

The Missouri Legionette



Official Publication for the American Legion Auxiliary of Missouri

Volume LXXIX

THE MISSOURI LEGIONETTE

JANUARY/FEBRUARY 2021

NUMBER 1

President's Message



Department President
Marsha Mooney
Unit 21, District 5

Spring is almost here! I hope everyone is well and vaccinated. I remember receiving the polio shot that used the live virus. How brave our mothers were because they believed it was for our good and forged ahead. Later the oral vaccine was made available, and the horrible number of cases became a thing of the past. Let us hope this time is just as successful, so our lives can return to being normal again. I am looking forward to the Convention this summer. It has been so long since we have been together.

Searching!!!

Last year in the May/June Legionette, we were able to collect a few pictures of Junior members who were 2020 graduates. This seems like a nice gesture since they are our future senior members.

If your unit has a 2021 graduating Junior, please send her picture with her name, name of school, and unit and district where she is a member. Please send information to the Legionette editor to be recognized in this issue. Thank you in advance.

HISTORY

Sheridan Mires, Historian

The past year has certainly been a year that will go down in our history books. To commemorate the American Legion Auxiliary 100th year the National American Legion Auxiliary printed a nice informative little book that was included in one of the greeting card packages that were mailed to members as a fund raiser. The title of this little book is Celebrating 100 Years of Making a Difference. Each page of the booklet covers a decade and includes the highlights of the American Legion Auxiliary. I hope everyone took the opportunity to read this book and think about the history of our great organization. I found the information very interesting and worthy enough to list some of the highlights as my History article. The following information was taken from the book.

In 1919, after the First World War, Congress chartered The

MEMBERSHIP



*"Keeping Our Promise,
Past*Present*Future"*

Victoria Ornelas
Department 1st Vice President
Membership Co-Chairman

HAPPY NEW YEAR and HAPPY VALENTINE'S DAY TO ALL!

I am sure everyone is glad to see 2020 gone, but we all have many things to be thankful for. This past year has brought so many challenges. With the pandemic we have seen shutdowns throughout our state and country. We have lost so many to this deadly disease.

Our involvement in our communities, children, veterans, active military, hospitals, nursing homes, and even scholarships are still very much needed and are so important.

Our work needs to be recognized. Please count everything you do. Our membership needs to grow now more than ever. Remember that membership is the responsibility of everyone. Thank you to the members who continued to pay their dues. Contact and encourage the unpaid members to pay their dues. It is important to retain all our unit members.

*Thank you everyone for all you do.
Hope to see you soon!*

American Legion and the American Legion Auxiliary was formed at the first National American Legion Convention. The American Legion Auxiliary grew rapidly and within a year our organization had been organized in 45 states.

1920s — In 1921, the American Legion Auxiliary held its first National Convention in Kansas City, Missouri. The poppy was adopted as our memorial flower. In 1924 The American Legion instituted the national Poppy Program to protect the poppy from becoming commercialized by others.

1930s — Although the Great Depression brought hardship around the country and the stock market crashed, the Auxiliary continued to grow. In 1934 junior membership was established and in 1935 a national radio broadcast, "The American Legion Auxiliary on the Air" was launched. The debut of the ALA Girls State program in 1937 made a significant investment in the future.

1940s — This decade saw another war even more widespread and deadly that World War I, claiming the lives of more than 400,000 Americans. We established a program for the rehabilitation of disabled veterans in 1944. In

1947, the ALA Girls State program was expanded with the hosting of the first ALA Girls National in Washington, D.C.

1950s — The American economy boomed once again as the "Greatest Generation" started families and new lives. The American dream was alive and well. This decade saw tens of thousands killed fighting against the spread of Communism in the Korean War. The need for rehabilitation and extended care are increased as many who would have died survived due to the advances in medical care and technology.

1960s — One of the most eventful and turbulent decades saw great advances in technology and great loss with the assassinations of leaders like President John F. Kennedy, Senator Robert Kennedy and Dr. Martin Luther King Jr. The Vietnam War was very controversial and the nation experienced protests against the war and draft along with protests for racial equality and justice. The ALA established the Auxiliary Emergency Fund in 1969 and over \$6 million in emergency assistance has been provided to over 6,500 Auxiliary members.

1970s — In 1970, membership eligibility was authorized to allow granddaughters to be eligible for membership in the American Legion Auxiliary. In 1972, to help preserve the rich history of the organization, the Cavalcade of Memories was opened. This museum is dedicated to preserving, displaying and sharing our history, traditions and milestones through photographs, documents, personal mementos, and other artifacts. During this decade the political and economic liberties of women were front and center in America when the Equal Rights Amendment was passed by Congress but failed to be ratified by the states.

