



**AMERICAN LEGION DEPARTMENT OF  
ARIZONA CONVENTION  
JUNE 23-26, 2022**

**AMERICAN LEGION AUXILIARY  
REGISTRATION - \$10.00  
REMINDER AT CONVENTION - \$20.00**

PLEASE RETURN FORM WITH CHECK MADE OUT TO:

American Legion Auxiliary Dept. of Arizona  
4701 N. 19<sup>th</sup> Ave. Suite 100, Phoenix, Az. 85015

UNIT NUMBER \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_

NAME (PRINT)

POSITION/TITLE (PRINT)

If also ALR Rider  
then place an X

1	_____	_____	_____
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15	_____	_____	_____

**PRE-REGISTRATION DEADLINE JUNE 3, 2022**  
**NO REFUNDS OR SUBSTITUTIONS**



**AMERICAN LEGION AUXILIARY  
DEPARTMENT OF ARIZONA  
2022 DEPARTMENT CONVENTION  
PAST PRESIDENTS PARLEY LUNCHEON  
SATURDAY, JUNE 25, 2022**



**MENU**

**CHEF SALAD  
Choice of 2 Dressings  
Roll and Butter  
Chocolate Cake  
Ice Tea**

**Cost \$28.00**

**MAKE CHECKS OUT TO: AMERICAN LEGION AUXILIARY, DEPARTMENT OF ARIZONA**

**MAIL TO:  
ALA Department of AZ  
Attn: PPP Luncheon  
4701 N 19th Ave Suite 100  
Phoenix, AZ 85015**

**Seating is limited to 90...Please make your reservation before June 19, 2020**

	NAME	Unit #
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**PUT ADDITIONAL NAMES ON BACK.**

**\$28.00 X number of tickets = \_\_\_\_\_**



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

April 2022

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

**FROM NATIONAL...If you have received emails from AMWINS about insurance it is real not a scam. They have assumed all of National's Hartford policies.**

**Dues will be going up...it was a topic at Mid-Year NEC meeting 3-5-2022. Don't be surprised at Convention. The National per capita dues shall be eighteen dollars (\$18.00) per annum for Senior members beginning in Fiscal Year (FY) 2024, with a one dollar (\$1.00) increase in FY 2026 (\$19.00), FY 2028 (\$20.00) and FY2030 (\$21.00) National Junior member dues remain at two dollars and fifty cents (\$2.50) per annum with a \$.50 (fifty cent) increase in FY2026 to three dollars (\$3.00) per annum, FY2028 (\$3.50), and FY2030 (\$4.00)**

**Unit Member of the Year information in is packet...Did you find it and check it out? DO NOT SEND IT TO NATIONAL.**

**IMPACT FORM DUE DATE IS 5-1-2022 NOT 2021...OOPS!**

**YEAR END REPORTS FORMS...WATCH WHO TO SEND THEM TO...DO NOT SEND THEM HERE TO DEPARTMENT EXCEPT THE IMPACT REPORT.**

**DEPARTMENT MANDATES...They are due 30 days before convention...MAY 26, 2022.**

**DIRECTORY ADDITIONS / CORRECTIONS...**

**Unit 44...Unit 44 has arranged to meet at the VFW in order to have more privacy than at Post 44 Lounge. The address of the VFW 3513 is 7220 E Wilshire Dr. Scottsdale. It is located on Wilshire Dr and Scottsdale Rd (East on Wilshire from Scottsdale Rd) behind the Masonic Lodge which is on the corner. We can use the Masonic Lodge parking lot.**

**Unit 32...Kat Sticklin...kat2sticks@gmail.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 77.71%. We need to be at 95% by April 27, 2022 to be on target at National.**

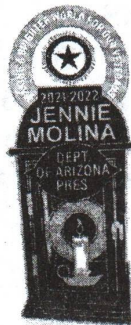
**RENEW MEMBERSHIP BY PHONE...** Call National Headquarters at **(317) 569-4570** with your member ID and debit or credit card ready.

**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.**

**“What is your top Easter Candy?”**

**Barbara Matteson**  
**Dept Secretary/Treasurer**  
**secretary@aladeptaz.org**



**Pat Stanaski**  
**Dept Membership Processor**  
**membership@aladeptaz.org**



## PRESIDENT'S REPORT

APRIL 2022

SPRING HAS ARRIVED AND SO HAVE PLANS TO MOVE ON TO COMPLETE THIS YEAR. First of all, thank you for your support to our special project, building awareness and education for PTSD. I am sorry to say Adam is no longer representing The PTSD Foundation of America here in Arizona. A new person will be on board as the contact person, and you will be notified as soon as one is firmly in place. Please remember that even though Adam was great, one person does not make the whole organization. Please continue with the great work you have been doing not only for this project for every program you are supporting. I have had the great experience of hearing from persons who have taken the time to talk with me about how our Special Project on PTSD has made them more aware and open to understanding what symptoms and signs are and how they have had to deal with it in their lives.

