



American Legion
Auxiliary

The Auxiliary News Hub

OFFICIAL PUBLICATION OF THE AMERICAN LEGION AUXILIARY DEPARTMENT OF CALIFORNIA

Mission Statement

In the spirit of *Service, Not Self*, the mission of the American Legion Auxiliary is to support The American Legion and to honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad. For God and Country, we advocate for veterans, educate our citizens, mentor youth, and promote patriotism, good citizenship, peace and security.

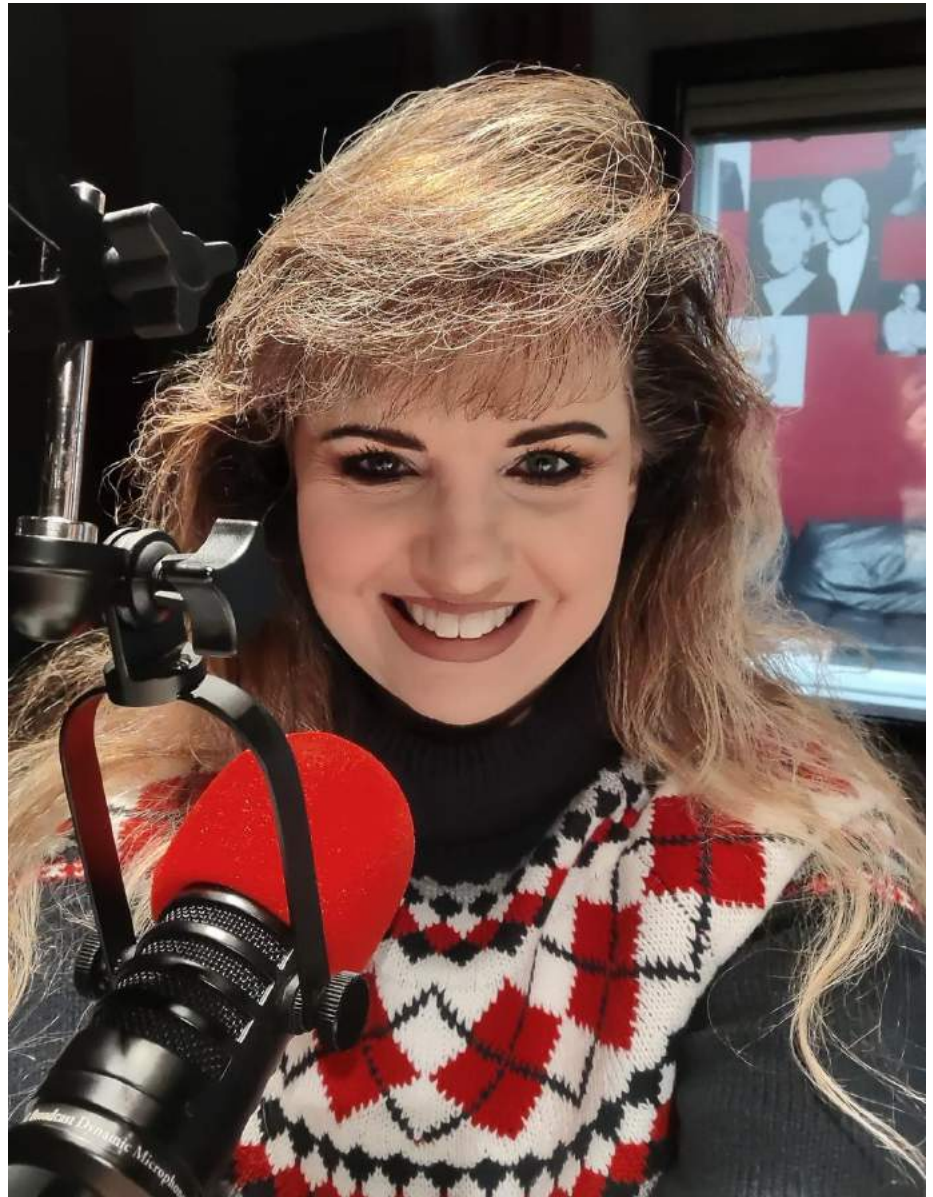
Vision Statement

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

Purposes

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

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



Spreading the News

Every week Anne Marie Fuller (District 2, Unit 197) does a community events segment on radio station KCNR 1460 AM and 96.5 FM in Redding. She uses the opportunity to bring information about auxiliary and legion programs to a wide audience.

2022-2023 Officers

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

2022-2023 Chairmen and Committees

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

President's Message

Gloria Williams



Photo Judy Evridge

Sadly, my year as American Legion Auxiliary Department of California President is coming to an end. This job has been a challenge for me, but an opportunity and honor that I have greatly appreciated.

