in.

- Junior Activities Patch Program
- Junior Activities Programs Action Plan
- Guidebook
- Brochures
- Learn about American Legion Auxiliary Girls State and Nation
- Poppy's

You can also see what other states are doing by looking at Facebook groups and the ALA magazine

We are planning Junior Conference. If anyone has any suggestions on activities or locations, please contact me.

I look forward to hearing from you and hope to get emails on what activities your units and districts are doing with our Junior members.

Iliana Solis, Chairman

Maggie Montijo, committee

[lisolis09@gmail.com](mailto:lisolis09@gmail.com)

[maggiemontijo@gmail.com](mailto:maggiemontijo@gmail.com)

(520)236-8468

## **Legislative**

**January 2022**

Greetings,

I hope this finds all of you in good health and spirits. I hope everyone had a great and healthy holiday season. As the New Year has started already, know that our State Legislature will be reconvening this month. Keep an eye out for the Governor's State of the State Address, as well as the President's State of the Union Address.

Your Mid-Year Reports were due to me by December 1<sup>st</sup>, but NOT mandatory. I only received one Mid-Year Report. As mentioned at Fall Conference, they were not required this year but encouraged.

Mid Term elections are just around the corner. Remember to get your members and members of the community to get out and vote.

The Spring American Legion National Legislative and National Security Conference in DC this year has been cancelled again for all of the Department Legislative Chairmen to attend in person. National Commander Dillard will attend himself to address Congress on behalf of the American Legion, however members of Department delegations will not be able to talk to Congressmen in person on local issues. It is imperative as Units to be reaching out to your elected officials this year, because we cannot see them in person on your behalf. This is very unfortunate, but they are required by national statute to at least meet with the National Commander.

In closing, please stay healthy and positive. Remember, we are all in this together. Please remember, to be kind and patient with one another. I miss you all and care deeply about you and hope to see you soon. If there is anything you need to talk about, call or email me. I am but a few clicks away.

For God and Country,

Stephanie M. McMullen

Chairman

16575 W. Moreland St.

Goodyear, AZ 85338

(623)910-4716, stephaniemcmullenala62az@gmail.com

## **Reaching for the Goal!**

January 2022

Happy New Year!

Hope you had a wonderful and safe Christmas and New Years!

We are halfway through the year. Where has the year gone?

It's not too early to start thinking about year end reports and narratives. Who doesn't want to brag about what your Unit accomplished to retain and recruit Membership!

December 31 is the last day to be compliant with your 2021 membership. Please reach out to those members who have not renewed. Also, reached out to members you have not seen this year? They may need assistance paying their dues. If so, can your Unit assist them?

Arizona is moving up the ranks in the Western Division and National standings.

A BIG THANK YOU to everyone who has renewed their membership and to Units for submitting their membership to Department on a regular basis. Please don't hold your membership.

*Membership is the life blood of our organization. Without YOU we can't support our veterans, military, community and youth.*

**Reminder** – Please submit membership on a weekly basis, even if it is only one.

Until next month . . .

Barbara White  
Department Vice President  
602-908-2980  
[Barbarawhite99@gmail.com](mailto:Barbarawhite99@gmail.com)



**Mission Training  
Leadership  
January 2022**



A wonderful and Happy New Year to all of our hard working members. Let's make 2022 a BANNER YEAR for the American Legion Auxiliary! It seems that we are entering the New Year with renewed optimism and energy!.

If you have been following the bulletins you will know that the first quality of good leadership was COMMUNICATION. The second was INTEGRITY. This month we are talking about a third quality which is ACCOUNTABILITY. Strong and good leadership is essential for Unit activities. They hold themselves and their members accountable for their actions which creates a sense of responsibility among the team. They give credit where credit is due (remembering to thank everyone for a job well done). Being accountable is leading by example and building trust with our members. As a good leader we are responsible for the actions of those around us. Be assured that qualities of good leadership are just guidelines to follow. We all do the best that we can do!

Thank you to Barbara White and Stacy Mayberry for taking care of the Mission Training at Unit #19 in District #1. We have a lot of members with leadership instructor cards so I hope that everyone can take part in at least one Mission Training.