I am proud to see we have units that have already reached their 100% membership and encourage the rest to continue. We still have time to do the fast chase and move ahead.

I would also like to encourage those Districts that have not extended an invitation for an official visit to do so since the year is almost up. As you will be able to see in my colander these next few months will be very busy. And I would so like to make sure I get to meet member from other areas whenever possible.

Please remember to start working on your rear end reports as most are due by May 1,. I would really like to see submissions from Az go to National and be winners of award. I know you have it in you to accomplish this so good luck and let's get going.

Thank you for all you do, God Bless you and God bless America.

Jennie Molina

truelepa@gmail.gov

American Legion Auxiliary

(520) 220-8460

Dept of Az



"The Department of Arizona Leadership" cordially invites you and (1) guest to the 2021/2022 official Homecoming Dinner for:

**State Commander BEN HEADEN (Post 24 Tombstone)**  
**State Auxiliary President JENNIE MOLINA (Unit 11 Douglas)**  
**State Detachment Commander DAN ASHLEY (Squadron 91 Chandler)**

held Saturday, April 23, 2022 @ The American Legion Post 11,  
 1325 North G Avenue, Douglas, AZ.

5 ~ 6 pm No Host Bar w/music

6 ~ 7 pm Homecoming Table Greetings

7 ~ 8 pm Dinner w/music

8 pm Band

**SPECIAL PROJECTS:**

Commander Headen (Operation 22 PTSD Awareness)  
 Madam President Molina (PTSD Foundation of America)  
 Detachment Commander Ashley (C.H.A.M.P. Foundation)

**HOTEL LINKS FOR DOUGLAS AREA:**

The Gadsden Hotel- (520) 364-4481 OR [reservations@harrelldestinations.com](mailto:reservations@harrelldestinations.com)

Best Western Hotel- (520) 364-5000 OR [bestwestern.com/douglasaz](http://bestwestern.com/douglasaz)

Motel 6- (520) 364-2457 OR [motel6.com/douglasaz](http://motel6.com/douglasaz)

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 Cut above, please RSVP with FORM AND CHECK Payable to:

**American Legion Post #11 ~ Arizona Department Homecoming Dinner**

**Receipt of RSVP Required No Later Than \*\*\*April 15<sup>th</sup>\*\*\***

**Address and Phone for RSVP: (520) 364-5171**

**Scotty Babicky ~ American Legion Post #11 ~ 1325 North G Avenue ~ Douglas, AZ  
 85607**

**Name(s) & Title(s) please print\*:** \_\_\_\_\_

**\*proceeds from meals will be shared between the three Special Projects\***

**Option 1: Roast Beef \_\_\_ # of meals x \$20 ea. = TOTAL \$ \_\_\_\_\_**

**Option 2: Chicken Alfredo \_\_\_ # of meals x \$20 ea. = TOTAL \$ \_\_\_\_\_**

# Auxiliary Emergency Fund

## April 2022

### Who is Eligible?

### What do these things have in common?

- Health issues or family emergency...A financial crisis hits, leaving a member without resources for shelter or utilities, and no other source of aid is readily available.
- Earthquake in Utah and Tornados in Tennessee...A natural disaster or weather emergency leaves a member without shelter or food.
- Divorce or loss of job...In extreme circumstances, educational training is needed by a member lacking the necessary skills for employment.

In the case of a natural disaster, an expedited application is available. The completed application can be submitted directly to ALA National Headquarters.

### 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 McComb – Chairman  
602-573-8681  
[mommyofbrent@gmail.com](mailto:mommyofbrent@gmail.com)



Chaplain  
April 2022

A young couple moved into a new neighborhood. The next morning, when the older couple were eating their breakfast, the women saw the young neighbor hanging her wash outside. She commented to her husband “That laundry is not very clean. She does not know how to wash correctly; she needs better laundry soap.” *Her husband looked on, but, remained silent.* So, every time she saw her neighbor hang her wash to dry, the women would make the same comments to her husband. About a month later, the woman was surprised to see a nice clean wash on the line and said to her husband. “Look, she has learned how to wash correctly. I wonder who taught her this.” *The husband said, “I got up early this morning and cleaned our windows.”* And so, you see, as it is with life that what we see when watching others depends on the window which we look through.

April is “Children and Youth” month, let us pray for the children born and unborn of this world, and let us support and mentor our junior members.

It is time to draft those reports for our great programs. The chairmen’s need to hear from you about the wonderful things that your units does. This chaplain would like to hear from you with prayers, poems, quotes, stories that may have meaning in your life that you would like to share with President Jennie.

