

The Missouri Legionette



Official Publication for the American Legion Auxiliary of Missouri

Volume LXXVI

THE MISSOURI LEGIONETTE

MARCH/APRIL 2018

NUMBER 2

President's Message



Department President
Carolyn Sanford
Unit 217, District 7

WE ARE FAMILY

As we begin reporting the wonderful ways we have served veterans, our communities and children, I am confident we continue to be family.

Remember that all members of the military are veterans! Family is particularly important when any veteran has serious health issues. As the HST Veterans Administration Medical Center (a/k/a "Truman") expands the medical and surgical services offered, it is treating veterans with different and more critical medical and surgical issues.

My project is the Fisher House at Truman, which will be on the grounds of the medical center. It is scheduled to have 18 suites (rooms) for family members. Each room accommodates two to four people and includes a private bathroom. Families have a personal "locker" for their food items in the kitchen. The facility provides a wide variety of food that residents can prepare in the community kitchen. A community dining room and inviting living room are available to all. Families are encouraged to interact and support each other. The entire facility and atmosphere allow the family to focus on their loved one, and not worry about motels, restaurants, etc. For further information go to www.fisherhouse.org

The quote "A family's love is good medicine" is why I chose the Truman Fisher House as my project. I am asking each of you and your Units to support my project by sending a donation of any size to the ALA Department of Missouri, 600 Ellis Boulevard, Jefferson City, MO 65101. Be sure to indicate your donation is for the Fisher House. All donations are tax deductible. A check will be presented for the Fisher House at convention in July.

Remember to include all members of the Post Family when planning and carrying out your community activities. Everyone can contribute something

Thank you to each member of the Legion Family for your continuing service to veterans, children and our communities. Until next time, may God bless each of you, your family and our troops wherever they may be.

FISHER HOUSE

President Carolyn's Project

Fisher House Foundation is best known for a network of comfort homes where military and veterans' families can stay at no cost while a loved one is

receiving treatment.

These homes are located at major military and VA medical centers nationwide, close to the medical center or hospital they serve. Fisher Houses have up to 21 suites, with private bedrooms and baths. Families share a common kitchen, laundry facilities, a warm dining room and an inviting living room. Fisher House Foundation ensures that there is never a lodging fee. Since inception, the program has saved military and veterans' families an estimated \$360 million in out-of-pocket costs for lodging and transportation.

Fisher House Foundation also operates the Hero Miles program, using donated frequent flyer miles to bring family members to the bedside of injured service members, as well as Hotels for Heroes program, using hotel points to allow family members to stay at hotels near medical centers without charge. The Foundation also manages a grant program that supports other military charities and scholarship funds for military children, spouses and children of fallen and disabled veterans.

Please make donations to the Fisher House Foundation through the American Legion Auxiliary Department Office. You will be promoting Department President Carolyn's project. Thank you!

"WE ARE FAMILY"

Sharon Slagle,
Membership Co-Chairman
Sheridan Mires,
Membership Co-Chairman



The American Legion birthday is celebrated on March 15th. Together The American Legion Family celebrates its many years of service to veterans and their families in our communities. The Zip-a-Dee-Doo-Dah Award was given to all Districts with no "0" Units by March 15, 2018. Congratulations to the 11 Districts who achieved this goal. Special Recognition goes to Districts 1, 2, 3, 4, 5, 9, 10, 13, 14, 15, and 16; these Districts will be placed in a drawing for a \$25.00 cash award to be held at Convention. There were five Districts that did not achieve this goal with each having only one Unit with no membership turned in. In three of those five Districts we know the "0" Unit is turning in their charter so no membership was sent in. Missouri did not receive the monetary award given by the National Membership Team to Departments with no "0" Units by March 17, 2018.

The Membership Co-chairmen would like to thank the District

Presidents for their hard work on membership. There are some "Rock Star" Presidents who have gone above and beyond to reach out and help the Units in their District. Thank you to the rest of the membership team for your support and dedication. Thank you members for paying your dues.

There are two more opportunities for Units to achieve a membership goal and be included in the cash award drawings. The Poppy Parade Award will be awarded on Memorial Day to remember and honor those who have fought and defended our country. Units reaching 102 percent of their total membership on July 31, 2017 will be placed in a drawing. ALA Sparklers is the final membership award given on July 4, 2018, Independence Day. Units reaching 105 percent of their total membership on July 31, 2018 will be placed in a drawing.

