

Official Publication for the American Legion Auxiliary of Missouri

Volume LXXVIII

THE MISSOURI LEGIONETTE

MARCH/APRIL 2020

NUMBER 2

President's Message



Department President Marsha Mooney Unit 21, District 5

Spring is finally here! We hope that with it we will continue to be safe and well. I am writing this article as I sit in my home on lock down. I miss my Auxiliary and American Legion friends. This is probably the longest I have missed having dinner with them. This doesn't mean we can't still contact our members by

Call your members and do an old-fashioned Buddy Check. they need groceries, are they feeling okay, do they have all the medicines and supplies they need? We can help with these things without making actual contact. If they deliver dinner to your door, you can do the same for your sisters and brothers in the American Legion Family. I know members who are currently sewing face masks to help with the shortage. This reminds me when I was a child, my mother helped me sew cancer bandages. The more things change in our life, the more we rely on the spirit of our history. The ways you help might not be exactly the same, but the caring and spirit remain. Some food banks are still open. I am sure they can use donations. The majority have plans that will let you donate without any contact. When this crisis passes, and it will, families of our veterans, military and members will need help after this disruption of their daily lives. We should be present to help.

When we changed our membership requirements last year allowing all spouses of veterans and military to join, we had to rethink our statement of who we are since we are no longer the largest female veterans-based organization. The new statement is "A Community of Volunteers Serving Veterans, Military and Their Families." This truly does describe who we are and what we should be doing. Check with your local veterans home to see if they need any supplies that could be donated. I know they are on lockdown, but surely there is a way to donate without personal contact.

I will begin traveling and visiting this spring. I did get to visit District 17. They had a great meeting and a delicious lunch with the District 17 American Legion members. President Jaretta and her members were very welcoming, and I enjoyed the

The Department of Missouri is

still planning our usual activities for the year. If it is not feasible for an event to be held, we will cancel each event by their timeline. Department officers, committee chairs, and Department Office personnel can be contacted by phone, email, and US postal mail if you have any problems or questions. Please feel free to contact us. We will probably be at home, but hopefully this will soon be over, and we will be working our way back to normal.

Please do not forget to file your reports and report your numbers to the appropriate District and Department chair. Hope to see you at Department Convention in St. Louis this July.

MEMBERSHIP



"Keeping Our Promise, Past*Present*Future"

Victoria Ornelas, Department 1st Vice President Membership Chairman Linda Maddox, Co-Chairman

Hello Members! We're hoping everyone is doing great. I can't believe how fast the year is going. Way to go members! As of 2/20/20, Missouri was 82.38 percent. Congratulations to you all! Remember to reach out to those who have not renewed their membership. Also reach out to new members and Juniors.

Our focus for membership is National President Nicole's theme, "One Week of Caring and Sharing for the Next Century of the American Legion Auxiliary," scheduled for April 1 to 7, 2020. This week is designed for units to work as a team contacting members in good standing, much needed renewals, and prospective members. Let them know they are valued. JUST ASK – JOIN US FOR THE NEXT 100 YEARS.

Thank you to the District Presidents for their hard work on membership by helping their units. Membership is the responsibility of every member of the American Legion Family. Let's all work together to reach our goals and make this organization better. We are a community of volunteers serving veterans, active military and their families.

"I was complaining that I had no shoes till I met a man who had no Confucius





March 19, 2020

TO: Missouri Secondary School Administrators and Staff, Sponsors, Parents and Students

OFFICIAL STATEMENT REGARDING COVID-19 (Coronavirus) FROM AMERICAN LEGION AUXILIARY MISSOURI GIRLS STATE

The American Legion Auxiliary Missouri Girls State program is closely monitoring developments concerning the COVID-19 (coronavirus) across the state of Missouri. Currently, the updates on the situation are changing often as medical professionals are updating the Centers for Disease Control. Isolated cases in Missouri have been reported, but they are not widespread at this time. We are monitoring the situation daily and will continue to work closely with our host institution, the University of Central Missouri in Warrensburg, to stay informed should the COVID-19 situation cause changes to hosting our 2020 session

UCM has posted an informational website related to COVID-19. According to the website:

UCM has long had policies in place to deal with emergent situations such as this. A COVID-19 planning task force consisting of staff across multiple departments has been for some time assessing the risks based on information from the CDC, the State Department and from local and national experts. This group will continue to monitor the situation and meet regularly to ensure campus preparedness and responsiveness. As always, the well-being of our UCM family is our utmost priority.

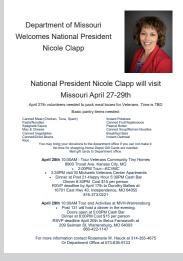
Currently, neither UCM, state or local health officials in Warrensburg are recommending that we alter our schedule for ALA Missouri Girls State in June. Thus, we will continue moving forward with planning our 2020 session. We look forward to hosting the 79th session of ALA Missouri Girls State on the campus of UCM from June 21-27, 2020.

Due to the current environment and closure of many schools, we have extended our application enrollment deadline until May 1st, or when our capacity is reached. We will continue to monitor developments related to COVID-19 with the well-being and safety of ALA Girls State participants and our volunteer staff as our top priority. If you have specific questions, please contact us at director@missourigirlsstate.org. For more information about UCM's efforts, visit the University's coronavirus update page at https://www.ucmo.edu/news/mec resources/corona-virus-covid-19/.

> <u>www.missourigirlsstate.org</u> Facebook: ALA Missouri Girls State 2020 Instagram and Twitter: @MOGirlsState

*Due to the recent virus crisis, National **President Nicole Clapp's** Missouri visit has been canceled. Sorry for the disappointment and inconvenience. We pray for everyone

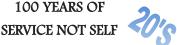
to remain healthy.