Please ask your members for their assistance in working on a prayer book to enter in competition for Department Awards.

Please pray for our troops and their families, pray for their safety, for their leaders to make good decisions for the benefit of all our troops and our wonderful country.

*Always keep the light burning for a brighter World*

Dolores Chavez  
928-386-0841

P.O. Box 1517  
chebeejs@cox.net

Benson, AZ 85602



# Community Service

*April 2022*

Hello fellow Auxiliary members,

*“Volunteers do not necessarily have the time; they just have the heart.” ~Elizabeth Andrew*

***IMPORTANT, IMPORTANT, IMPORTANT! Year-end reports are Due May 1<sup>st</sup>!!!!***

*There are four awards that you can potentially apply for:*

## **CARLOTTA PACE COMMUNITY SERVICE AWARD**

### **FRED HILBURN ACTIVITIES PLAQUE/ SUNNYSLOPE ACTIVITIES PLAQUE**

Fred Hilburn Plaque to Unit with membership of 151 and over Sunnyslope Plaque to Unit with membership of 150 and under

### **ZEITA M. JOHNSON MEMORIAL PLAQUE**

*Please see complete rules online at [ALADEPTAZ.ORG](http://ALADEPTAZ.ORG) go to Members Resources, then in drop down box, click on 10. Department Awards and Narratives. Then click on Department Awards Rules Manual. Community Service awards are on pages 20, 21, 23*

## **UNIT MEMBER COMMUNITY SERVICE APPRECIATION AWARD**

- Each Unit may nominate **one** Unit member by submitting a narrative to me by May 1st, 2022. **Candidate must be a Unit member in good standing.**
- Narrative must be less than 500 words
- Please try to include the Unit member's picture (doing a task in the community OPTIONAL)
- Make sure to include Winner's name and contact information
- Include Unit name, Department, and chairman information
- It is recommended that Units download the Certificate of Appreciation from the website [alaforveterans.org](http://alaforveterans.org) Community Service page and present it to those members in your Unit that are considered for this award. Each Divisional Unit member winner will receive a Certificate of Appreciation from National President Kathy Daudistel. For more info, please go to [alaforveterans.org](http://alaforveterans.org)

*I am looking forward to reading your narratives. I hope I receive many award applications!*

Sara C. Decker

Community Service Chairman

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

480-580-3269

# CONSTITUTION AND BYLAWS

APRIL 2022

With elections right around the corner now is the time to take a good look at your governing documents. They should be specific to your unit; do not cut and paste from the national Constitution & Bylaws!

On the Department website: **aladeptaz, org** you will find the template that can be used to update the Unit Constitution, Bylaws and Standing Rules.

Well-written governing documents should provide leadership with the guidance needed. So, find and read your unit or department constitution, bylaws, and standing rules to make sure they follow Department and National changes.

The members of your executive committee or board — typically your officers but check your bylaws — have legal responsibilities: the duty of care, duty of obedience, and duty of loyalty. You now must transition from thinking “This is how I feel I should act” about a situation to “What action is legally expected from my position?”

## **IDEA:**

**Bring a copy with you to every meeting. Yes, every board/unit meeting. It is amazing how many of members do not have a copy of the most recent Unit/District Constitution, Bylaws and Standing Rules.**

Any questions? Call us or Email to [jherrera268@aol.com](mailto:jherrera268@aol.com)

Josephine Herrera  
623-340-5936





American Legion Auxiliary  
Arizona  
**Girls State**

**April 2022**

**THANK YOU** so very much each and every one of you that took your valuable time and efforts working with assigned schools to get delegates and alternates into this year's program.

Two years of virtual Girls State did present some problems getting back into schools, but they were met head on and the results were amazing; cards notarized, boxes signed and required information filled out. We still need to work on getting pictures, signatures of school staff and Unit signatures, but many of those issues were better this year. We also will need to work on **DEADLINE** to be turned in by **March 1<sup>st</sup>**. We will continue to use this date in the future. As some of you found out, once you get past Mach 1<sup>st</sup>, you had Spring Break and test to contend with. A reminder, school allotments were changed this year because of the increase with insurance costs. Some schools were used to having Unit members interview those wanting to attend and that did not happen this year. Things change each year in the program.

Now that delegates/alternates are in the database, the next step will be mailing out information for the Samsung Scholarship. National has made many changes to what is now required to submit an application. All applications are done online by the delegate, must be completed by June 5<sup>th</sup> and as much time as possible will be needed to complete all the requirements.