Just as there are still opportunities for Units to meet membership goals this year, you as members still have many opportunities to recruit new members, rejoin a past member, or make that personal visit or phone call to a member who has not yet paid her dues. Membership is the responsibility of every member of The American Legion Family. Let's all work together to reach our goals and make this great organization even better.

TRUMAN PILGRIMAGE WREATH ORDER - DEADLINE IS APRIL 24th

TRUMAN PILGRIMAGE LUNCHEON RESERVATIONS - DEADLINE IS APRIL 24th

May 8th, 2018

Wreath Order

In order for the Wreath Committee to have program information to the printer on time, we must have your check and information by April 24th. Wreaths are \$20.00 each.

Please **print** the following information.

Name of organization _____

Name of person laying the wreath _____

Title _____

Luncheon Reservations - \$20 per person

Name _____ Number of Reservations _____

Please make your check payable to: **American Legion Post 21, Truman Pilgrimage.**

Mail your checks to:

Gayle Metzinger

3816 S. Crane

Independence, MO 64055

gaylemetzinger@att.net

Thank you for your cooperation.

Gayle

FORTY-FIFTH ANNUAL TRUMAN PILGRIMAGE

The annual Truman Pilgrimage of the American Legion and its Auxiliary Organization under the auspices of the Tiry J. Ford Post 21 will be held May 8th, in Independence, Missouri, at the Harry S. Truman Library.

This will be the forty-fifth year Missourians and Legionnaires from surrounding states have gathered at the Truman Library to honor the memory of the first Legionnaire to become president of the United States.

The event will start Monday, May 7th, with an open house at Tiry J. Ford Post home, 16701 E. 40 Highway, Independence, Missouri, at 5:00 PM. Refreshments and entertainment will be provided by the auxiliary and post.

On the morning, of Tuesday May 8th, those participating are asked to enter by the main entrance of the Truman Library at 9:00 AM. A procession will form and proceed to the courtyard where the president is buried. At

Continued On Page 2

2018 NATIONAL CONVENTION

Minneapolis, MN

REGISTRATION & NATIONAL COMMANDER'S BANQUET

CUT-OFF DATE JULY 15, 2018

Name	Legion ID#
Post # _____ Unit # _____ Squadron # _____	
Address	
City	State Zip Code
Daytime telephone	Email
REGISTRATION	
\$25.00 per person	
No one will be allowed in the Exhibit Hall, Emblem Sales, shuttle transportation or in the general session if the registration fee is not paid.	
Auxiliary members attending as delegates or alternates must pay their registration fee through the Auxiliary.	
Guests name	

NATIONAL COMMANDER'S BANQUET

Tuesday, August 28, 2018

Entertainment:

"Three Dog Night"

\$48.00 per person (tickets limited to the first 30 no refund)

(#) Registration fee @ \$25.00 per person \$ _____

(#) National Commander's Banquet @ \$48.00 per person \$ _____

NO REFUNDS FOR BANQUET TICKETS

(#) Missouri Party.... \$50.00 (Combine Party with AZ & NM) \$ _____

Make check payable to The American Legion
Dept. of MO, P.O. Box 179, Jefferson City, MO 65102

Total \$ _____

2018 NATIONAL CONVENTION

Double Tree Suites by Hilton Downtown Minneapolis

1101 LaSalle Ave

Minneapolis, MN 55403

Housing Form Only

(Do not contact Hotel for reservation information)

ALL RESERVATIONS MUST BE RECEIVED AT LEGION HEADQUARTERS JULY 15, 2018

Name			
Address	City	State	Zip Code
Daytime telephone	Email		
Housing with	Spouse or other (Names)		
Rooms are 1 or 2 persons. Additional occupancy add \$25.00			
Circle your preference of Rooms type, however, there are no guarantees.			
I prefer a room with (1 Bed - King) (2 Beds - Doubles) \$161.03 Tax included (Identify type handicap - hearing - wheelchair - blindness)			
ARRIVAL DATE	ARRIVAL TIME	DEPARTURE DATE	
***** Housing (1 st night's deposit only please) *****			

Enclosed is my check payable to The American Legion Dept. of MO in the amount of \$161.03 tax included (Do not include registration or events, housing only please)

Send to: The American Legion, P.O. Box 179, Jefferson City, MO 65102

FOR REGISTRATION AND OTHER EVENTS USE OTHER FORM.