The best aspect has been getting to know and work with the wonderful Auxiliary members in our department. This is an organization with long-standing traditions and worthy goals; I'm proud of the projects we have accomplished and the support we give to our veterans and our military families.

Many thanks to our department officers and chairmen, district and unit officers and chairmen, and to all the members who worked very hard on our endeavors. I have tried to thank you all by name throughout the year; we wouldn't have been able to complete these projects without your efforts.

Thank you everyone for your backing for this past year. Let's all support our new leadership as we continue to contribute to the American Legion Auxiliary and work toward its lofty goals.

Gloria

The Auxiliary News Hub is the official publication of the American Legion Auxiliary Department of California. Deadline for the August / September issue is July 24.

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

Editor Nancy Heinisch
 editor@calegionaux.org



PTSD Symptoms in One Soldier's Life



Photo
Kandace
Weyhrauch

Veteran Terry Ledford sharing his story

If you search the term Post Traumatic Stress Disorder this is what appears: ***“PTSD Symptoms in Soldiers/ Veterans. Intrusive memories or flashbacks. Recurring nightmares. Hypervigilance. Intense distress or irritability. Developing a destructive addiction. Suicidal thoughts. Physical reactions when remembering the trauma including sweating, nausea, or rapid breathing.”***

I read this and all I saw were words until I met veteran Theron (Terry) Ledford and his wife Borin Ledford. members of District 12 Elijah B. Hayes Post and Auxiliary Unit 168. When I listened to Terry speak at the post meetings and the topic of PTSD would come up, I knew he had more to say.

Department President Gloria has made these types of issues with veterans her special project this year. I wanted District 12 to have a better understanding of what really goes on in the life of a veteran with this disorder - not just for the veteran who has the support of a loving family but also for the homeless veteran on the street. The disorder is the same regardless of the environment.

As Auxiliary leaders and members we should always strive to educate our citizens, mentor youth, and promote patriotism. We decided to invite Terry and Borin to our District 12 meeting as a guest speaker.

This couple shared a very personal part of their lives with us and walked us through some of their journey. We were all moved by their story. We learned that PTSD is not something that can be talked out of a person because it is with them to stay. Terry gave the analogy of a

superhero. The superhero just wants to be normal yet he knows that he will never be normal. Thus what the superhero does is learn to embrace his super power and to always be on guard.

After Terry and his wife Borin spoke to us, we had a question and answer session. Some of our auxiliary members asked about medication, therapy, marriage counseling and how those play a part in a veteran's life along with physical and medical issues.

Two of our members got very emotional and realized that their spouses had these symptoms. They gained a better understanding of what their spouses suffered from and learned how important it was to listen. They did not know that the veteran also needs a safe place and to always have his or her back. Soldiers are trained to be part of a unit and when they return to civilian life they are vulnerable. PTSD is not only in the head - it takes over the whole body.

Regardless of the circumstances, there is hope. First and foremost, that hope comes from faith.

*Elizabeth Estavillo, D12 President
Lupe Gonzalez, D12 Public Relations Chair*

Auxiliary Helps Blue Star Moms Get Packing

Blue Star Mothers are mothers, stepmothers, grandmothers, foster mothers and female legal guardians who have children serving in the military, guard or reserves, or children who are veterans.

With a plethora of helping hands from the community, San Mateo County Blue Star Moms (a chapter of Blue Star Mothers) supplied the food stuff and hygiene goods for 150 care boxes and 150 care bags. Recipients will include soldiers, at-risk veterans, SM County Veterans Services, Nation's Finest, Operation Care & Comfort, and VA-Menlo Park Bldg. 360.

National Charity League young ladies were also approached about applying for the American Legion Auxiliary Girls State in the future.



*Volunteers from American Legion Auxiliary Unit 105
Redwood City opening snack supplies*

Peggy Toye, District 26 President

ALA Juniors Rock!



Youth Hero Award

Congratulations to Rebeka Avila-Hernandez and Massiah B. who were awarded the Youth Hero Award for performing an act of bravery, courage and fortitude. Rebeka, then age 12, provided urgent physical and medical assistance to her mother during a health crisis last year. Massiah, age 7, pulled a drowning toddler from a swimming pool last summer.