Since we are going from virtual to in person, we need to get our feet firmly planted again with the information that is provided to the delegate and their parents. In the past we have used orientations to make that happen. This year we will not do total District orientations but a mixture of in person and virtual presentations. Each District will not be required to provide a date for an orientation. I will be in contact next month (April) for what is the best way for your District to handle an orientation. Some of you will still be provided with the orientation material. I know many of you are so worried about what is going to happen with orientations and have talked among yourselves without knowing the facts. Sometimes we need to wait until discussions and decisions have been made by the proper person. Just because we have done things in the past a certain way does not mean that is what we are doing things this year.

In May we will be sending the medical cards and **COVID** paper to each delegate. This year more than in the past, we need to make sure those attending are healthy. It is a well check and delegates will bring all the required information to Girls State with them.

If any of you have an alternate that you would like to get into the program, please call me with that request. We will try to get in as many as we can.

Hope this information will be useful and you heard it from me and not from others. Again, I thank you so very much for all you do and have done to make Arizona Girls State the **BEST STATE IN THE LAND!**

Penny



## Legislative

April 2022

Greetings,

I hope this finds all of you in good health and spirits. Did you watch the President's State of the Union Address on March 1? Speaking of the President, as of March 15<sup>th</sup> he signed a \$13.6 billion spending package in aid to Ukraine which got bipartisan support. The deal includes \$4 billion for refugees, \$2.5 billion for food and healthcare, and roughly \$3 billion for military and intel support.

Mid Term elections are just around the corner. Remember to get your members and members of the community to get out and vote. The ticket for Governor is very long, on both parties. I have seen a lot of activity going in and out of the Governor's Office and Secretary of State's Office. This will be an interesting primary. Primary Candidate and current State Treasurer Kimberly Yee has withdrawn from the run for Governor, but others are popping up. The Secretary of State's Office has been buzzing with candidacy appointments with candidates turning in their petitions and paperwork. On March 15<sup>th</sup>, Kari Lake turned in her paperwork for Governor Run. Earlier this month, Senator Wendy Rogers from Flagstaff was censured by her own party for comments made by her that were threatening her colleagues in the Arizona Senate. This really has no effect, other than she in layman's terms has been put on notice and that her negativity will not be tolerated.

Your End of the Year Reports **ARE** due into the Department Chairman **by May 1, 2022**. **Reports must include a narrative with a cover sheet to be considered for an award.**

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!

April 2022

As of the writing of this article Arizona is 2<sup>nd</sup> place in the Western Division! THANK YOU to everyone!

Year End Reports are due May 1. There is not a year-end report form; I would love to hear from your Unit what membership activities/drives your Unit has done this year. Also, please send pictures, your picture may end up on the big screen at National Convention.

There are two membership narratives that can be submitted for awards

- Alwine St. Germain Memorial New Member Award
- Ronnie Stirling Junior Recruiter of the Year Award

Rules for each award can be found in the Department Awards Manual which can be found on the Department website under Member Resources.

Keep you eye on Ring Your Bell for membership information. You never know, your Unit may be added to the 100% Club list.

The next membership goal is 95% by April 27. Currently the department is at 87.55%, we can do it!

Until next month . . . .

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



## **Leadership/Mission Training April 2022**

**Members of this wonderful organization, THANK YOU! To those of you who continue to work our programs despite many obstacles and to all of you who attended a Mission Training this year. Our Leadership Instructors rose to the task and completed eight districts and one unit training. Just think what a wealth of knowledge they were willing to share with us. We can only improve as a Unit, District and Department. I look forward to the coming years where members can implement the knowledge they gained.**

**In previous bulletins I have spoken about the characteristics of a good Leader. This information was found in a variety of sources. We mentioned: Communication, Integrity, Accountability, Empathy and Humility. This month I mention Resilience which basically means one has the true grit to perform during good times and bad times. This has been shown by our members continually through the past two years. Reflect on those years and you will see a good leader.**

**While we can read about leaders what needs to be mentioned is a very important characteristic – DO YOU REALLY WANT TO BE A LEADER!**

**Many will encourage and mentor our newer members, but please remember that we can be just as effective doing what is unique and natural to us and contribute to the organization. Know Thyself!**

**REMINDER: Unit Member of the Year Form sent to this Chairman by MAY 1ST!!**

**Please send pictures of Leadership activities in your Unit or District. National can use them in their presentations throughout the year. Deadline for end of year report is: MAY 1ST! Any questions, contact me at:**

**Karen Smith, Chairman**

**ksmith 111@cox.net**

**1133 Carmelita Drive**

**(520) 249-1119**

**Sierra Vista, AZ 85635**

***NARRATIVE: a spoken or written account of connected events;  
a story.***

Why write a narrative? As a program chairman in your unit, by accepting the chairmanship you will need to report to the department chairman at mid-year and at the end of the year. If you wish to qualify for a department award, in addition to the report form it is required that you include a narrative. This narrative will tell us what your unit did during the year in that program. This information will be included in the Department Chairman's report to the National chairman who submits hours, money spent and number of volunteers. We want the world to know about the activities of the membership in ARIZONA!