AMERICAN LEGION AUXILIARY **INVITES ALL** THE LEGION FAMILY TO JOIN US IN DANCING THROUGH THE DECADES AS WE CELEBRATE 100 YEARS OF





AMERICAN LEGION AUXILIARY DEPARTMENT OF MISSOURI WILL HOST A 100 YEAR CELEBRATION GALA

FRIDAY EVENING, JULY 10, 2020

CASH BAR

HILTON ST. LOUIS AIRPORT Social Hour 5:30pm; Dinner 6:00pm; Ceremony 7:00pm

Dress in your favorite decade outfit Cash prize for best female and male decade outfit.



100 YEAR CELEBRATION GALA

ENTERTAINMENT: Jeffery Hardin TICKETS \$50:00 PER PERSON

Number of tickets: Amount \$	
Names of attendees	
Mail check and form to: American Legion Auxiliary 600 Ellis Blvd.	
Jefferson City, MO 65101	
Deadline is June 30, 2020	

ATTENTION PLEASE!!!

Help! Contribute! Donate!

The Missouri Girls State Trust Board is sponsoring a Parade of Checks as a fundraiser at Department Convention. Your donation helps with the longevity of the program. Please designate your check for the Missouri Girls State Trust Fund. We thank you in advance for your generosity.



Secretary's Corner

Nancy Reeves,

Hello from Department Office! Debbie and I hope everyone is doing well. Neither of us has been in contact with anyone who has been exposed to the COVID-19. However, we do have a plan in place if we would need to close the office. Hopefully this will not happen.

Membership still continues to arrive. The last weekly report, 3/18/2020, Department was at 86.86 percent which was up 2 percent from the previous report. Great job! Please keep the membership numbers rolling in.

Girls State applications continue to arrive. I think we will exceed the 800 mark again this year! Debbie and I are working very hard processing the applications. I thank MaCae Mickens, Linda Schaap and the other ladies who make this program so great. You do an amazing job.

VERFICATION DUES FORMS have been mailed and are due to the Department Office by May 1. If you do not receive this form, your dues renewal notices will reflect \$23 for senior dues and \$4.25 for juniors. Units pay the Department \$23 for seniors and \$4.25 for juniors; therefore, your unit will not be collecting your unit's portion. There is a \$30 fee for any changes made once the dues rates are locked in after June 1. If you have not received the forms, please contact the Department Office or go to https://dptmoala2. wixsite.com/deptmoala Forms/ Unit Related Forms.

Looking ahead, the 2020 Department 100th Convention will be held in St. Louis again at the Hilton St. Louis Airport Thursday, July 9 - Sunday, July 12. We will be having a 100-Year Celebration Gala on Friday evening. Tickets are \$50 per person. You must purchase tickets before the event. Please contact the Department Office to get your tickets. The theme is Dancing Through the Decades. Dress in your decades outfits and come celebrate 100 years of Service Not Self. We will have a contest for the best dressed female and best dressed male.

2020 Fall Conference will be held October 16-18 at the Capitol Plaza Hotel in Jefferson City,

Please remember to contact the Department Office with any questions or concerns.

Reminder, the new email address:

Nancy: dptmoala@oulook.com alamembership@ Debbie: outlook.com

For God and Country!



New address

Please forward to: ALA Department Office, 600 Ellis Blvd. Jefferson City, MO 65101-2204



Published bimonthly by the American Legion Auxiliary, Department of Missouri, 600 Ellis Blvd., Jefferson City, MO 65101. Publication Number 355-320.

Mrs. Virginia Schnurbusch, **Editor** 1615 Red Wing Ct. Perryville, MO 63775 Phone: 573-547-6150 Email:vlsjts@sbcglobal.net

Mail all material for publication to the editor by the 20th of July, September, No-

vember, January, March and May.

Mail all address changes and death notices directly to Department Headquarters,

600 Ellis Blvd., Jefferson City, MO 65101. Second-class postage paid at Jefferson City, Missouri, and additional mailing offices. Send form 3579 to Department Headquarters, 600 Ellis Blvd., Jefferson City, MO 65101.

Subscription price is 50 cents per year,

paid through membership dues.
Department President — Mooney, 16004 E. 31st Terrace South, Independence, MO 64055 H: 816-373-2275 C: 816-225-1836, Email: mlynnm55@aol.com

Department Secretary — Nancy Reeves, 600 Ellis Blvd., Jefferson City, MO 65101-1615, (573) 636-9133. Fax: (573) 635-3467.

Email: dptmoala@outlook.com.

Chaplain's Corner



Shanna Jelinek, Department Chaplain

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand, do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me — practice these things, and the God of peace will be with you. Philippians 4:4-9

A Prayer during these difficult times: Dear God, healer of all, stay by our side in this time of uncertainty and sorrow. Be with those who we have lost. May they be at rest with you in your eternal peace. Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace. Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace. Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth. Whether we are home or abroad, be with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace. In Thy Name we pray, Amen.

When this is over. may we never again take for granted A handshake with a stranger Full shelves at the store Conversations with neighbors A crowded theatre Friday night out The taste of communion A routine checkup The school rush each morning Coffee with a friend The stadium roaring Each deep breath A boring Tuesday Life itself.

When this ends, May we find That we have become More like the people We wanted to be We were called to be We hoped to be And may we stay That way — better For each other

Because of the worst. -Laura Kelly Fanucci

This year has flown by and spring is now upon us. It is the season of new beginnings and the new life of spring begins to grow around us. So let our love grow as well. Remember to treat your loved ones with respect and cherish each moment you have with them. Remember our veterans and members in these uncertain times.