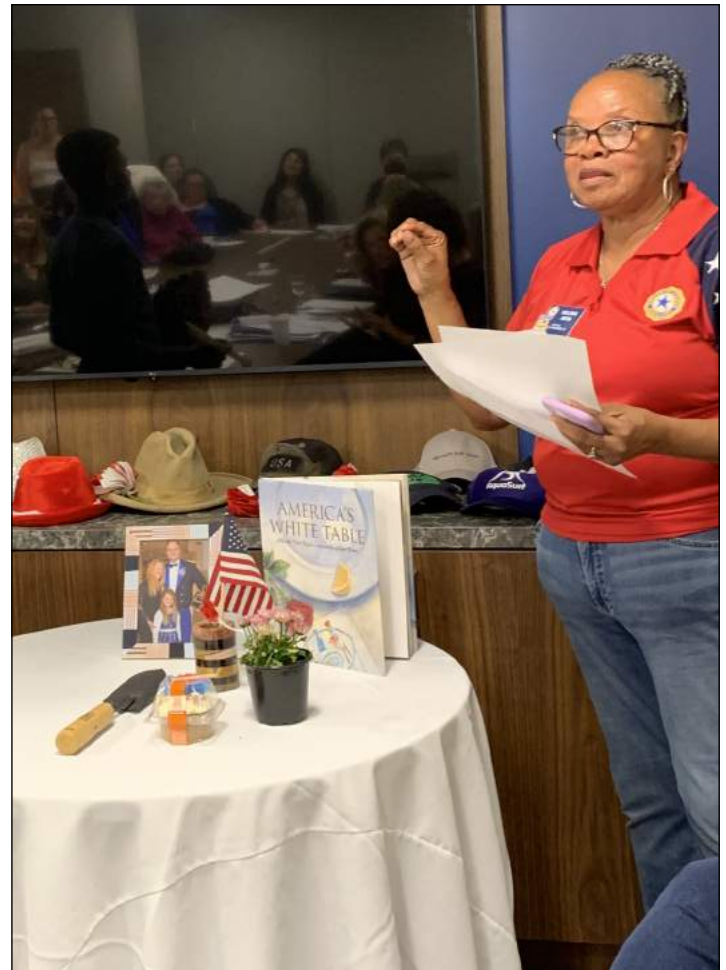
The award was created in 2002 by one of the American Legion Auxiliary committees, the National Children and Youth Committee. The committee created the award to recognize members who demonstrate a kind caring act of selflessness.

*Susan Baker
Department Children & Youth Chair*



Bakersfield Unit 26's Miss Poppy Brooklyn Cardoza and her sister Kinsley welcome home 91 Honor Flight veterans.

Solitary and Solemn: the "White Table" is Where No One Will Ever Sit



Under the leadership of Palisades Unit 283 Children and Youth Chair Deloris Artis, the Legion Family was provided an emotional "White Table" presentation in honor of Children and Youth Month at the April general membership meeting.

The White Table honors military children by reminding us how much they sacrifice in having their parents serving their country.

The Auxiliary Juniors, Young SAL members and children of active military were directed by Deloris to place meaningful objects on the table. The items included a family photo, a baseball glove, ball and bat, an American flag and a birthday cake with candle. The items represented the occasions that many military families cannot celebrate together.

The audience was appreciative of the program - Unit 283 plans to make this an annual tradition.

*Nancy Niles
Unit 283 Treasurer*



2022-23 Good Deed Award Winners through April 30, 2023

Each year the Children and Youth Program seeks out youths in our communities who demonstrate good citizenship, either through a brave physical act or a good deed. This year eight Department of California units submitted applications to National Children and Youth Chairman Pam Ray for consideration.

A **Good Deed Award** was given to thirteen community-minded California youngsters for the projects they each designed, created, and completed to benefit veterans or deployed active duty military in their communities:

NAME	SPONSORING UNIT	DISTRICT
Alyssa A.	Laguna-Elk Grove Unit #233	6
Devin Perez	Allied Unit #302	17
Natalie Goldman	Canyon City Unit #180	18
Samantha Goldman	Canyon City Unit #180	18
Monroe Moreno	Canyon City Unit #180	18
Yavahna Moreno	Canyon City Unit #180	18
Emma Rios	Canyon City Unit #180	18
Kairi Rosales	Canyon City Unit #180	18
Maddison Star	Canyon City Unit #180	18
Kristina Seward	Sunland-Tujunga Unit #377	20
Caleb Bojorquez	Rancho Cucamonga Unit #835	25
Riley Curry	Rancho Cucamonga Unit #835	25
Grace Arellano	Gonzales Unit #81	28

**Hearty congratulations to each of these outstanding youngsters!
You are all Rock Stars!**



Glenda Schultz

American Legion Auxiliary Department of California Vice President
Candidate for President 2023-2024

Department Offices and Chairmanships

- ◆ Junior Activities Chairman
- ◆ Girls State Chairman (2 years)
- ◆ Finance Committee (3 years)
- ◆ Auxiliary Emergency Fund Chairman
- ◆ Constitution and Bylaws Chairman (2 years)
- ◆ Poppy Chairman
- ◆ VA&R Chairman
- ◆ Representative to the Lancaster CALVet Home (8 + years)