1980s — After facing trying times in the 70s, the 80s brought a wave of energy and an abundance of patriotism. The U.S. hockey team at the 1980 Winter Olympics brought home the gold medal for the first time in 20 years; the economy rebounded; and the American military power was rebuilt following the long drawdown after Vietnam. The 80s brought us the first female Supreme Court Justice and the first U.S. female in space. The American Auxiliary stepped up its presence in Washington, D.C., working with The American Legion to encourage Congress to improve veterans' rights and health care.

1990s — This decade was all about innovation and expansion. The World Wide Web and pocket-sized mobile phones paved the information super highway. New conflicts emerged in Africa, the Balkans, and the Middle East. America's sense of security was shattered with the bombings at the World Trade Center in New York, the Alfred P. Murrah Federal Building in Oklahoma City, and 1996 Summer Olympic Games in Atlanta. Auxiliary members were challenged to strengthen the values upon which our nation was founded and emphasized the importance of youth-related programs and expanding existing Auxiliary Junior programs. The American Legion Auxiliary celebrated its 75th anniversary of serving our veterans, military and their families. Membership was expanded to include veterans of the conflicts in Grenada, Lebanon, Panama and the Persian Gulf.

2000s — None of us will ever forget September 11, 2001, and the deadliest attacks against the U.S. The American Legion and the



Department Raffle Fundraiser

This beautiful red, white and blue quilt is being raffled at the Department office. It is Department President Marsha's special project for this year. Holding the quilt are Unit 5 President Dorothy Goodin, District 8 President Lindy Picray, and Department President Marsha Mooney. Chances are \$5 each or six for \$20. Send your check to the office designated for the raffle.

American Legion Auxiliary leaders were meeting with congressional representative in the U.S. Capitol on that day that terrorism shattered our feeling of security. These events also brought out the best in Americans, inspiring a drive for patriotism and service. The long war against terrorism began and American troops were sent to Afghanistan and Iraq. As the pressure on our military and their families increased, the American Legion Auxiliary stepped forward to help meet the need. A scholarship endowment for children of military personnel was established. The Auxiliary became involved with the National Veterans Creative Arts Festival. In 2007 the American Legion Auxiliary Foundation was formed to help ensure our financial future and support our mission of service.

2010s — The American Legion Auxiliary commissioned a National Organizational Effectiveness Assessment to evaluate our strengths and weaknesses and launched a five-year Centennial Strategic Plan. This plan was designed to build membership and ensure our ability to serve future generations. The American Legion Auxiliary Foundation began to award departments and units with grants for mission-related projects. Thanks to the funding from Auxiliary members and supporters, nearly \$750,000 in grants to support our veterans, military and their families has been awarded. The war in Afghanistan has become the longest in our nation's history. Multiple deployments and extended service tours have become routine. Veterans coming home were faced with a new journey of transitioning to a new normal. Helping them get there is at the core of the purpose and service of the American Legion Auxiliary.

THE FUTURE — As proud as we are of all that has been accomplished in the past 100 years, we recognize our work is not finished. Service Not Self is not just our slogan, it is our story. It is what we have been doing since 1919, and it is what we will be doing far into the future. It is what we owe to those who have sacrificed and given so much for us.

We have accomplished a great deal but there is still much for us to do. An earnest call from our first

national president, Edith Hobart, says it all, "The hope I have is that the past is just a steppingstone over which a great edifice may be built. I leave with you my earnest prayer to carry on."

The next 100 years will give the members of our organization many opportunities to carry on our mission of supporting our military, veterans and their families.



Secretary's Corner

Nancy Reeves,
Department Secretary

Hello and greetings from the Department office! Debbie and I hope everyone is staying healthy. It is just February, but I can smell spring flowers.

Girl State applications are starting to arrive. A special reminder this year regarding Girls State. We have two deadlines, and there will be **NO** exceptions. The first one is **February 13** for senior delegates. Senior delegates are last year's juniors. The second date is **March 13** for junior applications. **NO APPLICATIONS WILL BE ACCEPTED AFTER THESE DATES.** If postdated on the due date, we will accept if there are still openings. All applications must include completed paperwork and funding before we can accept. Please remember to sign the forms.

2022 Dues Verification forms, Unit & District officer lists are being mailed the second week in February. 2022 Dues Verification forms are due to the office by April 30, 2021. If you do not have your forms at your March meeting, please contact the Department office for your forms. The forms are also on the Department website. National will lock the dues amount on June 1. A \$30 charge will be issued for any dues received after June 1.