Poppy Poster Deadline Correction

Any individuals interested in submitting an entry for the Centennial Poppy Special Project, please send them directly to Shanna Jelinek, 17977 Lawrence 1080, Monett, MO 65708 by May 1. The flyer with criteria was in the last Legionette

Community Service

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Margie Koch, Chairman

Seven District Mid-Year reports were received. Five districts reported \$6,344 money spent, \$7,171 in coupons were clipped and sent overseas, 8,387 volunteer hours, and 7,484 miles driven. The other two Districts did not report any figures.

The seven districts reported a variety of activities that included visiting veterans and volunteering at veterans homes and hospitals. They worked at food pantries, blood drives, read to nursing home residents and volunteered at health department flu clinics. One unit participated in a mock hazardous event at a nursing home. Other events included packing and delivering food baskets/boxes to homeless and needy individuals, collecting pop tabs for the Ronald McDonald House, picking up trash along the highway, participating in parades and distributing candy.

District 8, Unit 5 reported that they have begun their second year of 12 months giving. Each month they select a cause to donate to. In September a meal was served to the Salvation Army for 50 people. October they held a coat drive with 35 coats donated to Samaritan Center. The November activity was collecting hats and gloves for the center. December activity they participated in Angel Tree, which helps with gifts for women in need at a Rape and Abuse Crisis Center.

Other activities reported by various districts were volunteering with Meals on Wheels, Ministerial Alliance programs, School Backpacks, Christmas Gift Baskets, Fireworks Funding, Camp Valor, United Way, Recycling, Honor Flights, CERT, sewing bibs and lap robes, collecting shoes, clothes and personal care items for the needy and homeless. Activities also reported were clipping coupons, serving funeral meals, participating in motorcycle awareness clinics, and participating in church-related activities

I challenged each district/unit to work one NEW activity this year and involve the Juniors. New activities reported were members helped others by driving them to meetings and other appointments, shopping for home-bound members and helping with housework. One unit reported sending 100 cards to veterans for Veterans Day and Christmas. Another unit reported organizing a drive for the cold and flu season. They collected supplies such as cleaning wipes, hand sanitizer, tissues, etc. and gave them to a local elementary school.

I have encouraged all members to sign up for the National E-bulletin and to join the ALA Community Service Facebook Page.

I am happy to report that the Central Division had 100 percent reporting and was the first division to report to the National chairman. The Central Division chairman noted that many units did not report monies, hours and travel expended. Please remember to include this information to your end-of-year report.

Veterans Affairs and Rehabilitation Committee Newsletter

Louise S. Welch, 2nd Vice President VA&R Co-Chair

The 2019-2020 Veterans Affairs and Rehabilitation Committee would like to thank all of you for your volunteer work this year. We volunteer for our veterans, military families and children. We are "In the Spirit of Service Not Self for Veterans, God and Country."

I attended the Creative Arts event at Jefferson Barracks, February 28, 2020. What an awesome event. Our veterans are very talented music, handcraft and art (drawing). If you have not attended one, think about attending next year. What a smile and joy you will put on their happy faces. Their handcrafts are breathtaking.

The American Legion Auxiliary is celebrating 100 years of service for our veterans. We will continue volunteering for our veterans, and military families. We are always looking for volunteers to participate in the Veterans Affairs and Rehabilitation programs. Once you start, meet families and other people, you'll enjoy the work. What an experience of helping our veterans and their families.

Do not forget your year-end report. I am sure you kept records of monies spent, hours and mileage of your volunteer work. Unit reports due to District April 15, 2020, District report due to Department Chair May 1, 2020. Please submit your report to: American Legion Auxiliary Department of Missouri Veterans Affairs and Rehabilitation, Cathie Goth, Chair, 1905 Rustic Way, Clinton, MO 64734, email Cgoth1@charter.net

Department of Missouri American Legion Auxiliary Veterans Affairs and Rehabilitation Committee 2019-2020, Cathie Goth, Louise S. Welch, Evelyn Cox and Patty Kellett

And always remember that prayer is a powerful tool. Use it freely.

I want to encourage all units and districts to submit a prayer book this year. These are a collection of prayers, devotional thoughts, and poems that have special meaning to you. The rules were listed in a previous issue. Also don't forget to forward those to me so I can include them in President Marsha's book. As a reminder, yearend reports are due to me by May 1. Awards will be given for the best overall vear-end district report and unit report (as forwarded by their district). Please bring your prayer books to Department convention in July.

Fifth District

Bernadette Murray, President

The regular fifth district meeting was held on February 19. Our meeting focused on Americanism. Cecilia Eli presented our Americanism program. A few things we can do to promote patriotism and responsible citizenship included:

- 1. Be knowledgeable about flag history, etiquette and proper disposal
- 2. Promote patriotic holidays, so your community will look to the American Legion Auxiliary.
- 3. Increase participation in the Americanism Essay contest.
- 4. Provide programs at your local school, volunteer to keep up the area around the flagpole at your

community civic center.

President Nicole Clapp will visit on April 28 at Post #21 in Independence.

Post #21 is starting pantry which will be held on the last Saturday of the month. They will serve active duty and veteran service members. A DD214 or other proof of service will be required to

receive service.

The Girls State District Briefing will be held at Post #21 at 1:30 pm on May 17. Please contact Linda Schaap with any questions.

Unit #189 turned in 217 medicine bottles and 8 $\frac{1}{2}$ pounds of pop tabs.