We have four more training's scheduled in 2022. The Department and Leadership instructors hope that many of you will sign up for the one in your area. The requirement remains that each training must have a minimum of ten members at \$10 each which is forwarded to Department of Arizona TEN days prior to scheduled date.

Karen Smith, Chairman                      ksmith111@cox.net                      (520) 249-1119  
(as always, please text first if you are calling. Thanks!)

## POST AND UNIT TOGETHER

The relationship of a Unit with their Post is one of common sense and courtesy. Any Unit that has been in existence for a few years has at one time or another, has had a disagreement with their post. The relationship between a post and unit will have a large part, influence their success or failure in the years activities.

The key here is that a unit must always remember, they are guests of the Post. The Post home belongs to the American Legion. The Unit has absolutely no say in anything that happens in the Post nor do they have any business in voicing unsolicited opinions relative to operations or employees.

The other side is the coin is, the Legion has no say about what transpired in a Unit meeting or what they do with their money. No Unit or District must account to the Legion for anything including their finances.

Naturally, it will be much better for both of you if there is mutual respect and cooperation. Don't assume and don't demand; Request, Suggest, Discuss and Compromise, if necessary.

Make your relations with the Legion fun. Establish good communications. As in a marriage, communication is the key to success.

One area that comes under the gun constantly is concerning items the Unit may purchase or donate to the Post Home, for instance, dishes. When you put anything into a Post Home, even a dish, it becomes Post property. The other side of the coin is that remember the basic purpose of the Auxiliary and how and why we came into being.

The Legion Post has no authority or control over an Auxiliary Unit and vice versa. A Legion entity (Department, District or Post) cannot demand money or financial reporting of their counterpart Auxiliary entity and vice versa. A Legion entity cannot revoke an ALA Member's membership. A Legion Post's social club may restrict an ALA member from the social club's premises but cannot restrict an ALA member from participating in an LA meeting in the post except by a court order. A Legion post has no authority over an ALA member's membership status once she has been accepted by ALA as a member. Only a Unit or Department can discipline, suspend, or remove an ALA Member from the American Legion Auxiliary.



American Legion Auxiliary  
Department of Arizona

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**“Education and Awareness of Our Veterans With PTSD”  
MUSIC REPORT**

JANUARY 2022

Greetings Melomanos (“music lovers”),

I hope you are as excited as I am to support Madam President, Jenni Molina and her Special Project. It is something that has been over looked for sometime. If you missed the opportunity to lend your talents at Fall Conference, you will have an opportunity at Convention in 2022. I’m looking forward to seeing your beaming faces singing your hearts out at Convention, as well as the Legion and Sons of the American Legion members. Please encourage your Post and Unit members to attend and participate as well. The choir at Fall Conference was amazing for a small group. They produced such an amazing and glorious sound. Imagine how wonderful a larger group would be!

Now that the holiday season is over and life is kind of settling back to normal, it’s time to look forward to future events. For instance promoting your music program within your Unit and Post. There was a phrase used at Fall Conference titled, “recruit and retain”. Think of this while you are promoting your Music Program.

Now a little about the “American Legion Auxiliary Music Program. It is a program to encourage and promote music within the Unit and Post. Thereby, incorporating some type of music in your meetings and other functions in the form of patriotic songs or hymns. Please let me know if you would like my assistance in any way. I am eager to assist and help promote your music program. Also, please let me know if you would like for me to visit your Unit and admire what you’re doing. I can learn from you ways to make this program better for all.

With a song in your heart.

For God and Country,

Alma Mattingly, Department Music Chairman

16575 W. Moreland Street, Goodyear, AZ 85338  
[amblonde01@gmail.com](mailto:amblonde01@gmail.com)  
602.999.4054 cell

## New Units/Unit Development & Revitalization

January 2022

Happy New Year everyone and hope your Holidays were Merry!

The Unit Revitalization Team was on the road in November to visit Unit 9 in Florence, they were having a couple of issues that need our help and we helped them resolve the problem.

DEVELOPING A REVITALIZATION TEAM
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The unit President should elect two or more highly interested, motivated and knowledgeable members to comprise a revitalization team, with one appointed as team leader.