We are still receiving membership. You must pay the current year (2021) dues before you can pay back dues. Second renewal notices were sent February 1. If you were not paid in the system by January 3, you will receive a renewal notice.

Check out Nationals' new website at www.alaforveterans.org.

Please contact the Department office with any questions or concerns.

MOVED?

New address _____

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

How can I support the Auxiliary on Social Media?

Follow!
Follow us on social media so you do not miss out on our posts.
Facebook: American Legion Auxiliary Department of Missouri
Instagram: dptmoala
YouTube: Missouri ALA

Like!
Like our posts so that we can reach a greater audience



Comment!
Comment on our posts and interact with others. The more comments we have the more people we can reach



Share

Share!
Share our posts so that it will show up on your timeline and your friends will be able to see them too



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

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Mail all material for publication to the editor by the 20th of July, September, November, 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.

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Chaplain's Corner



Shanna Jelinek,
Department
Chaplain

The beginning of a new year provides you with a unique opportunity to think about your past and your future. As you reflect, what brought you joy this year? What do you regret? What would you like to do differently in the new year that is upon you? As you think about these things, make a commitment to do more of the things that bring you joy, whether it is serving others by making lap quilts for veterans homes, talking with people at bingo nights, or sharing your culinary talents at your unit's monthly dinners. Strive to change the things you want to change whether it be getting in touch with an old friend or family member you haven't seen in a while or maybe taking on a new leadership role in your unit or community. I pray that this new year is one that brings you blessings not only today, but every day.

At the beginning of this new year we also see changes in our national government. I pray that God will bless our nation's leaders with wisdom and knowledge to do what is right for our country and that they perform their duties fairly and faithfully.

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." Isaiah 40:31

Lord, as we begin a new year, let us resolve to keep a promise, seek out a forgotten friend, listen, laugh, brighten the heart of a child, encourage the young, appreciate our elders, express gratitude, take pleasure in the beauty and wonder of life, and speak Your love to others. Guide us in the New Year to grow closer together in our families, in our Units, in our world. Let us always strive to bring peace to the world. Let us live each day to the fullest. For all the blessings of the year, we give You thanks, O Lord. Amen.

Source: Manual of Ceremonies of American Legion Auxiliary

Thoughts in Solitude

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. I believe that the desire to please you does in fact please you. I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore, will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

(Thomas Merton)

Public Relations

Samantha Reeves, Social Media Coordinator
Lindy Picray, Public Relations Chair

What a year it has been! The challenges of 2020 have been never-ending. Some units have found themselves at some sort of standstill, while others keep pushing in ways they never imagined.

COVID-19 has made it a challenge for units to meet, host events, and volunteer in the community. Some units reported difficulties getting their events into the local newspaper due to the virus and politics. Some other units reported an increased coverage due to the newspaper wanting more positive news to report.

Unit 5 was a unit that expressed increased coverage. Jody DelGado of Unit 5 was selected as part of the newspaper's inaugural Good Samaritan award. On a monthly basis she sends care packages to active duty soldiers. Unit 5 members were also featured on the front page at various other events throughout the year. One reason for the increased coverage is collaboration with Post 5's new auxiliary publicity chairman. Paula Harmon wrote, "Unit 5 is showing the community how to stay relevant through this downtime."

Before the pandemic units were finding ways to celebrate the American Legion Auxiliary's 100th birthday. Unit 360, District 1 celebrated its 100th birthday by distributing cake at its Fall Fish Fry. This same unit had a member who turned 97 years old and had been an ALA member for 49 years. What a legacy! Units also reported that they were wearing ALA apparel to many events before the pandemic started.

As a Department, Missouri has seen some increased action on the social media side. In October the Executive Committee met via Zoom. They officially voted to establish a social media co-chairman under the Public Relations program. Samantha Reeves, former Junior president, was appointed as the new chairman. She has been using her skills to help create an online presence in Missouri.

She graciously contributed to this report and explained what she is doing.

This year I have worked to develop social media platforms that showcase the Auxiliary's values and can reach a broader audience. I have focused mainly on Facebook since it is where we have the largest following of 911 followers. In December we reached 931 people and had 214 post engagements. In December 47 people viewed the Facebook page and six new people liked it. We are growing our online presence. We need the support of our members to continue. It is crucial that members who follow our page like, comment and share posts so that we can reach more people. In addition to Facebook, I have been working on a YouTube channel for Department. This is where I post all our videos such as the Office Renovation video, The Past Department Presidents Parley video, and the Veterans Day video. For the Veterans Day video, I sent an email and posted to the Facebook page requesting members to send photos of their veterans. I received only eight photos for this video. When trying to grow an online presence, it would be helpful if more members would send materials when requested. If you do not already follow us on social media, you may find our handles here.