MOVED?

New address _____

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

Secretary's Corner

Nancy Reeves,
Department Secretary

Hello from Department! Who is ready for spring? Elizabeth and I are very busy with Girls State applications and membership is coming full force.

Unit data forms were mailed and they are due April 20th. If you miss the deadline please still send them to me. This form is very important.

As we start preparing for Department Convention I will be sending different mailings. Please make sure you have forms returned to the Department by the date indicated on the form.

We are doing something a little different this year with National Convention registration. At the June District meeting, you should elect your delegates/alternates to attend the National Convention. I will be sending the registration form in May. This is the form I normally distribute at Convention when we elect delegates. This year I will be mailing the form to you to send back with payment by June 6th. Yes, that is before elections at Convention. I must have a list of National Delegates and Alternates to the American Legion by July 15th. If you are not elected at our Department Convention, I will reimburse your payment.

Please remember that National Convention hotel registration **MUST** be made through the American Legion. There is a form to complete and must be returned to the American Legion by July 15th. If you need a form please contact the Department office.

I am looking for someone to take minutes at the Department Convention in July. If you are interested please contact me at the office.



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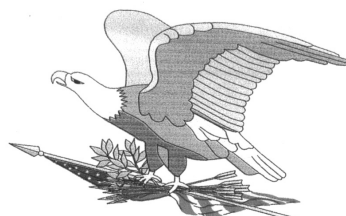
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Chaplain's Corner



Victoria Ornelas,
Department Chaplain

WOW! It's getting close to the end of the year. Time does fly! THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE EAGLES; THEY WILL RUN AND NOT GROW WEARY; THEY WILL WALK AND NOT BE FAINT.

April is a gorgeous time of year. Snow is melting, buds are opening, and the earth appears to be coming back to life after a deep slumber. Just as we appreciate the beauty of the season, God has a fine eye for loveliness too. He is the ultimate painter, creating a canvas all over the world as it awakens. He wants each of us to be embraced in the warmth of the sun as we are reminded of his warmth and love. Look up! Turn your face toward the sun. Let its warmth come over you. God is working in all things – even through the sunshine. Just as its light touches every corner of the earth, the Lord is working in every area of your life. Allow him to do his work in you today. Take time to notice the ways in which he is touching you with his warm embrace.

Easter – We Thank Thee, O God, for the day in which life and immortality were brought to light through the resurrection of our Blessed Lord from the dead. Evermore in heart and mind we shall sing praises of Joy to Him and we shall show our love for Him by our thoughts, words and deeds, our helpful service to others, and faithful performance of our obligations. We earnestly ask Thee to bless and preserve all whom we Love; comfort and aid all in trouble and distress. We offer our thanksgiving for all graces and favors we have received from you. Amen.

District 5

Bonnie Sweeney, President

Fifth District has 11 units within it. We continue to work on getting new members and are reaching out to those members who have not yet paid their 2018 dues. If you are one of the members who have not paid your 2018 dues, please take time to send it in today. Everyone's help is needed and everyone is important as we work together supporting our veterans and their families.

The majority of our Units are busy preparing for Poppy Days. If you have not ever helped out with this project, give it a try. You will have fun, meet many great people and feel good knowing you are helping a lot of veterans. Several Units have chairmen who have accepted this responsibility for many years and we thank them.

Other upcoming events include Truman Days, Girls State and of course, the Annual Convention in July, followed by the National Convention in August. Keep up the good work ladies.

Thank you to all of our units for what you do for our veterans and active military personnel. God bless America!

District 7

Deanie Koon, President

District 7 has 17 units and every one of them have been busy working the programs this year. We have five meetings a year and rotate among the posts.

Election of officers is held at the September meeting. We have helped with the High School Oratorical Contest, ordered Poppies for Memorial Day, volunteered at the Warrensburg Veterans Home and Harry S. Truman VAMC in Columbia to help with the Christmas Gift Shops, sponsored bingo parties and helped with other activities.

Units have participated in parades, built floats, sponsored Baby Shows, and Kiddie Parades. We also worked at various food functions such as ice cream socials, family funeral dinners and cookouts, etc.

During the Christmas season we helped families have a nice Christmas dinner and provided gifts for their children.

We also participated in school activities, sent several girls to Girls State, worked with the Americanism Essay Contest, Poppy Poster Contest and assisted with the County Government program.