Unit #149 regularly does volunteer work at St Michael's coffee Unit #149 shop on the first Fridays of every month from 9 – 11 am.

Unit #149 is scheduled to do volunteer work at Harvester's Food Distribution Center on March We will help sort and package produce to be distributed to those in

Marsha Mooney, Department President, will be the honored guest at our Fifth District monthly meeting on May 20 at 11:30 am at the DAV Building at 14605 E. 40 Highway in Independence, MO 64136. Please call Bernadette Murray, Fifth District President, if you plan to attend. Her number is 816-216-6084. The lunch price is \$12 if you would like to have lunch with us.

HISTORY

Sheridan Mires, Historian

As your historian, I believe it is important to explore ideas that will help our organization preserve our past, as well as communicate with our current members and attract future members. This is necessary to keep the Department of Missouri American Legion Auxiliary a strong organization that can continue to meet the needs of our veterans, active military and their families. The new social media campaign described below is one of the ideas that with help from our members will help the department accomplish these

Some members do not consider themselves as computer savvy because they do not use the computer to write documents, make charts, graph or send emails. However, many of these same members use social media to stay in touch with their families, follow the activities of their grandchildren and communicate with friends; all these activities that require using the computer. The use of social media will also help the department document the many activities and celebrations held by over 200 units around the state

MOALA Social Media Campaign

The department is starting a new campaign to become more involved in social media. The goal of this campaign is to attract new members of younger generations. The easiest way to reach members of the younger generations is to be active on all social media platforms. Social media has taken the world by storm and is a great way to keep members involved and up to date on new information. It is also an important tool in attaining new members because information spreads quickly. If we can get our members to start sharing posts and information on social media, we will be able to reach

Below are links to the department social medias. We need our members to like and follow these accounts. The quickest way to grow our social medias is to get our current members involved. We need members to like and comment on posts so their friends and followers can see it. Share our posts and give us shoutouts on personal pages so that others can see and get involved. When posting about Auxiliary events use the hashtag #MOALA. Hashtags are a great way to keep a chain of what is happening and keep these posts connected to the Auxiliary without the department having to post everything. The more likes and followers we get, the more we will be able to reach potential new members through these platforms.

Facebook: https://www.facebook.com/ALAMissouri/ Instagram: https://www.instagram.com/dptmoala/

YouTube: https://www.youtube.com/channel/ UChvMC7RiCrFJhRJzjddJC5A/featured?view_as=subscriber

We live in a digital age and must catch up with the times. Everyone is on the internet and that is how they get most of their information. Social media is our best option to get new and younger people involved in and excited about the Auxiliary. This is a great organization that has been around for $100\,$ years. We do amazing work and in order to continue that, we have to grow. Let's grow our social media presence and keep this amazing organization around for another 100 years.

36 CHRISTIAN WAYS TO REDUCE STRESS



- Go to bed on time.
- Get up on time so you can start the day unrushed.
- Say "No" to projects that won't fit into your time schedule, or that will compromise your mental health.
- Delegate tasks to capable others.
- Simplify and unclutter your life. Less is more. (Although one is often not enough, two are
- often too many.)
- Allow extra time to do things and to get to places.
- Pace yourself. Spread out big changes and difficult
- projects over time; don't lump the hard things together. Take one day at a time.
- Separate worries from concerns. If a situation is a concern find out what God would have you to do and let go of the anxiety. If you can't do anything about a situation . forget it.
- 12. Live within your budget; don't use credit cards for ordinary purchases
- Have backups: an extra car key in your wallet, an extra
- house key buried in the garden, extra stamps, etc K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble
- 15. Do something for the Kid in You every day.
- Carry a Bible with you to read while waiting in line. Get enough exercise.
- 18. Eat right.
- Get organized so everything has its place. Listen to a tape while driving that can help improve your quality of life.
- Write thoughts and inspirations down.
- Every day, find time to be alone.
- Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
- 24. Make friends with Godly people
- Keep a folder of favorite scriptures on hand. Remember that the shortest bridge between despair and
- hope is often a good "Thank you, Jesus!"
- Laugh
- 28. Laugh some more! 29. Take your work seriously, but yourself not at all.
- Develop a forgiving attitude (most people are doing the best they can)
- 31. Be kind to unkind people (they probably need it the most).
- 32. Sit on your ego. 33. Talk less; listen more.
- 34. Slow down.
- Remind yourself that you are not the general manager of the universe.
- Every night before bed, think of one thing you're grateful for that you've never been grateful for before. GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU.

"If God is for us, who can be against us?" (Romans 8:31)

(www.wandascountry home.com)

IRISH WISDOM

Take time to work, It is the price of success, Take time to think, It is the source of power.

Take time to play, It is the real secret of perpetual youth. Take time to read,

It is the foundation of wisdom. Take time to be friendly, It is the road to happiness.

Take time to love and be loved, It is a privilege of the gods. Take time to share, Life is too short to be selfish. Laughter is the music of the soul. (Unknown)



ENDORSEMENT DEPARTMENT PRESIDENT VICTORIA ORNELAS

At a regular meeting of District 1, American Legion Auxiliary Department of Missouri, held on January 5, 2020 in Palmyra, MO, Victoria Ornelas was unanimously endorsed for the office of Department President for the year

Victoria Ornelas gains her eligibility through her Legionnaire husband, Jess Ornelas, a veteran of the U.S. Army-Cold War/Vietnam Era.