Team members do not need to be Unit officers (either past or present). There are many dedicated members who do not aspire to these offices and this is an excellent way to utilize talents. Ask the following:

- Are they knowledgeable of Auxiliary programs?
- Are they knowledgeable of Auxiliary benefits?
- Are they comfortable speaking to strangers?
- Do they present positive, personal image?
- Are they willing to visit members?

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



AMERICAN LEGION AUXILIARY  
PAST PRESIDENT PARLEY

JANUARY 2022

*Happy New Year*

Hi to all Units and Districts who host a PPP event? Do you want your Unit or District to be recognized? If so, I need your information!!!! Send me what you do and how you celebrate the Past President's Parley program.

This month we recognize Unit 41 in Phoenix. Past Department President Patsy Lugo, who is the PPP Chairman for her Unit held a PPP function on December 10<sup>th</sup>. I was honored to be invited and want to share a little information. The room was decorated in beautiful blue/green tablecloths with flowers on each. Patsy's theme was "pasta with a purpose" and the food was delicious. A DJ played a wide variety of music, both easy listening and lots of dancing music. They also had a raffle table with an assortment of items. The evening was a huge success so kudos to Unit 41 for your PPP program.



Each month I will remind you of the awards available to your Unit.

*The AAPP (Arizona's Active Past Presidents Plaque)*  
*Cora Grigg Past Presidents Parley Plaque*  
*Jarvis Plaque (Auxiliary Member of the Year)*

I look forward to hearing from your Unit and sharing your stories about your PPP program!!!!

Until next month with more news!!

Cindy Queen  
Past President Parley Chairwoman  
[cynqueen53@cox.net](mailto:cynqueen53@cox.net)  
602-316-7647





## THE AMERICAN LEGION AUXILIARY

### Poppy Report

Hello everyone and Happy New Year!

I hope you and your units had a safe and enjoyable holiday season. It is times like these that we should take a moment to reflect and be grateful for all that we have. Many women and men will not be able to spend time with their families and friends this season but instead are serving our country. This is why we do what we do. If you or anyone in your unit would like to purchase **POPPY KITS**, please contact Barbra at the department. She can be reached by email and phone:

**Department Secretary:**

**Barbara Matteson**

**Email: [secretary@aladeptaz.org](mailto:secretary@aladeptaz.org)**

**Phone: (602) 241-1080**

**Fax: (602) 604-9640**

If you have any questions please feel free to contact me by email or phone. If you call me, please leave a voice mail or text if I do not answer. I may be at work or do not recognize the phone number and may not be able to answer.

If you have any poppy-related events I would love to hear about them or attend, so I can write about it!

I appreciate all of your hard work and look forward to seeing all that you do! It's a new year and anything is possible. What changes do you plan to make this year?

Happy holidays and stay safe.

**Jessica Vaupel (Unit 11)- Poppy Chair**

[jessicavaupel23@hotmail.com](mailto:jessicavaupel23@hotmail.com)      623.764.0369

## **SPECIAL PROJECT**

### **January 2022 Bulletin**

"Combat Trauma" describes a spectrum of distressing reactions a veteran might have to the trauma of combat. These reactions could include anything from the normal, relatively mild tensions associated with the transition from deployment back to home and family life (Reintegration Issues), all the way up to severe conditions known as Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD). ASD and PTSD occur in those who have been exposed to a traumatic combat-related event (or series of events) which involved actual or threatened death or serious injury and caused an emotional reaction involving intense fear, panic, helplessness or horror. The symptoms for both disorders are: (1) a persistent re-experiencing of the event(s) through nightmares, intrusive thoughts or dissociative episodes, (2) obsessive avoidance of any stimuli associated with the event(s), and (3) feeling "keyed-up" (aroused, angry, sleepless, jumpy) at all times. The difference between these two disorders is how long the symptoms persist: one month for ASD, no time limit for PTSD.

#### **CAMP HOPE**

One of the resource the PTSD Foundation of America has for Veterans and their families is something called Camp Hope. The intensive residential program at Camp Hope aims to provide a more comprehensive peer support and mentoring based healing for those who need more than what Warrior Groups can provide. Camp Hope can house up to 80 Veterans at one time. To date, over 1,348 Veterans have graduated from the Camp Hope program.