Facebook: The American Legion Auxiliary, Department of Missouri
Instagram: deptmoala
YouTube: Missouri ALA

We hope the new year will get better. Our wish is that we will soon be able to gather with our friends and serve the community with little worry of the virus. Missouri is doing what we can under the circumstances.

Which Are You?

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seems as soon as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil without saying a word.

In about 20 minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see." "Carrots, eggs and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity, boiling water. Each reacted differently. The carrot went

in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, egg or coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity?

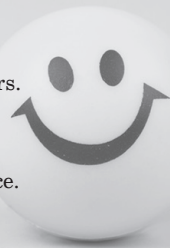
Are you a carrot, an egg or a coffee bean? (Unknown)

The Magic Dozen For Success and Happiness

1. Develop a positive mental attitude.
2. Set long- and short-term goals and work toward them.
3. Develop self-Discipline.
4. Accept responsibility.
5. Use creativity.
6. Believe in yourself, a Higher Power, and others.
7. Take the initiative.
8. Maintain good physical and mental health.
9. Develop a pleasing personality and appearance.
10. Budget your time and money.
11. Give 110 percent.
12. Learn from your mistakes and defeats.

You Can Make a Difference in your ALA WORLD!

(Unknown)



CONSTITUTION & BYLAWS NOTES

The word "CONSTITUTION" has 12 letters; however, its meaning is much more impressive. Your Unit Constitution is a document that gives your organization its structure. It is your purpose for being, the very foundation on which you will make decisions throughout the year. This document will provide building blocks for a successful and productive Unit.

BYLAWS govern us as an individual Unit. It answers all your questions regarding your officers, such as when elections are to be held and the officers' duties and obligations. It explains the duties of the Executive Committee, standing committees, amount of dues for the coming year, etc.

Without a well-constructed Constitution & Bylaws your foundation may become a house of cards and collapse because of neglect.

How long has it been since your Unit has updated your Constitution & Bylaws? Even if there are no changes to your Unit Constitution & Bylaws, the Department must have an updated copy.

(Taken from National Constitution & Bylaws newsletter November 2001.)



George Washington's Rules for Growing Up

1. Associate yourself with men/women of good quality if you esteem your own reputation.
2. Speak not of evil of the absent for it is unjust.
3. Show not yourself glad at the misfortune of another though he was your enemy.
4. Be not hasty to believe flying reports to the disparagement of any.
5. Let your recreation be manful not sinful.
6. Be not angry at the table whatever happens and if you have reason to be so, show it not. Put on a cheerful countenance, especially if there should be strangers present, for good humor makes one dish of meat a feast.
7. Play not the peacock, looking everywhere about you, to see if you be well decked, if your shoes fit well, if your stockings fit neatly and clothes handsomely.
8. Mock nor jest at anything of importance. Break no jest that is sharp, biting and if you deliver anything witty and pleasant abstain from laughing at yourself.
9. When you speak of God or His attributes, let it be serious and with reverence.
10. Labor to keep alive...that spark of celestial fire called CONSCIENCE.



Stress, A Common Feeling

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, "half empty or half full?"... She fooled them all ... "How heavy is this glass of water?", she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I held it, the heavier it becomes." She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

As with the glass of water, you have to put it down for awhile and rest before holding it again. When we are refreshed, we can carry on with the burden. Then we can hold stress longer and better each time we practice. So as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night...pick them up tomorrow.

Whatever burdens you are carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now "supposed" stress that you've conquered!"

1. Accept the fact that some days you're the pigeon, and some days you're the statue!
2. Always keep your words soft and sweet, just in case you have to eat them.
3. Always read stuff that will make you look good if you die in the middle of it.
4. Drive carefully ... It's not only cars that can be recalled by their Maker.
5. If you can't be kind, at least have the decency to be vague.
6. If you lend someone \$20 and never see that person again, it was probably worth it.
7. It may be that your sole purpose in life is simply to serve as a warning to others.
8. Never buy a car you can't push.
9. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
10. Nobody cares if you can't dance well. Just get up and dance.
11. Since it's the early worm that gets eaten by the bird, sleep late.
12. The second mouse gets the cheese.
13. When everything's coming your way, you're in the wrong lane.
14. Birthdays are good for you. The more you have, the longer you live.
15. Some mistakes are too much fun to make only once.
16. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all live in the same box.
17. A truly happy person is one who can enjoy the scenery on a detour.
18. Have an awesome day and know that someone has thought about you today.
19. Save the earth ... It's the only planet with chocolate!