Victoria has been an active member of the American Legion Auxiliary for 15 years. On the Unit level she has held many chairmanships and offices. She is currently serving again as Unit President and is in her seventh term as unit Treasurer and Membership Chairman. On the District level she has served as District 1 President and is now serving as the VA & R Chairman. On the Department level, Victoria has served as Chaplain, 2nd Vice President, currently serving as 1st Vice President. She has served as the Mexico Veterans Home representative for several years. Victoria attends the American Legion Conferences and conventions, and participates in all of the educational workshops.

Victoria has two daughters, both are Auxiliary members, one son-in-law, two grandsons and one granddaughter, who is also an Auxiliary member.

Victoria Ornelas is an asset to her Unit, her District, the Department and the American Legion Auxiliary membership. It is with tremendous pride that the members of District 1 endorse Victoria Ornelas as a candidate for the office of President of the American Legion Auxiliary, Department of Missouri for the year 2020-2021.

Londa Markel Granda Burnett Linda Maddox President

Wanda Burnett Secretary/Treasurer

ENDORSEMENT DEPARTMENT FIRST VICE PRESIDENT LOUISE S. WELCH

At a regular meeting held December 12, 2019, American Legion Auxiliary, 10th District of Missouri, unanimously endorsed Louise S. Welch for the office of First Vice President for the Department of Missouri for the year 2020-2021.

Louise, PUFL member, has been a member for 27 years. Louise is eligible for membership in the American Legion Auxiliary through her husband, Robert L. Welch, who served in the United States Army during the Vietnam War.

Louise has served her Unit as President, Secretary, and Chaplain. She has served as committee chairman for Americanism, Community Service, Education, and Legislation. She is currently serving as Unit President.

On the 10th District level Louise has served as President for three years, Vice President, Treasurer for two years, and Secretary for four years. She has also served as Constitution and Bylaws, Education, National Security, and USO Chairman. Louise is also a volunteer at the Missouri Veterans Home, St. Louis. She is currently serving as Secretary and Constitution and Bylaws Chairman.

On the Department level Louise has served as Leadership Chair for three years, Community Service for two years, Gold Star and Blue Star Mothers Chairman for one year and Chaplain. She is currently serving as Second Vice President.

Louise has been a delegate or alternate to National and Department conventions. She attends Fall and Spring conferences.

In view of her dedication and service to the American Legion Auxiliary at all levels and veterans in general, the members of the American Legion Auxiliary 10th District proudly present Louise S. Welch as a candidate for the office of First Vice President of The American Legion Auxiliary, Department of Missouri for 2020-2021.

Pinphia Ridley Mary Jane Paulsell

Mary Jane Paulsell

ENDORSEMENT DEPARTMENT SECOND VICE PRESIDENT **SHERIDAN MIRES**

At the regular meeting of District 4, American Legion Auxiliary Department of Missouri, held on November 9, 2019, at Burlington Jct., Missouri, Sheridan Mires was unanimously endorsed for the office of Department Second Vice-President for the year 2020-2021.

Sheridan earned her eligibility in the American Legion Auxiliary through her father, Clay Staples, a United States Marine veteran of World War II. Sheridan is also eligible through both her grandfathers and two brothers. Sheridan was raised in an active American Legion Family. Her grandmother was the Charter President of Rolla Dicks, Unit #315 and to date Sheridan and her father are the only father/daughter duo to serve as Fourth District Commander and District President.

Sheridan joined the American Legion Auxiliary Unit #315 as a Junior Member and is a PUPL member of the Allen-Schiffern Unit #199 in Tarkio, Missouri.

As an active member of the American Legion Auxiliary on the Unit level, heridan has served her Unit as Treasurer since 1983 and Secretary since 2001, and chairman of Americanism, Children and Youth, Community Service, Constitution & Bylaws, County Government, Education, Girls State, National Security, Poppy, Public Relations, Scrapbook, and Veterans Affairs and Rehabilitation.

On the District level, Sheridan has served as Sgt.-at-Arms, Chaplain, 2nd Vice President, and 1st Vice President, and is currently serving her Sixth term as District President. Sheridan has also served as chairman of Americanism, Americanism Essay, Membership, Education, Constitution & Bylaws, Poppy, Past Presidents Parley, Veterans Affairs and Rehabilitation, Home Service, and Girls State.

On the Department level, Sheridan is currently serving as Department Historian and has served as Department Membership Co-chairman for three years and four years as Northwest Division Chairman. She has served as chairman of County Government, Americanism, Junior Activities, Public Relations, Rules and Resolutions, Education, Poppy, Americanism Essay, Courtesy and Resolutions, Leadership Region 2 Coordinator, and Personal Page. She developed an online electronic reporting form and other reporting forms to help improve Unit and District reporting to Department. Sheridan also served on the ALA Missouri Girls State staff for 15 years.

At the National level, Sheridan has attended the past four National conventions as a delegate, and has served as a Missouri page. Sheridan has

attended three Department National Leadership conferences in Indianapolis. Sheridan and her husband Richard live on the family farm in northwest

In view of her continued hard work, leadership ability, and dedication to the American Legion Family, it is with tremendous pride that the members of District 4 endorse Sheridan Mires as a candidate for the office of American Legion Auxiliary Department of Missouri Second Vice President for the year

Catherine Auffert Secretary Joan Vanfossan 1st Vice President

ENDORSEMENT DEPARTMENT HISTORIAN SHANNA JELINEK

At the regular meeting of District 15, American Legion Auxiliary Department of Missouri held December 8, 2019 at Joplin, Missouri, Shanna Jelinek was unanimously endorsed for the office of Department Historian for the year 2020-2021.