**BOOK OF AWARDS:** Find the specific award that you are reporting on and determine the criteria that is required. Each award is different. Although many of your unit activities will cross into other programs and can also be used in those reports. The Book of Awards (72 PAGES) in entirety is available on:  
**azdeptala.org**

### **NOW YOU ARE READY TO TELL YOUR STORY!**

Opening Sentence: Draw the reader in. Start at the beginning of the year, always including everyone in The American Legion Family. Explain and share stories of your members and their activities. Follow Report form.

How Did Your Unit Promote This Program?

- Use current department theme "Making the World Brighter for our Veterans"
- Can also use National theme.
- Never use I or We, always third person.
- include # of hours
- Include # of members participating
- Include any costs
- Photos and newspaper items are welcome.

Karen Smith, Arizona Mission Training Chairman



American Legion Auxiliary  
Department of Arizona

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**“Education and Awareness of Our Veterans With PTSD”**  
**MUSIC REPORT**  
**APRIL 2022**

Greetings Melomanos (“music lovers”),

I do hope you have enjoyed working your Music program within your Unit. I’ve been researching possible music selections for Convention Memorial Service. 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!

Reminder: Year End reports are due May 1, 2022. I’m looking forward to reading about the wonderful things your Unit has done. Take a look in your January Bulletin for forms and criteria. If the forms are misplaced, you can download a copy from [www.aladeptaz.org](http://www.aladeptaz.org) in member services. The criteria is outlined and there is a sample narrative. If you need further assistance, please call or email. I’m certainly looking forward to reading about your accomplishments.

“Life is one grand, sweet song so start the music.” Ronald Reagan

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



## **NATIONAL SECURITY**

**APRIL 2022**

### **PROMOTING NATIONAL DEFENSE THROUGH HOMEFRONT SUPPORT**

Now is the time to support our Military Families. During the time when military families are being separated, we need to let them know that we are here to help them in any way we can. Let's develop, implement, and monitor programs and activities that contribute to the practical, emotional, and social well-being of military servicemembers and their families.

By supporting activities such as Operation Comfort Warriors, Operation Homefront, TAPS, welcome home events, the Yellow Ribbon program, Gold/Blue Star Banner program, Citizen Corps, and more, the National Security Program hopes to ease the worries of those deployed so that they can focus on the monumental task of protecting our country.

Auxiliary members working the National Security Program step up and reach out to care for military families in very practical ways, such as assisting with household needs, childcare, or providing a listening ear. Taking care of the families back home helps promote a strong national defense. Information on all of these programs can be found at [www.alaforVeterans.org/programs/national security](http://www.alaforVeterans.org/programs/national%20security).

Until next month.

Patricia Lugo, Chairman

[plugo1@cox.net](mailto:plugo1@cox.net)

602-475-0208

## New Units/Unit Development & Revitalization

April 2022

We are continuing with Unit Revitalization Plan from last month which covered 1 & 2

### UNIT REVITALIZATION Plan development

#### 3. Work as an American Legion Family

- a. Working together enables more to be accomplished
- b. Is Post home inviting to prospective members and/or family members?
- c. Is it smoke-free and handicapped accessible?
- d. Are visitors and prospective members welcomed?
- e. Have “together” functions – installations, July 4<sup>th</sup>, Legion birthday, Easter Egg Hunt, etc.

#### 4. Goals

- a. When revitalizing an existing Unit, there must be goals
- b. Set a goal for number of former members/renewals you want to enroll
- c. Set a realistic goal: you want to be successful
- d. Establish a time frame –completion time from start to finish should be no more than (2) months

#### 5. Networking

- a. Know which organizations are active in your community
- b. Talk with members, find out their activities, how successful are they, learn from them
- c. Encourage Units to assist with community and other organization’s projects.

CONCLUSION: If you are to be successful in your efforts to revitalize your existing Unit, remember the three **A’s of success: APTITUDE, ATTITUDE AND ACTION**

- **NO YEAR END REPORT FOR NEW UNITS/UD&R**

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



AMERICAN LEGION AUXILIARY  
PAST PRESIDENT PARLEY

APRIL 2022

Thanks to all the Units/Districts who are inviting me to your 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. We only have a few more months.

With reports due next month, this is very important for you to read.

**NATIONAL CHANGED THE TWO AWARDS LISTED BELOW TO THE LEADERSHIP PROGRAM: Please send your reports and narratives to Karen Smith, Chairman:**

**[Ksmith111@cox.net](mailto:Ksmith111@cox.net)**

**UNIT MEMBER OF THE YEAR**

**NATIONAL SALUTE TO WOMEN VETERANS**

Both forms can be found on the website: [aladeptaz.org](http://aladeptaz.org)

The remaining awards listed below are due by May 1<sup>st</sup> to me, PPP Chairman.