They offer a minimum of a 6 month program that includes a 2 month transitional program. Residents attend group lessons and support sessions with other combat veterans. They are provided with individual mentoring sessions with certified combat trauma mentors. Participants are also able to go on off-site small group interaction activities trips, such as camping, fishing, sporting event and more. Many are encouraged to get involved with local churches, businesses and volunteer organizations to assist in their personal healing and educating the community on the invisible wounds of war.

Camp Hope is broken up into four separate phases. Each phase varies in length and is geared to prepare the Veteran mentally for the work they will do throughout the healing process. This includes (but not limited to) behavior modification, emotional control, implementing faith, addition, anger management, etc. The curriculum also includes parenting classes, relationships, and family reintegration. The Veterans will also receive vocational prep, job training and workforce development along with other life skills needed to transition back into society. The goal of the PTSD Foundation of America is to move a Veteran in crisis away from "just surviving" towards "thriving."

#### **Supporting Camp Hope**

All of the services that are offered by the PTSD Foundation of America are absolutely free to Veterans and their family. On average, a veteran or family member will spend 6-8 months at Camp Hope. You can help support these veterans or their family during their stay by donating one of the items located on Camp Hope's Urgent Needs List. These items can be purchased directly through AmazonSmile. AmazonSmile will allow you to donate an item directly to the PTSD Foundation of America.

- AmazonSmile Link –
  - [https://smile.amazon.com/gp/ch/list/20-3864341/ref=smi\\_qe2\\_setch\\_swi\\_smi?ie=UTF8&ein=20-3864341](https://smile.amazon.com/gp/ch/list/20-3864341/ref=smi_qe2_setch_swi_smi?ie=UTF8&ein=20-3864341)
- POC for Arizona: Adam Bigelow [adam.bigelow@ptsdUSA.org](mailto:adam.bigelow@ptsdUSA.org)
- Phone number for PTSD Foundation of America:
  - Combat Trauma Help Line 877-717-PTSD(7873)
  - PTSDUSA Office 832-912-4429
- Link for PTSD Foundation of America: <https://ptsdusa.org/>

Jacqueline Solis  
Special Projects Chairperson  
520-234-7909  
[Jacquelinesolis24@gmail.com](mailto:Jacquelinesolis24@gmail.com)



## Urgent Needs CHECKLIST

Below are items we need to take care of our Veterans who reside on Camp Hope. Their stay is about 6-months and at no cost to them or their family. We can house up to 80 Veterans. Anything you can help with would be a tremendous blessing.

### MOST URGENT NEEDS

See Hi-lighted items below

#### GROCERY

- ☐ Bacon, Breakfast Meats
- ☐ Bread (Sliced)
- ☐ Bottled Water (24-40 Pack/Case Bottled Water – 16.9oz)
- ☐ Canned Goods (diced tomatoes, tomato sauce etc.) regular size can and #10 size cans **FULLY STOCKED**
- ☐ Cheese - Sliced
- ☐ Chicken, Fish
- ☐ Coffee - K-Cups/Ground, Tea
- ☐ Salt, Sugar, Black Pepper
- ☐ Flour (unbleached, all purpose)
- ☐ Dry Goods (cereal, rice, pasta, etc.)
- ☐ Eggs, Powdered or Fresh
- ☐ Butter
- ☐ Fresh Produce: onions, lettuce, tomatoes, fruits, berries, etc.
- ☐ Maple Syrup, breakfast Syrups
- ☐ Milk, Powdered, Whole, 2% or Shelf
- ☐ Orange Juice
- ☐ P-Nut Butter
- ☐ Sugar-granulated (packets and 5-10lb bags)
- ☐ Stocks/Broth

#### PERSONAL HYGIENE & CLOTHING

- ☐ Active Gym Shorts, S thru 3XL-new only & packaged
- ☐ Body Wash (liquid) –full size **FULLY STOCKED**
- ☐ Deodorant – Men's **FULLY STOCKED**
- ☐ Gold Bond Medicated Powder
- ☐ Floss & dental-picks **FULLY STOCKED**
- ☐ Hand Lotion & Sanitizer
- ☐ Shower-Loofas **FULLY STOCKED**
- ☐ Mouthwash – Non-Alcoholic
- ☐ Men's underwear (boxer/boxer-brief) Not white, all sizes – new only & packaged **FULLY STOCKED**
- ☐ Running Shoes – Mens (Sizes 9-13)
- ☐ Shower Shoes (flipflops 9-13)
- ☐ Sweatpants S - 3XL & Sweatshirts S - 3XL
- ☐ Hoodies/Sweatshirts S - 3XL
- ☐ Long Sleeve T-Shirts S-3XL
- ☐ Q-Tips