District Offices and Chairmanships

- ◆ District President
- ◆ District Secretary
- ◆ District Parliamentarian
- ◆ 1st Vice President
- ◆ 2nd Vice President
- ◆ AEF Chairman
- ◆ Public Relations Chairman
- ◆ VA&R, Chairman
- ◆ Membership Chairman
- ◆ Americanism Chairman
- ◆ Community Service Chairman
- ◆ Constitution and Bylaws Chairman
- ◆ Children and Youth Chairman
- ◆ Girls State Chairman
- ◆ Junior Activities Chairman

Unit Offices and Chairmanships

- ◆ President (multiple times)
- ◆ Secretary
- ◆ Treasurer
- ◆ 1st Vice President
- ◆ 2nd Vice President
- ◆ Chaplain
- ◆ E-Board
- ◆ Parliamentarian
- ◆ Membership Chairman
- ◆ Poppy Chairman
- ◆ Public Relations Chairman
- ◆ Junior Activities Chairman
- ◆ Americanism Chairman
- ◆ Legislative Chairman
- ◆ Children & Youth Chairman

Achievements

- ◆ American Legion Baseball Co-chairman and started the concession stand program
- ◆ Spearheaded the District 20 Veterans' Christmas program for Lancaster's William "Pete" Knight Veterans Home (CalVet)
- ◆ Instituted the annual American Legion Post and Unit Thanksgiving Dinner for Lancaster's CalVet Home
- ◆ Co-chaired the "Got Milk-Got Flag" program

Awards

- ◆ Editor of the California American Legion Press Association Award Winning District 20 Newsletter
- ◆ National Poppy Award

Personal

- ◆ 31 year member
- ◆ PUFL
- ◆ Husband Richard is District 20 Commander
- ◆ Two sons are members of Sons of the American Legion
- ◆ Daughter-in-law and three granddaughters are Auxiliary members



Linda Hayes
 Candidate for Vice President
 American Legion Auxiliary
 Department of CA
 2023-2024



National Chairmanships

- ◆ Western Division Junior Activities Chairman
- ◆ Western Division Americanism (two years)

Department Offices and Chairmanships

- ◆ Junior Activities Chairman (three years)
- ◆ Americanism
- ◆ Membership

District Offices and Chairmanships

- ◆ District President (two years)
- ◆ Junior Activities Chairman
- ◆ 1st Vice President
- ◆ 2nd Vice President
- ◆ Parliamentarian
- ◆ Americanism Chairman
- ◆ Membership
- ◆ Community Service Chairman

Unit Offices and Chairmanships

- ◆ Unit President (four years)
- ◆ 2nd Vice President
- ◆ Secretary
- ◆ Treasurer
- ◆ Junior Activities Chairman
- ◆ Public Relations Chairman
- ◆ Poppy Chairman
- ◆ Americanism Chairman



Achievements

- ◆ Hosted two California Leadership Workshops
- ◆ Organized National President visits under three Department Presidents
- ◆ Auxiliary coordinator for AL 100th year float in Rose Parade
- ◆ Auxiliary coordinator for Michael Fox's National Sons of the American Legion Commander campaign and homecoming events
- ◆ Co-chaired school supplies and diaper drive for Serenity Foster Center during COVID-19
- ◆ Co-chaired Christmas, Easter, school supplies, sporting goods drive for Ft. Irwin National Training Center Army Base / additional supplies given to 29 Palms and Yermo Marine Corp Base
- ◆ Organized District efforts for 29 Palms Food Drive (two years)
- ◆ Featured twice in American Legion Auxiliary Magazine

Personal

- ◆ Husband Gene is Past National Sons of the American Legion Commander
- ◆ Daughter Brenna is member
- ◆ 53 year member

Awards

- ◆ National Community Service Award
- ◆ National Americanism Award

Maureen O'Brien-Sacco

Candidate for Vice President American Legion Auxiliary Department of CA 2023-2024

Florida (1970 - 1998): Junior Activities

- ◆ Department Junior Chaplain
- ◆ Department Junior President
- ◆ Represented Florida at first National Junior Convention

Department Chairmanships

- ◆ Chairman of Pages

District Offices

- ◆ Srgt-at-Arms

Unit Activities

- ◆ Unit President
- ◆ Membership
- ◆ Historian
- ◆ Junior Activities Chairman
- ◆ Americanism Chairman
- ◆ Community Service Chairman





Unit 472 Zooms

American Legion Auxiliary District 26's first eUnit gets it done with style, efficiency and enthusiasm. Monthly meetings are held via Zoom since members are located in California, Hawaii, New York, Colorado, Texas and others.