(Author Unknown)

FOLLOW THE LEADER

1. A good follower LISTENS...to the leader, to others in the group, attentively, with interest and with understanding.
2. A good follower HEARS. She thinks about what is being said as others speak. She asks questions to clarify what is being said. She gives feedback to let others know that she understands what they said.
3. A good follower RESPONDS...verbally and non-verbally.
4. A good follower OBSERVES...the leader and others in the group. She notes how they feel, how they interact with each other, how they respond or don't respond to the discussion.
5. A good follower QUESTIONS. She doesn't blindly follow the majority. She doesn't take an opposite stand just for the sake of promoting an argument. She upholds her own standards, values and ideals, but not in a dictatorial or dogmatic way.
6. A good follower ANTICIPATES...the needs of others in the group, the possibility of an alternative plan or procedure, ways to bring new ideas before the group, problems the leader or group may encounter and ways to help deal with them.
7. A good follower ACCEPTS...the decision of the majority, ideas and opinions from others in the group, the leader as the authority figure in charge, herself, as a human being, with ideas, beliefs, strengths and weaknesses.
8. A good follower PARTICIPATES. She doesn't leave everything up to the leader. She doesn't sit there silently during a meeting and then later criticize everything that went on. A good follower is actively involved in solving the problem or performing the task at hand.
9. A good follower COOPERATES. She is loyal to the leader and to the interests and purposes of the group. She doesn't exhibit "blind" or unquestioning loyalty, but rather a genuine concern and desire to help the group meet its goals. She accepts assignments willingly and tries to prevent roadblocks which will hinder the progress of the group.
10. A good follower CREATES. She helps the leader to create and maintain an open climate for discussion. A good follower creates a place for her own special skills and talents within the framework of the group. She suggests new and creative ways of solving the problem at hand.
11. A good follower PREPARES. She studies the goals, problems, plans and facts well ahead of time and becomes familiar with history or background which might influence the present situation or problem. She comes to the meeting ready to work.
12. A good follower EVALUATES. She makes specific suggestions for changes and improvements. She offers advice and constructive criticism when asked. She gives feedback to others in the group. She participates in any follow-up activities to help determine the success of the project. Yes, LEADERSHIP is important and it is also necessary to have FOLLOWERS.

(Author Unknown)

You can choose your role of being a LEADER or FOLLOWER while promoting the programs of the American Legion Auxiliary.

CLEANING HOUSE



Last week I threw out Worrying; it was getting old and in the way. It kept me from being me; I couldn't do things my way.

I threw out those Inhibitions; they were just crowding me out. Made room for my New Growth, got rid of my old dreams and doubts.

I threw out a book on My Past (didn't have time to read it anyway). Replaced it with New Goals, started reading it today.

I threw out childhood toys; remember how I treasured them so? Got me a New Philosophy too, threw out the one from long ago.

Bought some new books too, called I Can, I Will and I Must. Threw out I might, I think and I ought.

I ran across an Old Friend, haven't seen him in a while. I believe his name is God; Yes, I really like his style.

He helped me to do some cleaning and added some things Himself. Like Prayer, Hope and Faith. Yes, I placed them right on the shelf.

I picked up this special thing and placed it at the front door. I Found It - it is called Peace. Nothing gets me down anymore.

Yes, I've got my house looking nice. Looks good around the place. For things like Worry and Trouble there just isn't any place.

It's good to do a little house cleaning, get rid of the old things on the shelf. It sure makes things brighter; maybe you should Try it Yourself.

(Author Unknown)

Leadership Development How to Be a Good Cook

APPETIZERS: Mix understanding, desire, involvement and consideration; stir well; sprinkle with patience, tact and initiative. Spoon out liberal amounts to all!

SALAD: Toss self-confidence, motivation, integrity and objectivity. Dressing - go light on vinegar - use plenty of sugar and spice to season.

MAIN COURSE: Wrap a generous slice of hard work around dedication to the American Legion Auxiliary ideals for a piece de resistance-ala carte.

VEGETABLES: Serve four courses of P's - presence, promptness, preparation and perseverance.

DESSERT: Serve the ultimate - SUCCESS! A real treat for all ALA members.

UTENSILS NEEDED: Bushels of warm friendly smiles; set of new ideas with large open minds; pounds of kind attitudes; cups of Unit Handbook; tablespoons of Leadership goals; and dash of Roberts Rules of Order.

SERVE: Generous portions of your menu to each member. Everyone has an appetite to participate or she would not be a member. Encourage all members to join in and help season the dish by adding their own ingredients.