#### HOUSEKEEPING

- ☐ All-purpose Cleaner
- ☐ Bathroom Cleaners (toilet/shower/mirrors)
- ☐ Broom w/dustpan - household
- ☐ Carpet Shampoo (liquid)
- ☐ Dishwasher Detergent (liquid/pods)
- ☐ Dryer Sheets
- ☐ Febreze Spray
- ☐ Floor Cleaner
- ☐ Glass Cleaner

You may bring items to Camp Hope and drop off at the Donation Station located in the Front Office. Another way to get items to Camp Hope is through [AmazonSmile \(click here\)](#). We have 7 lists: Pantry, Residential, Camp Hope Vehicle Supplies, Campus Facilities, Office Supplies, Weatherford Family Complex and Urgent Needs Lists. You can give twice by choosing PTSD Foundation of America as your Charity. One way to shop for food items and have them delivered is through Instacart & Amazon Fresh. Our Mailing & Delivery address: Camp Hope 9724 Derrington Rd., Houston, TX 77064

- ☐ Disinfectant Equipment Wipes
- ☐ Paper Plates & Plastic Utensils
- ☐ Paper Towels **FULLY STOCKED**
- ☐ Plastic zipper bags (Ziploc- Snack size, 1 gal, quart & sandwich size)
- ☐ Scrubber sponges **FULLY STOCKED**
- ☐ Toilet Paper
- ☐ Toilet Bowl Cleaner
- ☐ Trash Bags (50-55 Gallon **ONLY**)

#### BED & BATH

- ☐ Bath Towels (full size) and Wash Rags (white)
- ☐ Sheets, Twin
- ☐ Hangers
- ☐ Pillows (standard) & Pillowcases (standard)
- ☐ Blankets/Comforters (twin size)

#### CLASSROOM & OFFICE SUPPLIES

- ☐ Alarm Clocks
- ☐ Backpacks
- ☐ Clear/Transparent Tape
- ☐ Copy Paper (8.5x11)
- ☐ Dry Erase Markers
- ☐ Highlighters
- ☐ [NIV Celebrate Recovery Study Bible](#) (on Amazon)
- ☐ Permanent Markers (Sharpies)
- ☐ Post-It Notes
- ☐ Postage Stamps or Christmas Shipping Cost
- ☐ Pencils **FULLY STOCKED**
- ☐ Pens (Pentel or RSVP) Black, Red, Blue
- ☐ Spiral Notebooks

#### FACILITIES

- ☐ A/C Filter—16x25x2; 12x24x1 **FULLY STOCKED**
- ☐ Air Filter for Homes-3M: 20x30x1; 20x20x1; 16x25x1; 20x25x1; 12x12x1; 18x18x1 **FULLY STOCKED**
- ☐ Batteries –9 Volt

- ☐ Masking Tape
- ☐ Fire Ant Killer
- ☐ Light Bulbs – Energy Efficient, 100W – Outdoor/Flood
- ☐ Light Bulbs – Energy Efficient, 40W, 75W – indoor, ceiling fan
- ☐ Plastic Totes – Large
- ☐ Push Broom
- ☐ Vacuum Cleaners
- ☐ Weed Killer

#### VITAMINS & MEDICATIONS

- ☐ Ibuprofen and Tylenol (Acetamaphine)
- ☐ Excedrine (Acetamaphine/Aspirin/Caffeine)
- ☐ Immodium (Loperamide)
- ☐ Prevacid (Lansoprazole)

#### PPE

- ☐ N95 Particle Masks
- ☐ Nitrile gloves

#### GIFT CARDS

- ☐ HEB or Kroger
- ☐ Home Depot or Lowes
- ☐ Target or Walmart
- ☐ Restaurant Food Gift Cards for Wednesday Lunches (they are taken to a counseling facility off campus, so lunches are bought)