Shanna gained her eligibility through her father, Robert Jelinek, a United States Navy veteran of the Vietnam conflict. Shanna is also eligible through her grandfather Charles Jelinek a United States Army veteran of World War II. She is a 43 year member, raised in the American Legion Family as a junior since birth, at the Hubert H. Kleiboeker Unit # 419 in Freistatt, Missouri. She is member currently of the Ozark Unit #65 in Pierce City, Missouri.

Shanna is an active member of the American Legion Auxiliary on the Unit level. She has served as Sgt-at-Arms, Chaplain, Secretary, and is currently serving as Treasurer. She has also served on several committees including Poppy Poster and is currently the Girls State chairman.

On the District Level, Shanna has served as Chaplain, Treasurer, 1st Vice-President, and President and is currently serving as Sgt-at-Arms. She has also served on several committees including Membership, Poppy Poster, Past Presidents Parley, and has been a Color Bearer attending many ALA Department conventions and Conferences. She is currently serving as the Girls State Chairman for the last 8 years

On the Department level, Shanna is currently serving as Department Chaplain, Poppy Chairman and a member of the Girls State Committee for 8 years. She has served as chairman of Americanism Essay, Education, Poppy Poster, Rules and Resolutions, and Community Service, and has been a Department Color Bearer. She has also served on the ALA Girls State Staff for 9

Shanna has been a 4^{th} grade teacher at Trinity Lutheran School in Freistatt, Missouri for 15

In view of her dedication and service to the American Legion Family, it is with great pride that the members of District 15 endorse Shanna Jelinek as a candidate for the office of American Legion Auxiliary Department Historian for the year 2020-2021.

Linda Jelinek, President

Veterans Affairs and Rehabilitation Committee Newsletter February

The 2019-2020 Veterans Affairs and Rehabilitation Committee would like to take this opportunity to personally thank each of you for your Service to Veterans. This dedication is never more evident than the many selfless volunteers who spent hours, dollars and drove miles to assist with the annual Christmas Gift Shops held in Missouri Veterans Homes and Hospitals, along with the Leavenworth, Kansas, Veterans Administration's Medical Center and the Fayetteville, Arkansas, Veterans Administration's Medical Center. The mid-year reports were awesome, reflecting how Service to Veterans continues outside the Veterans Homes and Hospitals. The reports included many tried and true activities, as well as new and innovative ways to show appreciation and aid to our veterans. A copy of the 2019-2020 Department of Missouri's Veterans Affairs and Rehabilitation Committee's mid-year report was submitted to the Legionnaire. Please take the time to review this report for an overview of some of the fantastic work being done by Auxiliary members throughout Missouri.

Veterans Affairs and Rehabilitation Committee member Evelyn Cox announces the Creative Arts schedule for the St. Louis area. February 13 is the date for Creative Arts events at Jefferson Barracks from 5:30-7:30 p.m. in the Jefferson Barracks Theater, building 61 and then on February 28 doors will open at 11:30 a.m. at the Jefferson Barracks Gym, building 63. Volunteers are always needed and welcome. For more information call Karen Wait at (314) 652-4100, ext. 64535. If you are looking for something to do and can give of your time this is an event worth attending.

Service to veterans can occur in many ways, not just at Christmas with annual Gift Shops and February with the Creative Arts Festival. Look around your communities for the opportunities to serve our veterans, our active military and their families.

Your VA&Ř Committee is excited to work to expand awareness of the opportunities for Auxiliary members to actively contribute to and participate in the Veterans Affairs and Rehabilitation Program.

Celebrating a Century of Service Department of Missouri - American Legion Auxiliary Veterans Affairs and Rehabilitation Committee 2019-2020 Cathie Goth – Louise Welch – Evelyn Cox – Patty Kellett

JUST FOR TODAY

JUST FOR TODAY I will try to live through this day only, and not tackle my whole life problems at once. I can do something for twelve hours that would appeal to me if I felt I had to keep it up for a lifetime.

JUST FOR TODAY I will be happy. This assumes to be true what Abraham Lincoln said, "Most folks are as happy as they make up their minds to be."

JUST FOR TODAY I will adjust everything to my own desires. I will take my "luck" as it comes and fit myself to it.

JUST FOR TODAY I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

JUST FOR TODAY I will remember that there is no limit to what you can accomplish if you don't care who gets the credit.

JUST FOR TODAY I will exercise my soul in three ways. I will do somebody a good deed and not be found out; if anybody knows it, it will not count. I will do at least two things I don't want to do — just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

JUST FOR TODAY I will be agreeable. I will look as good as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody but myself.

JUST FOR TODAY I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

JUST FOR TODAY I will have a quiet half-hour all by myself and relax. During this half-hour I will try to get a better perspective of

JUST FOR TODAY I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that, as I give to the world, so the world will give me. (Author Unknown)

Facts About The Letter



L is the 11th most frequently used letter in the alphabet in printed material. Ancient Egyptians used a written symbol similar to a shepherd's staff which was later turned upside-down by the Phoenician's similar to our present day lowercase.

L represents the Roman numeral 50 and can stand for "left" in abbreviations. In the world of money, an upper case ${\bf L}$ written with a crossbar stands for the "pound" in English money. The letter **L** is denoted in Morse code as dot-dash-dot-dot.

The inscription on the Liberty Bell 'Proclaim Liberty throughout all the land unto all the inhabitants thereof," was taken from the Bible's book of Leviticus. This relic weighs more than 2,080 pounds and was originally cast in England, was recast in Philadelphia after the first bell broke soon after its arrival in America. The current bell was rung every year on July 8, 1776, until 1835 when it cracked while being rung during the funeral of U.S. Chief Justice John Marshall. Until 1839 the bell was known as the Old State House Bell.

There are about 150 different species of ladybugs in the United States. Delaware has declared this little insect its official state bug.