The long distance doesn't deter them from donating backpacks filled with supplies for military kids; having multiple ALA CA Girls State (CAGS) counselors, volunteers, CAGS Directors and CAGS Chairwoman; giving gift cards to military personnel; and sending handwritten messages to deployed troops.

Peggy Toye, District 26 President



Marsha Munroe mans the Department Ways and Means table at January DEC.

The Department Ways and Means Committee requests that those attending Convention who can please bring two baskets for the opportunity drawings: one for Department Ways and Means and one for Districts 14 and 15 to help offset convention expenses.

Mahala Beery, Department Ways and Means



The Kern County Memorial Library in downtown Bakersfield has a unique area dedicated to veterans.

Calling All Juniors!

Please share your ideas and activities!
 What do you have planned for the upcoming holidays?
 How many juniors have earned patches?
 Please send your photos and updates to

Rebeka Avila-Hernandez
juniors@calegionaux.org

Change at Department

Rebecca Glenny will be in charge of elections at Convention. She can be contacted at

Rebecca Glenny
webmaster@calegionaux.org

POW/MIA: A Personal Remembrance

It was the year 1993 when I first attended a POW/MIA Recognition Dinner with my parents. My father was a Navy-Marine WWII Veteran and a member of the American Legion Palo Alto Post 375. I didn't know what to expect but I instinctively knew it was a sad moment: watching the guards walk in dressed in their uniforms, carrying a rifle on their shoulders, holding the flags, the crowd silent, hearing the taps from the shoes they were wearing, the guards' voices loud and clear giving the orders to proceed step by step.

At that moment I felt honored to be part of something so powerful and emotionally heartbreaking as the guards placed the caps of each branch of service on the white tablecloth in front of their chair. Then they stepped back, saluting.

When I looked at my father as the tears ran down his cheeks, I looked around the room through my tears and saw others with tears. As the years went by, I tried not to miss any of these events with the American Legion Post family and friends every year in September.



In 2022 I attended a POW/MIA Ceremony and the overnight Fire Watch hosted by the American Legion, Mission City Post 564, and the District AL Riders. Past Commander Sherry Henry made it her legacy before leaving her position to have a white table set up in a clear case display inside the building to represent that POW/MIA will never be forgotten.

In closing, think of the last time you heard the trumpet playing TAPS:

To those who fought on the battlefield, to those who are still missing, and to those who dedicated their time to bring them home to their loved ones, thank you for your service.

*Joyce McLeod
Department National
Security Chair*



Seated are daughters of Pilots Lt. Col. Leo R. Gray and Col. George S. "Sparky" Roberts.

District 11 Hosts The Greater Chapter of the Tuskegee Airman

The **Tuskegee Airmen** were a group of military pilots (fighter and bomber) and airmen who fought in World War II. They were the first African-American military aviators in the United States Armed Forces.

The name also applies to the navigators, bombardiers, mechanics, instructors, crew chiefs, nurses, cooks, and other support personnel. The Tuskegee airmen received praise for their excellent combat record earned while protecting American bombers from enemy fighters. The group was awarded three Distinguished Unit Citations.

*Grace Huston
District 11 Historian*

'Wall That Heals' Replica of Vietnam Memorial in Washington, D.C., Comes to Sacramento County

"If you had not come home to insults and jeers, I would not have come home to hugs and handshakes." These words from the Education Center at the replica of the Vietnam Veterans Memorial which came to Citrus Heights from March 30 to April 2 this year express perfectly the reason for the creation of the Memorial in Washington, D.C., and the traveling Wall That Heals replica.

More than 8,000 residents of Sacramento County and beyond came to Rusch Park in Citrus Heights to view and experience that magic about a previously never spoken of event in history for healing and closure.

Also known as 'The Magic Wall' this wall of shiny black granite from India consists of 140 numbered panels with 58,281 names including eight women who died in Vietnam from 1968 to 1975.

Volunteers from ALA Unit 383, local Veterans of Foreign Wars (VFW), Blue Star Moms, Marine Corp and others helped visitors locate their loved one's name on the Wall, gave tours of the education center, helped those in wheel chairs and walkers maneuver the still wet and soggy park grass, and answered questions about the Wall and related programs. Visitors came to the Wall 24/7. Many veterans who have never spoken of their experiences and their pain came at night. The magic came for loved ones and those assisting them by looking up a name on the wall, helping them find the name, and showing them how to do a pencil rubbing of the name of their loved one.