#### IMPORTANT INFORMATION

**DUE TO OUR LIMITED STORAGE CAPACITY & COVID-19 PROTOCOL WE DO NOT ACCEPT TRAVEL SIZE TOILETRIES, USED CLOTHING OR SUITS.** We respectfully ask that you call before coming to the campus to verify we can take a donation and to coordinate a time and date of drop-off. You may contact us at [Donations@PTSDUSA.org](mailto:Donations@PTSDUSA.org) [AmazonSmile \(click here\)](#)



January 2022

# PUBLIC RELATIONS

Welcome to a great beginning for 2022. My name is Shannon Mead and I will be your Public Relations Chairman for the remainder of the year. I have been doing Public Relations in one way or another since 2006. I work for a media group here in the Valley and love helping people get out there and get the word out. I will be sending out information and links in the monthly bulletins to help you get your voice out there in the media.

Remember that an effective public relations program can help bring in new members, volunteers and new resources. Be out there and be helpful. I know with COVID still wandering the streets here it can be hard and scary to want to open those doors and welcome people back. Do not fret. Implement great ways to keep people safe yet enjoying programs and events.

I will be sending out more information in the coming bulletins and letting you know about any special events and holidays each month to help focus on. Be sure to always keep an eye on the national website for media templates that can for sure help you get started.

With social media do remember that you are representing the Unit and the American Legion Auxiliary on your Unit social media pages. Be sure to keep an eye on comments and such as to monitor who is speaking and what is being said. If someone has a complaint try and do your best to resolve the issue and help get that social media back to positive. Do not be afraid to use social media for your Unit and Post events. Your juniors are an amazing help with the social media do's and don'ts so get them to help you out and participate. Group effort!!

I would love thoughts and suggestions on our remaining year as well as email or mail clippings from articles and publishing for our Department Presidents Press Book! Talk to you all again soon!

## *Happy New Year*

Shannon Mead, PR Chairman  
8938 W. Hilton Ave., Tolleson, AZ 85353  
623-521-1263 • [shannonmead@live.com](mailto:shannonmead@live.com)

VA&R  
JANUARY 2022

HAPPY NEW YEAR,

I hope you all had a wonderful holiday season and was able to spend time with friends and family. From what I have seen and heard the ALA in Arizona was very busy in December.

Gift shops were held, even though it was off property. The Tucson VA gift shop filled duffle bags with supplies for veterans who were admitted to the VA hospital. Phoenix VA Gift Shop was held at Post 1.

From what I have seen on Ring your Bell, A lot of members participated in Wreaths Across America, by volunteering to places wreaths on veterans graves.

The new Yuma State Veterans Home is preparing to open soon. Follow them and the Flagstaff home on Facebook.

Are you going to Las Vegas for Mission Training?? The Mission Training has lots of information on the VA&R programs.

Please remember to send me photos and a short synopsis of what your Unit has done for Veterans and I will forward them to Western Division and National.

For God and Country  
Rose Ficklin

## **Creative Arts January 2022**

At the New Year we often make resolutions or goals for our new year ... I am choosing a word for my 2022 year as Creative Arts Chair. That word is HOPE....

Having HOPE for our hospitalized and community Veterans to have opportunities post covid to participate in the therapeutic arts programs for healing and comfort. I have hope in the new year to meet all the wonderful volunteers who figured out a way to have a Creative Arts Festivals in our VAMCs and will have National representations at the Festival in St. Petersburg, FL in April.

I have HOPE for our Volunteers to get back to serving our veterans and VAMC staff with their kind hearts and valuable time.

This is a new year and we have to find the strength and power to move forward through this pandemic, just as the soldiers we serve in the ALA used their strength and inner power to make their way through difficult times for our freedoms. We honor their sacrifice as we continue to meet our veterans' needs during covid and beyond.

I HOPE for new volunteers to step up and help in the therapeutic arts programs at our VAMCs. Many of our past volunteers are unable to get back to serving for many reasons, but I have HOPE, a new and able group of volunteers are getting ready to come on board to assist us in our Creative Arts Festival planning and presentations. We Especially need Creative Arts Festival volunteers for Tucson area.

