



# American Legion Auxiliary

## Department of California

### District 20



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## Chatterbox

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**SERVING VETERANS FROM SEA TO SHINING SEA**

March 2017

### **Message from President Nancy Heinisch**

Thank you to Bonnie Christner, Pat Contreras, Hila Estrada, Kathy Gosling, Linda Hayes, Jackie Landon, Sam Marsteller, Carol McChesney, Ann Philcox, and Margaret Rios for attending the American Legion Auxiliary Department of California President Wendy O'Brien's visit on February 20 in Pasadena. A special note of appreciation to Bonnie Christner for providing the response to the President's address, to Linda Hayes for her presentation the Christmas Party at the Pete Knight Veterans' Home and to Jackie Landon for printing the District 20 brochures.

Helping has its benefits! According to Dr. Michael Roizin, [MD](#), Internal Medicine, "Almost every study of longevity indicates one secret that makes people healthier and happier: helping others. Some research shows a 60 percent decrease in mortality figures among those who help others; they're aided by what's called the 'helper's high.' Specifically, it's the dignity, the joy, the passion, and the purpose of helping others -- whether it's helping another person quit smoking, or building a person in need a home, or mentoring a child at school -- that have these beneficial effects."



Wishing you a Happy St. Patrick's Day – | *Nancy—(Your) Cruise Ship Captain*

### **District Chaplain:**

Dear Lord: Spring is here. How do I know? I am sneezing and my eyes are watering. So, even with allergies, it is wonderful that we can observe the seasons, especially Spring, which brings us new beginnings. The trees have turned from stinky branches to wonderful green leaves and flowering pink and white blossoms to cover bare spots. They really are a beautiful sight. Daffodils, pansies, poppies are pushing through the earth, with even roses showing buds. It is an unending circle of life. And we are also part of that – as Summer follows Spring, again we start the annual renewal in our American Legion Auxiliary with all kinds of plans to take us through the yearly seasons: we enjoy Christmas with celebrations, we celebrate Easter in the Springtime followed by Memorial Day; lazy hot Summer days find us trying to cool down as we prepare for America's birthday on 4 July. Then once again we head into Fall with all the special times ahead of us again. We are so fortunate that we can celebrate as we wish with each special Holiday reminding us of past memories. How lucky we are.

So, to ALL our veterans, we THANK YOU. Because of you, we live in this land of the free, under the Red, White and Blue Flag that signifies Freedom. Sometimes I cannot believe how lucky I am to live in this country, and for all my blessings I can only say Thank You and ... God Bless America. Amen.



Terry Day – Beacon of Light (Chaplain)

### Americanism



No report this month. Reminder to get your Americanism Report done and mailed on time.

Mahala Beery – Manta Ray (Americanism Chairman)

### Auxiliary Emergency Fund (AEF)

Another kind of emergency has been recognized by the Auxiliary - the emergency a woman faces when she is suddenly single - deserted, divorced, or widowed, with no skills to support herself or her family. This area deals strictly with the need of a member to brush up on former job-related skills seldom used as she raised her family. It is to give immediate, rather than long-term, assistance. The criteria is similar to that of the Auxiliary Emergency Fund, including the requirement that she must have exhausted other means of job-preparation assistance.



Kathy Faulconer- Dolphin (AEF Chairman)

### Children & Youth

April is Month of the Military Child. Mark your calendar for April 15. Yes, it is Tax Day, but it is also Purple Up! day. So, as the world's largest women's patriotic service organization, show your support for the children and youth of our military and wear **PURPLE**. Purple Up! day was started in 2011 by the University of New Hampshire Cooperative Extension Military Youth and Family Program. Why purple? It's the color symbolizing all branches of the military, as it is a combination of Army green, Marine red, and Coast Guard, Air Force, and Navy blue. The goal of Purple Up! is for military youth to actually SEE the support in their school, youth groups, and the community!



Jackie Landon – Blue Ghost Angel Fish (C & Y Chairman)

### Community Service



National Volunteer Week is April 23 – 27, 2017. Now is the time to call your community's service organizations or centers to find ways to get involved. Just takes a few minutes to get the information and share with your members and units.

Sharon Ventrice – Molly Malone (Community Service Chairman)

### Constitution and Bylaws



Former Constitution and Bylaws Chair Pat Quinn has relocated to Oceanside in November due to health issues to be near her daughter. She writes that she is keeping up her membership in Unit 817. She says hello to everyone and misses all of you.

Betty Castor - Port Authority Officer (Constitution and Bylaws Chairman)

## **Education, Girls State, Historian, Junior Activities, and Leadership**

No reports were submitted. Please work on your end of year reports and get them in in a timely manner.

## **Legislative**



I don't have anything to report this month other than to ask that you do your end of the year reports and send them to me on time.

Hila Estrada – Sea Shells (Legislative Chairman)

## **Membership**

The membership report will be given at the meeting.



Snapping Turtle – Ann Philcox

## **National Security**

How to Identify Veteran and Servicemember Families Who Are In Need of Assistance

The key to finding a family in need is not about who you know, but rather who knows about the American Legion Auxiliary. It behooves a unit to be visible in its community. Let the community know that your unit is willing to help veterans, servicemembers and their families during hard times, both financially and practically. When you meet with individuals in need, assure them that the unit is ready to assist in



any capacity, and have a flyer or business card to distribute. Ask organizations to share the unit's contact information (or point of contact) with any veteran, servicemember or their families who may need assistance. I will be handing out a informational sheet at our meeting with many great ideas and advice on helping veterans and servicemember families who are in need of assistance. As Always please remember to share this info with your unit.

Sandra "Sam" Marsteller – Sea Horse (National Security Chairman)

## **Parliamentarian**



I hope all unit parliamentarians have their own copy of Robert's Rules handy at each meeting. That is your bible on how a meeting is to be conducted and gives answers to any and everything that comes up. If you ever need to give an expert's opinion at a meeting – this is where you go.

Linda Hayes – Fog Horn (Parliamentarian)

## **Past Presidents Parley**



No report.

Bobbi Estes – Poseidon Chairman (PPP)

## **Poppies**

To assist units with additional Poppy information please find the Poppy Story, Poppy Seals order form, and uses of the Poppy fund on the department website. There are many other articles available through National Emblem Sales promoting the Poppy Program. Check your National News Magazine for special promotional items and Emblem Sales Catalog for their purchase.



Kathy Gosling – Sea Flower (Poppy Chairman)

## **Public Relations**



Carol isn't feeling up to par right now, but she asks that you remember to complete your Public Relations End of Year report.

Carol McChesney – Star Fish (Public Relations Chairman)

## **Resolutions**

Resolutions Pertaining to Constitution & Bylaws Due to Department by April 11

Resolutions Pertaining to Finance Due to Department by April 26

Resolutions Pertaining to Other Matters Due to Department by May 11

Emergency Resolutions Must be presented not later than noon on the second day of convention.

Ann Pounds – Goal Fish Resolver Chairman



## **Social Media**

Social media has changed the way to reach individuals at no cost but remember different social media sites require different strategies. Lucidpress.com offers a free e-book to download - "How to Adapt Your Brand to Different Social Media Channels" - with an easy-to-follow guide designed for just this purpose.

Noreen Heinisch – Social Media Chairman

## **VA & R**



Carol reminds us to get those reports in!

Carol McChesney - Life Preserver (VA & R Chairman)

*Serving Our Veterans from  
Sea to Shining Sea*