Many items were left at the Wall including flowers, toys, photos, and letters to and from their loved one. Some tell a whole story such as that of John Carl Guenther Jr. from Fair Oaks. John graduated from Bella Vista in 1965 and was killed in 1969 after serving two years. His mother placed a collection of memorabilia that told her son's story including a plastic roadrunner as John's favorite cartoon had been Wile E. Coyote and the Roadrunner. Items not claimed will be stored in the Military Museum, California Military Department. Over 400,000 items from the Wall in Washington, D.C., are in storage.

Another poignant story told by Tim Tetz from the Vietnam Veterans Memorial Fund was of a blind veteran who had come to the Wall hoping to find his friend who had died in his arms after being shot by enemy fire decades ago. He could not remember his name or the year. Tetz took his hand, and after helping him run it over seven panels, the man finally said, "I know he's here; I can feel him." Tetz remarked, "It was as if his hand was possessed, it was electrified." When his name was finally found the veteran said, "This is the closest I've felt to him in over 50 years." That is the power of the Wall.

Another component of the Education Center is to show how things have changed in many ways since the 1960's. The creation of the "In Memory Honor Roll" invites loved ones of those who died from war related illnesses after they came home to nominate them to be included on the honor roll and to be honored.

To find a loved one on the Wall and information about what is available to the public go to vvmf.org.

*Elise Spleiss
District 6 Public Relations Chair*



Fair Oaks American Legion and Auxiliary Hold First BBQ 'N BOOTS

For years, American Legion Post 383 in Fair Oaks, California was known for its annual spring BBQ and Blues fundraiser. The Post meeting hall was transformed into a colorful lively, energetic party for dinner and dancing.

Unfortunately, during the COVID-19 years the hall went dark, until this year, 2023, when on April 15, the BBQ fundraiser returned with a country theme: BBQ 'N BOOTS.

The energy also returned for over one hundred attendees ready to feast on a great BBQ dinner catered by Texas Roadhouse. Scrumptious desserts were provided by the American Legion Auxiliary Unit 383. Local band Brisco County donated their time and talent in support of our veterans and their families.

On April 23 at Unit 383's general meeting, special guest Mark Rice visited to present a check for \$1,000 to the unit for their part in helping to make the fundraiser a success. He reminded the unit of how this was in keeping with the ongoing goal for the Legion (Post, Auxiliary, Riders and Sons). "We are the Legion Family!"

Elise Spleiss



Photo Carmen Cordero

ALA Unit 176 helped serve lunch to the veterans at the Sepulveda VA in May.



The National Public Relations Committee has been checking out Legion and Auxiliary Facebook pages throughout the nation. Some of the pages are excellent and are monitored consistently. However, there are some pages that have not been updated in quite some time. This is a huge problem.

Facebook was encouraged as a great tool to share information with our members and the public. There are lots of pages created and information shared.

Some of the Facebook pages are monitored and continue to share great information each month. These pages have administrators that enjoy posting and keeping their viewers informed on the mission of the American Legion Auxiliary.

Other Facebook pages are like ghost towns. They have not been updated for years and when the public reaches out for information, they find old posts and no real assistance for the information desired.

The American Legion Auxiliary prides itself in being the "Go To" organization for information. Outdated information is a detriment rather than a benefit to the ALA.

Please check for outdated pages on your Facebook page; please find suitable administrators or remove the page.

Some districts have one page for the entire Legion family for their district. Working together is a great message for the public.

*Donna Smith
Department Public Relations Chair*

Branding Examples

Having a cohesive ALA brand is important for many reasons: it heightens public awareness of our organization, increases our credibility with professionalism, and differentiates us from similar organizations.

Printed signs, banners, t-shirts, and table coverings are an effective marketing method to attract attention and promote our organization.

alaforveterans.org



ALA Unit 507 Sergeant-at-Arms Laurie Stravino greeted visitors in the lobby of American Legion Post 507.



ALA Unit 507 Poppy Chair Patsy Stravino set up a poppy table at the Farmers Market in Newhall.



A warm thank-you to all the talented writers and photographers who contributed to *The American Legion Auxiliary Hub* this year:

- | | |
|-----------------------|-------------------------|
| Pat Alvarez | Debbie Hurado |
| Rodica Andreesu | Grace Huston |
| Deloris Artis | Ann Kelley |
| Erika Avila-Hernandez | Joyce Henderson McLeod |
| Susan Baker | Regina Mendoza |
| Mahala Beery | Nancy Niles |
| Anita Biggs | Teresa Nunez |
| Sabrina Brandeis | Maureen O'Brien-Sacco |
| Joan Cannon | Cynthia Oliphant |
| Regina Clark | Danielle Pantanella |
| Carmen Cordero | Ann Philcox |
| Diane DeLashmit | Glenda Schultz |
| Cynthia Edes | Sandy Seddon-Rice |
| Elizabeth Estavillo | Christine Smith |
| Judy Evridge | Donna Smith |
| Anne Marie Fuller | Elise Spleiss |
| Lupe Galviz | Michele Steinmetz |
| Barbara Garrison | Melanie Taylor |
| Lupe Gonzalez | Barb Toth |
| Dee Ann Graham | Peggy Toyne |
| Valerie Hardy | Kandace Kiser Weyhrauch |
| Linda Hayes | Gloria Williams |
| Erika Hernandez | Clarissa Zuo |

Be Aware of the Difference Between HTTP and HTTPS

HTTPS stands for **Hypertext Transfer Protocol Secure**. It uses encryption for secure communication over a computer network.