*The AAPP (Arizona's Active Past Presidents Plaque)*

*Cora Grigg Past Presidents Parley Plaque*

*Jarvis Plaque (Auxiliary Member of the Year)*

Unit President's received the PPP form and the award information in their packets at Fall Conference.

Until next month with more news!!

Cindy Queen

Past President Parley Chairman

[cynqueen53@cox.net](mailto:cynqueen53@cox.net)

602-316-7647



# SPECIAL PROJECT

## April 2022 Bulletin

There are three main goals when it comes to Post Traumatic Stress Disorder (PTSD) therapy: to improve your symptoms, teach you skills to deal with it and to restore your self-esteem. To meet these goals, there are various types of treatment that individuals can go through. Examples of treatment include Cognitive Processing Therapy (CPT), Prolonged Exposure (PE) Therapy, Eye Movement Desensitization and Reprocessing (EMDR), Stress Inoculation Training (SIT), and Medications. Most PTSD therapies fall under the umbrella of cognitive behavioral therapy (CBT).

A type of therapy I have read about, and would like to focus on this month is called Prolonged Exposure (PE). PE will start with learning breathing techniques to ease the anxiety when you think about the traumatic event. Later, a therapist will help you work through a list of things you've been avoiding and learn how to face them, one by one.

### What is prolonged exposure?

Prolonged exposure, or "PE" is a trauma-focused psychotherapy that teaches you to gradually approach memories and situations associated with the trauma. There are two types of exposure in this treatment: one is "imaginal" which involves telling your therapist about your memories of the trauma. The other one is "in vivo," which involves actually facing people, places and things you may have been avoiding since the trauma.

### Why try prolonged exposure?

While facing memories or situations associated with trauma may not sound appealing, avoidance keeps people stuck in PTSD. PE is about finding ways to deal with distress caused by trauma triggers you may experience in life. By doing this gradually and repeatedly with the support of your therapist, you can decrease the amount of distress you experience and start to live a fuller life.

A common fear about PE is that PTSD will worsen at first but research shows this only happens in a minority of cases. And even in those cases, people still experience the benefits of this treatment. In fact, prolonged exposure has been shown to be one of the most effective treatments for PTSD.

- [https://www.youtube.com/watch?v=rHg\\_SIEqJGc](https://www.youtube.com/watch?v=rHg_SIEqJGc)
- <https://www.youtube.com/watch?v=jyh6Bxlalc0>

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VA&R

April 2022

April flowers, bring May flowers, what do May flowers bring????  
Convention!!!!

Since this is the last bulletin before MAY 1<sup>st</sup>. I want to remind you all that reports, and narratives are due to the chairmen by My 1<sup>st</sup>. If you drop it in the mail on May 1<sup>st</sup>, PLEASE call the chairman and let them know. I have been helping out on a few Mission Trainings and we have told you all please contact the chairman of the program if you have questions. They do not bite.

In July the Arizona State Home in Yuma is scheduled to open, and rumor has it a Fisher house is coming to the Phoenix VA. So next year there will be plenty VA&R work to do so that we can continue the mission of the ALA.

For God and Country

Rose Ficklin

Dept. Of AZ 2<sup>nd</sup> Vice President

VA&R Chairman

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## SERVICE TO VETERANS

June is creeping up on us, and soon it will be time for Convention and awards! Award forms need to be downloaded from the Department website – [aladeptaz.org](http://aladeptaz.org) – Member Services – Book of Reports – pages 71 – 73. Follow instructions including a narrative of unit activities for the year, total volunteer hours, mileage, and monies spent by members. Award submissions must be sent to me by MAY 1, 2022 to qualify.

Each month I have been reminding all units to send volunteer hours to me. All volunteer hours serving veterans, their families, active duty military and their families, and reserve duty military and their families. Please keep in mind that hours spent caring for an immediate family member cannot be counted as Service to Veterans hours.

Service to Veterans pins can be awarded to members reporting 300 volunteer hours in a year. Hours bars can be awarded each year as you reach 500 hours, 1000 hours and up.

I apologize for my last bulletin, the lines were jumbled up. A gremlin lives in my computer! His name is Henry.

I hope to hear from more of you in the next couple months as you report hours. Keep up the good work, and thank you all for serving all our veterans and their families!

For God and Country

Nancy Berg, Chairman

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## **A Note From the Creative Arts Chairman**

It's been a very exciting month! And we have many positive happenings in the coming months as well. We have received several donations from our generous Arizona Units. We have had an arts supply fundraiser by hosting a creative art workshop at AL Post 7, for our Tucson Veterans. And Creative Arts Festivals are being planned all around. More details and dates next month....