New York City's La Guardia Airport opened in 1939 and was named for Fiorello La Guardia, New York's mayor from 1934 to

Lipton introduced its famous onion soup mix in 1952, the same year that Kellogg's launched Frosted Flakes. The **L**es Paul guitar also made its debut in 1952, introduced by Gibson.

Linguists tell us that there are 3,000 languages spoken in the world today. This number does not include dialects.

More lead is mined in Australia than anywhere else in the world. Missouri was the leader of lead mining in America.

The name **L**as Vegas translates from Spanish meaning "the meadows.

Lilacs are members of the olive family.

The word "luxury" derives its meaning from the Latin word luxus which translates "abundance.

Lanolin, the wonderful emollient that keeps your hands soft, actually comes from the greasy coating on sheep's wool.

1929 was the year the word "lifestyle" officially entered the English language when it appeared in the dictionary. It was defined as "a set of attitudes, habits, or possessions associated with a particular person or group."

Yesterday—Today—Tomorrow

There are two days in every week when we should not worry, two days that should be kept free from fear and apprehension.

One of these is YESTERDAY with its mistakes and cares, its faults and blunders, its aches and pains. YESTERDAY has passed forever beyond our control. All the money in the world cannot bring back YESTERDAY. undo a single act we performed; we cannot erase a single word we said. YESTERDAY is gone.

The other day we should not worry about is TOMORROW with its possible adversities, its burdens, its large promise and poor performance. TOMORROW is also beyond our immediate control. TOMORROW'S sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in TOMORROW, for it is as yet

This leaves only one day...TODAY. Any person can fight the battles of just one day. It is only when you and I add the burdens of these two awful eternities...YESTERDAY and TOMORROW that we break.

It is not the experience of TODAY that drives people so angry. It is the remorse of bitterness for something that happened YESTERDAY and the dread of what TOMORROW may



AROUND THE STAT



Unit 5, District 8 entered the annual Navy Club Cook-Off benefiting Camp Quality. We won first place for our 100th Anniversary theme decorations.

Volunteers for the project were Unit President Dorothy Goodin, Jefferson City Mayor Carrie Terigin, Rosie Brizendine, Claudia Goodin and Missy Wilson. Mike Heisler and Chris DeBroeck, members of SAL Squadron 5, also helped.

Leaders Create A Good Image

An image is a mental picture that is formed about someone which may be based on memory of an experience. It may be constructed from impressions that hold little resemblance to the actual person. We must learn to like ourselves better and be more accepting in order to improve our image

First Impressions:

You never get a second chance to make a first impression! The first impression people form of you is the one that will stay in their minds. Research indicates that we start to make up our minds about other people within seven seconds of meeting them. Make sure you are projecting the image you want people

Meeting People: Don't wait too long before greeting and introducing yourself. If you don't understand their name, ask the person to repeat it. Look directly at the person while the name is being spoken. Try to put the name and face together. Associate the name with same name of a familiar person. Repeat the name after hearing it.

Personal Appearance: You do not need perfect features or a perfect body to make yourself attractive. Making correct choices of clothing, along with your attitude and actions, help make the most of natural looks. Looking good makes us feel good and gives us confidence. Image includes things that detract as well as enhance such as messy hair, dirty fingernails, clothing that doesn't fit, heavy make up, or scuffed shoes.

Body Language: Sit up straight with body resting lightly against the chair. Keep both feet flat on the floor or cross your feet at the ankles. Rest your hands in your lap or on the chair arm. Look relaxed and in command. Your body language should show interest, confidence, enthusiasm, and respect. Posture, gestures, facial expressions, eye contact, and how you walk are a reflection of a person's feelings.

Telephone Etiquette: Your first impression may be over the telephone. An image is formed from the tone of your voice, the words spoken and the attitude conveyed. They will judge your friendliness, helpfulness and effectiveness by your telephone attitude.

Letter Writing: When writing letters use the correct format and proper grammar. If you use your best qualities, others will want to be with you and anxious to cooperate. Think about your talents you have to share. Your good qualities such as physical appearance, energy, pitch and voice tone, gestures, eye expression and ability to hold the interest of others are an advantage for you. Be yourself and consistently be at your best! The effective people never change character from one situation to another. They communicate with their whole being. You have the magic to make a good impression WITHIN yourself, because no one can be you as WELL as you can.

(Taken from the 1996-1997 National Leadership Committee)

People come into your life for a reason, a season or a lifetime. When you figure out which it is, you know exactly what to do.

When someone is in your life for a REASON, it is usually to meet a need you have expressed outwardly or inwardly. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend, and they are. They are there for the reason you need them to be. Then, without any wrong-doing on your part or an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up or out and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled; their work is done. The prayer you sent up had been answered and it is now time to move on.

When people come into your life for a SEASON, it is because your turn has come to share, grow or learn. They may bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it! It is real! But...only for a season.

LIFETIME relationships teach you lifetime lessons; those things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person/people; and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant.

Thank you for being a part of my life. May God hold you in the palm of His hands and Angels watch over you.

(Author Unknown)

Sobering Thought Sometimes when you're feeling

important.

Sometimes when your ego is in bloom. Sometimes when you take it for granted You are the best qualified in the room; Sometimes when you feel that you're

Would leave an unfillable hole, Just follow this simple instruction And see how it humbles your soul.

Take a bucket and fill it with water, Put your hand in it, up to the wrist, Pull it out and the hole that's remaining Is a measure of how you will be missed. You may splash all you please when you

You can stir the water galore, But stop, and you will find in a minute That it looks quite the same as before. The moral of this quaint example Is to do just the best that you can, Be proud of yourself, but remember, There is no indispensable man.