HTTPS is now used more often by web users than the original, non-secure HTTP. HTTPS is used primarily to protect page authenticity on all types of websites, secure accounts, and to keep user communications, identity, and web browsing private.

Wikipedia.com

Celebrating our Dual Members



Barbara Jean Goodlow

Barbara serves as the Chaplain for ALA Unit 26 and District 15. She is also the Rep for VA&R.

In Memoriam: Odette Cuccaro 1925-2023

Odette was active in the American Legion Auxiliary from Unit 830's inception until her retirement in 2022. Odette was the ALA District President in 1961- 62 and later became the State of California Department President in 1971-72. Odette then served in other various chair positions at the unit, district, department, and national level for the next 50 years.



The Sons of the American Legion voted Odette as the first female member into its Hall of Fame in 2014.

She was honored with the Military Service and Stewardship Award in 2016 for her long-standing work with veterans and VA Hospitals. Odette was named Monrovia Chamber of Commerce's 2017 Woman of the Year for her work with veterans' organizations.

In 2021 the Odette Cuccaro Award was created to officially recognize a member or unit of the American Legion Auxiliary Department of California for outstanding Public Relations efforts that contribute significantly to the positive image of the ALA.

A celebration of Odette's life will be held Saturday, June 17, 3 -7 PM, at West Covina Post 790. Seating is limited. Please RSVP to Maureen O'Brien Sacco (626-340-8421) by June 10, 2023.

The complete obituary may be found at Odette Cuccaro Obituary 2023 - Douglass & Zook (douglassandzook.com).

Put on your Conductor's Hat and Hop on Board!

The days seem to be flying by, like watching the scenery from the window of our train. We're getting down to our final days of preparations, packing our (ditty) bags before heading off to our stations to catch the Friendship Train to Visalia for the 103rd American Legion Auxiliary Convention.

First though, we need to get all our papers in order, reservations made, and our stations spruced up before meeting up with our Legion family and friends. It'll be great to see everyone's hard work in place, so we can take a step back and relax and enjoy the time with each other.

Our team can almost see the light at the end of the tunnel. That is mainly because so many of you heeded the call and stepped up to take on some of the different pieces of the convention. For that our committee is so very grateful. Almost half of the Districts have donated to the "Ditty" bag in some way. Some Districts have multiple Units that have sent in donations. That has been a blessing!

Then there are those of you who will join in to help set the stage (literally), and sign in, sign up, or run errands to clear the tracks for smooth sailing into the stations. Blow your whistles and let us know you've arrived!

*Debbie Hurado,
Convention Chairman*



Photo Pat Alvaez

American Legion Armed Forces Day Ball Raises Funds for Wounded Veterans

For decades the American Legion and its counterpart, the American Legion and overseas in a myriad of different ways.



Bruce Robinson Photography

American Legion Department Commander Jere Romano and First Lady Martha Romano

Auxiliary, have been known for their tireless work helping veterans at home

Carrying on this legacy, May 20, 2023 was a special evening of fun and relaxation with a most important purpose—to raise funds for the American Legion’s program, Operation Comfort Warriors (OCW), for the second year. Attendees came from all over Northern California up to the Oregon border. The event took place at the Doubletree Hotel in Sacramento.

American Legion Commander Post 637 Sylvia Thweatt greeted attendees and called for the opening ceremony with Posting of Colors by the Folsom Marine Corp. As is tradition with the armed forces,

the program continued with eight toasts, each followed by a response to honor our

government, active armed forces, military families, others who serve including non-military first responders, and our fallen who have died in defense of freedom.

The meaning / explanation of the empty POW/MIA table set for one, next to the stage, was read by American Legion Auxiliary Department Poppy Chair Martha Romano, followed by the final toast made with water, to represent those POWs and MIAs who have not come home.

The purpose of the Military Ball according to OCW Director Douglas Chase is to raise funds for OCW. He reported on the 69 grants finalized in 2022 which benefitted 5,500 veterans. Tickets for the ball included a full buffet, live music and dancing, raffle prizes, silent auction, and full bar. The evening ended with dancing until the lights went down and music ended. Attendees gained a new appreciation of our wounded, ill, and injured veterans and those who care for them.