Spice it up with a good mixture of opinion and generous dash of friendship. **TOO MANY COOKS WILL NOT SPOIL THE PROGRAM OR ACTIVITY FOR THE ALA.**

(Unknown)

Valentine FOOD FOR THOUGHT

Cabbage always has a heart; *Green Beans* string along. You're such a cute *tomato*. Will you *peas* belong to me? You've been the *apple* of my eye; you know how much I care. So *lettuce* get together. We'd make a perfect *pear*.

Now, something's sure to *turnip* to prove you can't be *beet*. So, if you *carrot* at all for me, let our *tulips* meet. Don't *squash* my hopes and dreams now, Bee my *honey*, dear. Tears may fill *potato's* eyes, while *sweet corn* lends an ear.

I'll *cauliflower* shop and say, your dreams are *parsley* mine. I'll work and share my *celery*, so please be my Valentine.

(By Jeanne Losey)

Ideas To Think About

Living on earth is expensive, but it does include a free trip around the sun.

Birthdays are good for you; the more you have, the longer you live.

How long a minute is depends on which side of the bathroom door you're on.

Ever notice that the people who are late are often much jollier than the people who have to wait for them?

If ignorance is bliss, why aren't more people happy?

Most of us go to our grave with our music still inside us.

If Walmart is lowering prices, how come nothing is free yet?

You may be only one person in the world, but you may also be the world to one person.

Some mistakes are too much fun to only make once.

Don't cry because it's over; smile because it happened.

We could learn a lot from crayons; some are sharp, some are pretty, some are dull, some have weird names, and all different colors...but they all have to learn to live in the same box.

Everything should be made as simple as possible, but no simpler.

A truly happy person is one who can enjoy the scenery on a detour.

Happiness comes through doors you didn't even know you left open.

Have an awesome day, and know that someone has thought about you today!

(Unknown)

Without honesty - there is no truth

Without truth - there is no love

Without love - there is nothing.

(Unknown)

PARLIAMENTARY PROCEDURE TIPS

Basic Parliamentary is a very beneficial tool for a presiding officer, or a chairman and a member is knowing the principles of Parliamentary Law based on (1) Justice to all (equal rights); (2) Courtesy to all (as in life); (3) One thing at a time (keeping order); (4) Rules of the majority; (5) Rights of the minority.

SOME POINTS TO REMEMBER:

1. The president presides at all meetings unless otherwise specified in the bylaws.
2. She has the proper equipment in order before opening the meeting, which includes a well-prepared agenda, a gavel, a copy of the parliamentary authority, a timepiece and a calendar.
3. The president should have some experience supported by a sense of humor, much needed patience, and sincere gracious manner that indicates true interest in the members.
4. She should call the meeting to order on time, having determined that a quorum is present.
5. The president should refer to herself as "the chair," keeping the tone of the meeting impersonal.
6. She should remain impartial, remembering to extend the courtesies of debate to both sides.
7. She should maintain order by insisting that members address the chair and await recognition.
8. The president relinquishes the chair to the vice president to take part in debate except when a member appeals the chair's decision.
9. She should state all questions clearly before taking the vote. The maker of the motion is entitled to the floor first when debate is called for.
10. She should announce the result of the vote and what has been ordered by the assembly; then present the next business in order.
11. She should call for a standing vote if in doubt as to the voice vote.
12. The president should reserve the right to make a ruling after seeking advice from a qualified parliamentarian.
13. The president votes on all ballot votes when her vote will make a tie or break one.

THE EIGHT STEPS TO A MOTION:

1. Member rises and addresses chair
2. Member is recognized by chair
3. Member proposes motion. ("I move...")
4. Another member seconds the motion
5. Chair states the motion
6. Chair calls for discussion
7. Chair takes the vote
8. Chair announces result

THE THREE PROCESS OF AMENDING:

1. Inserting or adding
2. Striking out
3. Striking out and inserting (combination of first two processes), or substitution, which applies only to paragraphs.

"I move to amend the motion by..."

"I move to amend the amendment by..."

Minutes should contain:

1. The kind of meeting: regular, special, adjourned-special, adjourned-regular or annual.
2. Name of the assembly.
3. Date and place of meeting.
4. Name of presiding officer and secretary.
5. Action of minutes of previous meeting.
6. Name of maker of motion of each main motion (not the seconder).
7. The following motions should be recorded in the minutes:
 - a. All main motions (unless withdrawn).
 - b. Point of order and appeal, sustained or lost.
 - c. Action taken but not the debate.
 - d. Number of votes on each side if vote by ballot.
8. Signature of secretary (Mary Jones); if to be published, both president and secretary sign.

EXECUTIVE COMMITTEE:

Has the power to act between meetings, but must report at the next regular meeting. The executive minutes must be read at the regular meeting, with no action on them; however, if they have recommendations, action must be taken by the members.