(Author Unknown)



Our 16th President

Here are a few unusual facts about Abraham Lincoln.

- Abraham Lincoln delivered his famous Gettysburg Address, "Four score and seven years ago...", at the dedication of a Civil War battlefield cemetery in November of 1863 to a crowd of
- The first federal income tax and the nation's first free mail delivery both began during the administration of Abraham Lincoln. The income tax was instituted to help pay the costs of the Civil War.
- Abe Lincoln's ancestors came to America from England in 1637.
- In addition to his well-known nickname of "Honest Abe," Lincoln was also referred to as "The Great Emancipator, "The Railsplitter," and "Father Abraham," as well as "The Illinois Baboon," a name given to him by his enemies.
- P.J. Towle was a Minnesota grocer who concocted and marketed maple syrup that was packaged in a little metal tin, shaped like a log home. The syrup sold under the name of "Log Cabin," was named in honor of Abe Lincoln, who was Towle's lifelong hero.
- "He who would be no slave must consent to have no slave. Those who deny freedom to others deserve it not for themselves." — A. Lincoln

(Author Unknown)

What is Peace?

Peace does not mean glorious sunshine and cheer From the moment a day may

Peace is the power that comes to

When the light of God shines

Peace is the joy that God ever giveth

And the quietness that He

imparts; Peace is the strength and the

courage He gives To vision and bodies and

hearts! Peace is hushed prayer and

receiving the answei In submission and quietness,

Peace is new hope for tomorrow And the promise of new joy for you!

(Unknown)

Due Date for May-June Legionette

The material for the May/June ssue of THE MISSOURI LEGIO-NETTE will be due no later than May 20. PLEASE be on time. This issue will include the Department Convention program.

District Presidents, have you sent your report during the year? Chairman, if you still have more information about your program, please share it with the members by submitting an article. It is never too late to learn.

Please type double-spaced.

THANK YOU! Virginia Schnurbusch, Editor

Deceased Members **JANURAY 20 - MARCH 18, 2020**

District	Unit	Name	Location	
1	55	Betty J. Moyers	Hannibal	MO
2	7	Wanda Spurlock	Union City	TN
2	25	Helen G. Johnson	Chillicothe	MO
2	251	Mary J. McCormack	Unionville	MO
2	251	Judy K. Lane	Unionville	MO
2	251	Sheryl Martin	Unionville	MO
4	464	Colleen Stoll	Maryville	MO
4	464	Wilma Dreher	Maryville	MO
5	21	Farron Godfrey	Kansas City	MO
5	21	Peggy L. Neger	Lees Summit	MO
5	21	Dorothea C. Young	Liberty	MO
5	21	Maybelle Mooney	Raymore	MO
5	21	Barbara L. McKiddy	Kansas City	MO
7	223	Winnie C. Knehans	Higginsville	MO
7	279	Janet L. Holland	Sweet Springs	MO
8	52	Reva M. Mitchell	New Franklin	MO
8	105	Helen Colvin	Iberia	MO
8	544	Patricia Roush	Wardsville	MO
9	312	Betty J. Suellentrop	Saint Charles	MO
9	313	Mary E. Czerniewski	O'Fallon	MO
9	313	Mary F. Mainieri	Saint Peters	MO
9	366	Diane L. Baker	Rosebud	MO
10	161	Bonnie Ventucci	O'Fallon	MO
10	208	Beverly A. Adreon	Ballwin	MO
10	208	Eleanor Epperson	Valley Park	MO
10	208	Pat Sexauer	Ballwin	MO
10	444	Kathleen A. Braun	Saint Charles	MO
13	133	Adele Wengert	Saint Mary	MO
13	133	Evelyn Ellis	Perryville	MO
13	253	Joyce Huskey	Crystal City	MO
13	253	Jacqueline L. Ponder	Pflugerville	TX
13	253	Janet L. Manning	Hillsboro	MO
13	253	Velda Reddick	Crystal City	MO
14	63	Shirley R. Whittard	Cape Girardeau	MO
14	63	Letitia K. Blumenberg	Jackson	MO
14	88	Janice Boyd	Caruthersville	MO
14	153	Carol Porter	Poplar Bluff	MO
14	595	Courtney A. Bailey	New Madrid	MO
15	120	Lois Hunter	Longview	TX

Sincere Apology

The following names were incorrectly submitted as deceased. They are active members. They are Phyllis Bolt, Unit 282, District 1; Mary E. Miller, Unit 211, District 7; and Haley M. Monnig, Unit 211, District We regret the error.

Calendar of Activities

June 21-27

District 8

Missouri Girls State, **UCM** Warrensburg

July 9-12 Department Convention,

Hilton St. Louis Airport (1-314-426-5500)

August 28-September 3 October 16-18

National Convention, Louisville, Ky.

Fall Conference, Jefferson City, Mo.

District Meetings

District 2 June 7; Laclede Post #197 District 3 June 14; Bethany Post #216; 3:00 p.m.

District 4 June 6; Savannah Post #287 District 5

April 15; DAV Bldg; 14605 E. 40th St., Kansas City; 11:30 a.m.

May 20; DAV Bldg; 14605 E. 40th St.,

Kansas City; 11:30 a.m.

District 7 June 14; Sedalia Post #642; 2:00 p.m.

May 31; Sunrise Beach Post #624; 11:00 a.m.

Memorial Service

District 9 June 7; St. Charles Post #312

District 10 April 9; Post #444; 7:30 p.m. District 13 June 7; Festus Post #253; 2:00 p.m.