For more information on Operation Comfort Warriors visit www.legion.org/operationcomfortwarriors.

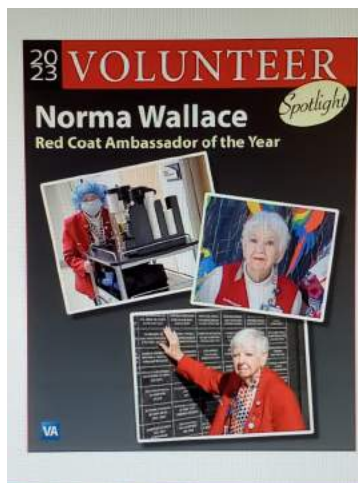
Elise Spleiss
District 6 Public Relations Chair

Kudos to an Extraordinaire Volunteer

Norma Wallace of Cecil Cox Unit 147 in Clovis was recently recognized as Fresno VA Medical Center’s Volunteer Services Red Coat Ambassador of the Year. Now in her nineties she has exceeded 30,000 volunteer hours and is still going strong.

The Fresno VAMC provides primary care and specialty health services, including cardiology, psychiatry, neurology, oncology, infectious disease treatment, and more.

Cynthia Oliphant, Unit 110



Photos for PTSD

Photos taken with Department mascot Tina netted \$150 for President Gloria’s Special Fund. The idea was the brainchild of District 20 President Carol Harville.



Photo: Courtesy DOD

Air Force 1st Lt. Taylor Canter interacts with Iris, a service dog-in-training during Post Traumatic Stress Disorder Awareness Month

National PTSD Awareness Day

June 27 is a day dedicated to creating awareness regarding Post Traumatic Stress Disorder (PTSD).

The US Senate officially designated this day in 2010. In 2014 the Senate designated the whole month of June as PTSD Awareness Month.

In the US, 6.8% of adults will experience PTSD in their lifetimes with women twice as likely as men to experience it (10.4% to 5%) frequently as a result of sexual trauma.

Veterans are another group highly likely to experience PTSD during their lives, with Vietnam War veterans at 30%, Gulf War veterans at 10%, and Iraq War veterans at 14%.

On this day, organizations that work with employees, consumers, and patients at risk for the condition work to get information about symptoms and treatments for it out to the public in the hopes that when more people know about the affliction more people who suffer from it will get treatment.

Wikipedia.com

Barbeque Benefits Local Veterans

ALA Unit 817's May 20th barbeque was a success!

Attendees were entertained by the band Hell or Highwater.

*Barbara Garrison
Unit 817 President*



Save the Date June

Convention

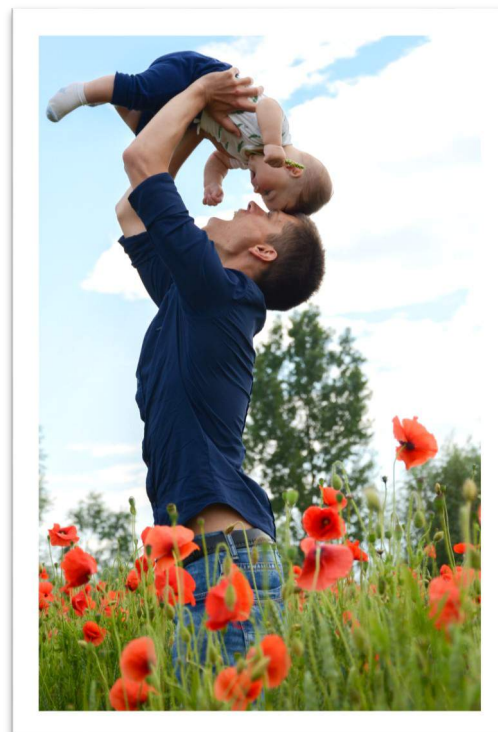
- June 06 : D-Day 1944
- June 14: Flag Day
- June 14: Pause for the Pledge
- June 17: Odette Cuccaro Life Celebration
- June 18: Father's Day
- June 19: Juneteenth
- June 21: First Day of Summer
- June 23: Coast Guard Auxiliary Birthday
- June 22-25: Department Convention
Visalia
- June 25: Korean War Started 1950
- June 26-July 1: Girls State

July

Girls State Month

Junior Activities Month

- July 04: Independence Day
- July 23-29: American Legion Boys Nation
American Legion Girls Nation
- July 24: Parents Day
- July 25: National Hire a Veteran Day
- July 27: End Korean War 1953



HAPPY FATHER'S DAY!