The line of communication is often broken. Remember to pass on any information you have to your successor and/or share with the other members the program information.

LEADERSHIP TIPS AND IDEAS

As American Legion Auxiliary members we strive to lay the foundation of our organization by being leaders so we will ensure the future success of our organization. If we are to open the door of success and move onward into the future, we must begin now to motivate others and tap their potential. We need to broaden the appeal of our organization, provide a stronger foundation and implement efficient programs for veterans, their families and communities.

There are three kinds of people in this world:

- a. The "Doers"...the few people who make things happen.
- b. The "Onlookers"...the many who watch things happen.
- c. The "Uninterested"...the overwhelming majority who have no idea what is happening.

Life becomes more interesting when we strive to join the ranks of the "The Doers." In this chaotic world, we need DOERS to protect and preserve our freedoms; DOERS for the promotion of the principles of our organization and our SERVICE TO GOD AND COUNTRY.

BASIC LEADERSHIP QUALIFICATIONS

- a. She is a person who looks at a situation, takes hold of it and finds a solution.
- b. Someone who admits when she is wrong and takes steps to correct it.
- c. She is not afraid to become involved...listens with an open mind.
- d. She is considerate of the feelings of others.
- e. She is an easy person to work with...accurate, thorough and reliable.
- f. She is prudent and tactful, yet forceful and firm...never quits or complains.
- g. She has the initiative to start things and keep them alive.

It would be too much for human nature to be all of these things all the time; but to motivate others and remember a reasonable amount of these qualifications would certainly make a good leader.



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

AROUND THE STATE



Unit 34, District 2 decorated Christmas baskets for the veterans at the Putnam County Care Center. They also addressed and mailed Christmas cards that included a gift card. These were for our active duty men and women.

Our WWII veteran was also remembered with a Christmas card that included a gift card. A monetary donation was made to the local veterans suicide prevention group and the PTSD group. Thanks for remembering.

SMILE

- Always try to help a friend in need.
- Believe in yourself.
- Study hard.
- Give lots of hugs and kisses.
- Laugh often.
- Don't be overly concerned with your weight; it's just a number.
- Always try to see the glass half full.
- Meet new people even if they look different to you.
- Remain calm even when it seems helpless.
- Take lots of naps....
- Be weird whenever you have the chance.
- Love your friends, no matter who they are.
- Don't waste food.
- Relax!
- Take an occasional risk.
- Try to have a little fun each day. It's important.
- Share a joke with friends.
- Fall in love with someone.
- ...and say "I love you" often.
- Express yourself creatively.
- Always be up for surprises.
- Be conscious of your appearance.
- Share with friends.
- Watch your step.
- It will get better.
- There is always someone who loves you more than you know.
- Exercise to keep fit.
- Live up to your name.
- Seize the moment.
- Hold on to good friends; they are few & far between.
- Indulge in the things you truly love.
- Cherish every Sunday.
- And at the end of the day...PRAY.

(Unknown)

(Unknown)

BE CAREFUL

- Be careful of your thoughts
For your thoughts become your words.
- Be careful of your words
For your words become your actions.
- Be careful of your actions
For your actions become your habits.
- Be careful of your habits
For your habits become your character.
- Be careful of your character
For your character becomes your destiny.

(Author Unknown)

A FRIEND

- Accepts you as you are
- Believes in "you"
- Calls you just to say "Hi"
- Doesn't give up on you
- Envisions the whole of you (even the unfinished parts)
- Forgives your mistakes
- Gives unconditionally
- Helps you
- Invites you over
- Just enjoys being with you
- Keeps you close at heart
- Loves you for who you are
- Makes a difference in your life
- Never judges you
- Offers support
- Picks you up when you're down
- Quiets your fears
- Raises your spirits
- Says nice things about you
- Tells you the truth when you need to hear it
- Understands you when no one else does
- Values you
- Walks beside you
- X-plains things you don't understand
- Yells when you won't listen and Zaps you back to reality.

(Unknown)

Stress Management Tips

- Always keep your words soft and sweet, just in case you have to eat them.
- Nobody cares if you can't dance well. Just get up and dance.
- Drive carefully, it's not only cars that can be recalled by their Maker.
- When everything is coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- Some mistakes are too much fun to make only once.
- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

(Unknown)



ABC's of Parliamentary Procedure

A is for Agenda

1. Call to Order
2. Roll Call
3. Secretary reads minutes of previous meeting
4. Treasurer's report — file for audit
5. Reading of correspondence
6. Reports by special committees
7. Unfinished business
8. New Business
9. Adjourn

*** President needs a gavel, an agenda, a copy of the bylaws, watch and calendar

B is for Bylaws, the fundamental rules of the organization. These Bylaws serve as a contract between the organization and its members.