The National CAF will be held in April. Unfortunately, No out of state volunteers or patrons can participate in person or viewing the awesome art at the event. But you can count on me to be sending info & more to Our "Ring Your Bell Arizona " FB page, highlighting winners and news from the festival. Hopefully next year I can attend in person and give a full report on all the events. Good luck to our Arizona Veterans participating in Florida!

Thank you again to the Units working and donating to the creative arts. Your units can still send donations to Department and please specify if you'd like to see your donation go to National CAF or to help your local VAMC's Creative Arts Festival. Please state it on your check.

In turn, your time spent and donations, really do help with the veteran arts programs. And I would enjoy recognizing your generosity with the Carmelite Staker award at convention in June. Please take a few minutes to apply for this award, and get the deserved recognition for helping our veterans in this wonderful way.

We are planning more artful workshops throughout the next year, to raise funds for our veteran art programs. If your unit is interested in hosting one of these creative events. Please contact me. We can work together on planning these all around the state of Arizona. It is a fun way to engage your Post and Unit in creative & artful activities and get those living in our Veteran's Homes and VAMC's some special creative art supplies and instruction. I hope to hear from some units to make plans for summer months events. Being creative is good for all of us. We will also post the events for others to join in the creative fun! Lastly, If you have a creative talent you could share in a workshop form to local units, let me know that too! What a wonderful way to serve and share. I'll keep you posted!

For God and Country-

Sincerely,

Dawn Davidson, Dept of AZ Creative Arts Chairman

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



Phoenix VA  
16th Annual

# Creative Arts Festival 2022

**Thursday, June 30**

*Doors open at 10 a.m.  
in ACC Basement*

*Awards Ceremony at 11:30 a.m.*

To Participate call  
602-277-5551 ext. 2588  
between the hours of  
9 -11 a.m. or 1-2 p.m.  
from June 6 -17th, 2022



# UNIT Year-End Impact Numbers Report

Unit # \_\_\_\_\_ Unit Name \_\_\_\_\_

Department \_\_\_\_\_ Unit President \_\_\_\_\_

Your Name (if other than president) \_\_\_\_\_

Your Email \_\_\_\_\_

Number of Member Impact Reports \_\_\_\_\_

Here is what our unit did in the last 12 months.

## 1. Our ALA Service for Veterans/Active-Duty/Reserve Military

	Service for Veterans/Military	Obtain Total From	Member +	Unit =	Total
Line 1	Total hours members volunteered	Member Form Line 1		N/A	
Line 2	Total dollars spent	Member Form Line 2	\$	\$	\$
Line 3	Total number of veterans/military assisted	Member Form Line 3			
Line 4	Total number of "Veterans in Community Schools" presentations facilitated	Member Form Line 4			
Line 5	Value of in-kind donations received*	Unit Records	N/A	\$	\$
Line 6	Number of poppies or poppy items distributed	Unit Records	N/A		
Line 7	Dollars raised from poppies	Unit Records	N/A	\$	\$

\*Estimated cash value of non-cash donations from **NON-MEMBERS** of goods (like paper goods, clothing) or services (like pro-bono CPA services from a local firm)

## 2. Our ALA Service for Military Families

	Service for Military Families	Obtain Total From	Member +	Unit =	Total
Line 8	Total hours members volunteered	Member Form Line 5		N/A	
Line 9	Total dollars spent	Member Form Line 6	\$	\$	\$
Line 10	Number of military families served	Member Form Line 7			

## 3. Our ALA Service for Youth

	Service for Children & Youth	Obtain Total From	Member +	Unit =	Total
Line 11	Total hours for ALA Girls State	Member Form Line 8		N/A	
Line 12	Dollars spent for ALA Girls State	Unit Records	N/A	\$	\$
Line 13	Total hours for other Legion Family youth activities	Member Form Line 9		N/A	
Line 14	Dollars spent on goods for youth activities	Member Form Line 10	\$	\$	\$
Line 15	Dollar amount of direct cash aid to help a needy child	Member Form Line 11	\$	\$	\$
Line 16	All other UNIT expenses (parties, dinners, paper goods, trophies)	Unit Records	N/A	\$	\$
Line 17	Total number of children/youth served	Member Form Line 12			
Line 18	Donations to all other child service charities	Member Form Line 13	\$	\$	\$

4. Our Service Representing the ALA in Our Community

	For any service not included in Sections 1-3	Obtain Total From	Member +	Unit =	Total
Line 19	Total number of hours	Member Form Line 14		N/A	
Line 20	Total dollars spent	Member Form Line 15	\$	\$	\$

5. Scholarships Presented/Awarded by Our Unit

	Scholarships	Obtain from	Total
Line 21	Number of unit scholarships presented/awarded	Unit Records	
Line 22	Total dollar amount of unit scholarships	Unit Records	\$
Line 23	Total dollar amount donated to department scholarships	Unit Records	\$