Lastly, I have Hope in 2022 that hearts that have been broken during this pandemic shutdown will heal and will find healing through our work in the ALA. Please contact me about the Creative Arts Festivals and how you can help in your area. Next month I will tell you more about eligibility and how to get your veteran's artwork into a festival near you. There are many talented Vets out there who might not even realize how their work is therapeutic and helpful in raising the quality of their daily lives. Let's honor them ALL, giving them recognition and HOPE!

For God and Country,  
Dawn Davidson  
aladawndavidson@gmail.com  
763-221-8047

## SERVICE TO VETERANS

I hope that you had a blessed holiday season with your family and friends. We have passed the mid-year point, so we must continue our hard work supporting our veterans.

At this time I have received volunteer hours from 5 units. Five out of 88 units in the state!! The following units have incorrect email addresses in the Directory – 3, 25, 27, 40, 54, 56, 69, 130. I would appreciate it if these Unit Presidents could send me the email address for the person collecting the hours for their unit. I'm trying very hard to increase the number of volunteer hours from last year. There are awards to win at the end of the year!

You don't have to use the form I have provided, you can use any form you prefer. Easier still would be to email, text, or snail mail the figures to me.

Keep in mind that Service to Veterans is direct or personal service to veterans and their families, active duty and reserve military and their families. Hours or mileage for meetings, workshops, convention, etc. cannot be counted as Service to Veterans.

Thank you for all that you do for our Veterans and supporting our mission.

Nancy Berg, Chairman

[lpnmoe14@gmail.com](mailto:lpnmoe14@gmail.com)

1133 Carmelita Drive

520/678-1027

Sierra Vista, AZ 85635

VA&R REPORT  
TUCSON VA MEDICAL CENTER  
11-30-21

All events are suspended until further notice. There is communication that some volunteer activities will be restarting. No specifics as of this date. Thank you volunteers for your help!

Moderna vaccine has arrived and all staff who desired vaccination have been vaccinated. All Veterans and caregivers have been offered the two dose vaccine. Current numbers are encouraging according to Director. Booster shots are also now available.

Southwest Blind Rehabilitation Center is now opening back up. There is limited visitation at SAVAHCS. Monetary donations are being accepted at this time. Unit 73 sponsored Thanksgiving meals for Veteran patients at SWBRC.

There is a new program in start-up process to assist Veterans patients with food insecurities. A separate food pantry is filling this need. The American Legion Auxiliary, Department of Arizona donated gift cards valued at \$1,150 towards this program.

The grand total of monetary donations for the American Legion Auxiliary for May 1, 2021 to November 30, 2021 is \$8,249.47.

The grand total of material and activity donations for the American Legion Auxiliary for May 1, 2021 to November 30, 2021 is \$15,690.67. Thank you Unit 7, Unit 24, Unit 30, Unit 66, Unit 73, Unit 109, Unit 131 and Unit 132 for your generous donations to support our programs.

Four registered hospital volunteers donated time which was credited to the American Legion Auxiliary. The grand total of registered volunteer hours May 1, 2021 to November 30, 2021 is 1,281. **S AVAHCS is in the process of bringing back volunteers. Volunteers will be phased in as needed and the process will be closely monitored by the Director. Volunteers will be contacted by the Voluntary Service office as their services are needed. One more Auxiliary volunteer has been called back.**

This chairman has volunteered 137.5 hours and logged 1,500 miles this year in service to the Tucson VA Medical Center as of November 30, 2021. This chairman has now logged over 4,000 hours in service to SAVAHCS. This chairman was re-elected to be the Chairman of the Executive Committee of the VAVS Executive Committee at the meeting on October 12, 2021. This chairman has been elected to fill a three year term on the VAVS Executive Committee. This chairman has attended every Executive Committee meeting and every VAVS meeting this year. This chairman worked with all Units to provide beverages and snacks for staff, patients and volunteers who were manning the COVID-19 vaccination sites. This chairman is working with the Homeless Program to ensure that our Homeless Veterans and those in Transitional Housing have the food and beverages that they need during this time of enormous stress on all community resources. This chairman is working with the Recreation departments to purchase needed supplies for the National Veterans Creative Arts Program and other recreational activities. Annual Joint Review was completed November 16, 2021.

Respectfully Submitted,

Kathy Szakonyi, VAVS Representative