C is for Committee that is a relatively small number of members either appointed or elected to carry out a task or do more groundwork with a task.

- a. Standing committee has continuing existence and remains until successors have been chosen.
- b. Special committee goes out of existence as soon as the special task has been completed.

To make a motion say "I move that..."

Submitted by Editor

Due Date for MARCH-APRIL Legionette

The material for the March/April issue of THE MISSOURI LEGIONETTE is due by March 20. This issue will include endorsement letters for Department Officers. The program focus for March is COMMUNITY SERVICE and April is CHILDREN & YOUTH. The Editor will be anxiously waiting for articles from other Department Chairmen also. The more information you share with the members, the greater the success the program will be. Please be prompt with your reports and they can be sent early. They should be typed double-spaced for easier editing.

THANK YOU!
Virginia Schnurbusch, Editor

Recipe For A Happy New Year



Take 12 fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate. Cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed first from all the past — have them fresh and clean as when they first came from the great storehouse of Time.

Cut these months into 30 or 31 equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, prayer, meditation, rest (leaving this out is like leaving the oil out of the salad dressing — don't do it), and one well selected resolution.

Put in about one teaspoonful of good spirits, a dash of fun, a pinch of jolly, a sprinkling of play, and a heaping cupful of good humor.

HAPPY NEW YEAR

(Unknown)

Deceased Members

DECEMBER – JANUARY

District	Unit	Name	Location
8	5	Juanita J. Godsy	Saint Thomas, MO
6	14	Martha Cummings	Clinton, MO
5	21	Jessie M. Kueck	Independence, MO
5	21	Betty L. Maginness	Independence, MO
5	21	Margaret L. Lupton	Independence, MO
2	25	Marilyn McIntyre	Brookfield, MO
1	29	Betty Teague	Bevier, MO
13	39	Rebecca J. Byrd	Ste. Genevieve, MO
4	49	Marilyn J. Graves	Fairfax, MO
14	63	Esther Slaughter	Cape Girardeau, MO
6	82	Helen D. Mothersbaugh	Windsor, MO
10	101	Myra Jean Landis	Kirkwood, MO
6	131	G A Walker	Raymore, MO
6	131	Karen J. Walker	Warrensburg, MO
13	133	Elaine Brewer	St. Louis, MO
13	133	Helen A. Lhote	Perryville, MO
13	133	Betty J. Steffens	Perryville, MO
13	133	Sharon K. Danz	Perryville, MO
17	138	Elba A. Blevins	Bolivar, MO
14	153	Thelma L. Eldridge	Pollard, AR
14	158	Betty Peetz	Cape Girardeau, MO
14	158	Dolores Myer	Jackson, MO
14	158	Betty Suedekum	Jackson, MO
10	161	Mary Jane Spurgeon	Madison, MO
4	199	Janett Adams	Tarkio, MO
4	199	Hazel B. Kemerling	Tarkio, MO
4	199	Donna L. Howell	Tarkio, MO
2	228	Barbara F. Hostetter	Milan, MO
13	253	Norma Adams	Festus, MO
13	253	Lorraine Govro	Festus, MO
13	283	JoAnn Cronin	Belton, MO
15	372	Naomi Eggerman	Lockwood, MO
17	413	Augustine Peters	Billings, MO
5	499	Freda R. Stanger	Independence, MO
2	551	Barbara L. Scheible	Norborne, MO
10	556	Kathleen Collins	Eureka, MO
7	623	Martha L. Randa	Cross Timbers, MO
7	623	Joyce I. Bybee-Brown	Warsaw, MO
17	639	Marilyn L. Glasspoole	Springfield, MO
17	639	Katherine Cranford	Springfield, MO
17	639	Kartha Mae Barner	Springfield, MO
0	1000	Elizabeth Hierholzer	Dexter, MO

Calendar of Activities

- June 20 – 26** Missouri Girls State, Warrensburg, MO
- July 7 – 10** Department Convention, Drury Plaza Hotel, Cape Girardeau, MO
- Oct. 15 – 17** Fall Conference, Capitol Plaza Hotel, Jefferson City, MO
- Aug. 27 – Sept. 2** National Convention, Phoenix, AZ

District Meetings

- District 3** March 14; Braymer Post #117; corner of 9th & Murray; 3:00 p.m.
- District 10** February 11; Teleconference meeting 1-425-436-6260; code 1186595
- District 13** March 7; Ste. Genevieve Post #150; 2:00 p.m.