When completed, send to: \_\_\_\_\_ American Legion Auxiliary  
 (Get name and date from district or cc) Department of Arizona \_\_\_\_\_ by 5/1/2022  
 4701 N 19<sup>th</sup> Ave Suite 100nt)  
 Phoenix, AZ 85015

**CONGRATULATIONS---YOU DID IT! THANK YOU FOR ALL YOU DO  
 AND FOR REPORTING YOUR UNIT'S IMPACT!**



American Legion Auxiliary  
**YEAR-END IMPACT REPORT FORMS**

***Why report these numbers?***

Every hour, every dollar ALA members invest in our mission of helping veterans adds up. It not only gives each member a sense of pride, but it allows us to demonstrate our effectiveness to the world. Each small sum of numbers gets added into the collective numbers that are called Impact Numbers. These numbers proclaim our impact and make membership in the ALA meaningful.

These numbers are also reported to The American Legion, which includes them in its annual report to Congress. To make this process easier for you, it has been simplified and the form has been condensed to essential information. If you aren't sure, even giving an estimate is better than not reporting at all.

***How to complete the Impact Report Form***

1. **Each ALA member** should fill out the Member Form and give it to the unit president. This probably happens in April, but check with your unit.
2. The unit president (or designee) compiles all of the member data on the Unit Form and adds any additional data not reported individually by unit members. This form then gets forwarded to either the district/county (if applicable) or department, which compiles all the records.
3. It is more important that you report information in one section of the form only rather than worry if you have selected the right category. For example, if you provide a service for children, it should go in either Service for Military Families (for example, camps for military children only) or Service for Children & Youth (Legion Family camps for all children) but not in both places.
4. Please round to whole dollar values (for example, \$149.50 should be \$150).

***Report Simplifications***

1. All service for all military whether active duty, retired, or reserve component is now combined in one section.
2. Each section has better defined examples of the service that should be reported.
3. **For Units, Districts/Counties, and Departments:**  
“Line numbers” and “Obtain Total From” columns assist in transferring data from form to form. For example, units can find the number of Volunteer Hours for Military Families on Line 5 of the Member Form.

**A downloadable fillable monthly tracking worksheet and annual report form is available under the Members Only, Annual Report Forms section on the national website: [www.ALAforVeterans.org](http://www.ALAforVeterans.org)**

**Thank you for taking the time to REPORT your VALUABLE SERVICE and helping us TELL OTHERS about our INCREDIBLE IMPACT!**

# END OF YEAR IMPACT REPORTING

## FAQs

- Question: Where do I report my service for a National Guard "Welcome Home" activity?  
Answer: *Service for ALL members of the military, whether they are retired, active-duty or in the reserve component such as the National Guard is now reported in "Section 1: My Service for Veterans, Active-Duty, and Reserve Military."*
- Question: Do I report my VAVS (Veterans Administration Voluntary Services) on the Impact Form since I already sign in at the VA when I volunteer?  
Answer: *No, the ALA receives those hours from the VA on a yearly basis.*
- Question: Does time shopping for care packages for deployed military count as service?  
Answer: *Yes, shopping for care packages counts as service hours under Section 1.*
- Question: So.... does driving my daughter to Junior Meetings count as service?  
Answer: *Sorry, that falls within your responsibility as a parent. You get kudos for being a great ALA parent though!*
- Question: My unit volunteered at a summer camp for military kids. Where should I report this service?  
Answer: *You may report service for summer camps open only to military kids under "Section 2: My ALA Service for Military Families." If the camp is open to ALL children, then your service would be reported under "Section 3: My ALA Service for Youth." But don't worry if you don't remember. Just report it somewhere.... once!*
- Question: My neighbor is deployed, so I help her husband by babysitting their children once a week. Does this count?  
Answer: *Absolutely! Report this under "Section 3: My ALA Service for Military Families."*
- Question: What if I don't know exactly where on the form to report my service?  
Answer: *You can always report it under "Section 4: My Service Representing the ALA in My Community."*
- Question: Can I count hours spent taking care of a veteran who lives with me but is not a blood relative?  
Answer: *As long as you are not receiving compensation in return for your role as a caregiver (such as when you care for your spouse), you may report it under "Section 1: My ALA Service for Veterans, Active-Duty and Reserve Military."*
- Question: Can I count hours spent preparing meals for Legion meetings and administrative support for TAL commanders as hours spent in Service to Veterans?  
Answer: *Those hours count but should be reported under "Section 4: My Service Representing the ALA in My Community." Some of our members aptly describe those activities as family chores.*

THANK YOU FOR SERVING **AND** REPORTING!