We take part in community activities, mainly flag burning ceremonies, Memorial Day ceremonies, decorate graves on Memorial Day weekend with flags and flowers, Veterans Day ceremonies and visited the veterans in nursing homes.

All of our units have donated hundreds of dollars to veterans hospitals and nursing homes and volunteered many, many hours of service. We have also supported Department President's Project, Fisher House, while remembering their motto, "A Family's Love is Good Medicine." That is very true.

At this time units are working on their end-of-year reports. District 7 has done much more than I have written in this article. I am very impressed with all the projects these members do for the American Legion Auxiliary.

God bless "The American Legion Family" and THANK YOU for all you do for this great organization!

District 17

Jaretta Holt, President

The first District 17 quarterly meeting was held in March at Post 138. Several members attended a luncheon in Nixa with Past National President Sharon Conatser.

Units have reported they are preparing for nominations and election of officers for 2018-2019. Units 69, 138, 306, 374, 413, 434, and 639 have submitted first quarter reports of their activities.

The units are preparing for the annual Poppy program with the purchase of poppies and coordinating dates for poppy distribution.

Our district sponsored 24 delegates to Missouri Girls State for the 2018 session.

A total of 24 Poppy Posters were received for the contest in District 17. The winners will be forwarded to the Department Chairman. There were no entries for the Americanism Essay contest.

The Units reported making various donations, sponsoring fundraisers, hosting activities and networking within their communities.

District 17 has begun a 17 for 17 Scratch Ticket Raffle. It is 17 tickets plus one bonus ticket with a \$200 purchase value for District 17. This fundraiser is to raise money for the General Fund and also a membership-recruiting tool. It provides an opportunity to explain to the potential buyer about the American Legion Auxiliary, who we are what we do and why it matters...

Unit Presidents were given a deadline to submit the Impact Reports.

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)

ALA UNIT 34 POPPY PROJECT

For the second year the American Legion Auxiliary Unit 34 in Unionville will be presenting a program to the third-graders in the Putnam County R-1 Elementary School in April. The book "The Poppy Lady," a story of Moira Belle Michael written by Barbara Walsh, is read to the students. They are shown the beautiful illustrations in the book. The poem "In Flanders Field" by Canadian Lt. Col. John McCrae is recited. Each student is given a poppy to commemorate the event.

A classroom discussion follows as to what is a veteran. The children discuss their experiences with family and friends who have served our country.

We also discuss the purpose of Poppy distribution and why money is collected, and how this fund benefits veterans.

Each Veterans Day the fifth-grade teachers assist the fifth-graders in creating a flag. After it is framed and a picture of the student is inserted, this special gift is presented to a loved one during an assembly.

It is an enlightening experience for students, as well as the Auxiliary members in connecting with the children of our community. We find it a great project to promote patriotism.

(Submitted by Lola Williams, Unit 34 member)

SEVEN ACTIONS FOR LEADERSHIP

1. Make others feel important. People won't follow when the actions you take are to make yourself feel important. When you make others feel important, they will eagerly acknowledge your lead.
2. Promote your vision. You must have a clear idea of where you want to take the group; then you must promote your vision to convince them that your goal is worthwhile.
3. Treat others as you would like to be treated. This is so basic. Would you want to follow someone who treated you poorly? Wouldn't you prefer to follow leaders who have concern for you and your feelings? So do those who would follow you.
4. Take responsibility for your actions and those of your group. Admit your mistakes. If you are the leader, you are responsible for what your group does or fails to do. When things go wrong, don't forget to accept this responsibility.
5. Praise in public, criticize in private. If people have earned your praise, let everyone know about it. If you have something to criticize, do it. But, do it in private. Don't embarrass people unnecessarily.
6. Take time to see and be seen. You've got to get around to really know what's going on, to fix what's wrong and to capitalize on what's going right. This provides additional opportunities to talk with and motivate everyone in your group.
7. Use competition to make striving a game. People love to compete. Try to beat past goals, other groups or old records. You'll exceed your expectations and you or those who follow you will have fun doing it.

Only seven simple actions... can they really be so important in getting people to follow your lead? Try them. You may become a world-class leader yourself.

(Author Unknown)



Constitution & Bylaws

Co-Chaimen Lori Millam & Roberta Pointer,
Members Michelle Emmerich, Connie Pack and Cathie Goth.

The Constitution & Bylaws committee will bring the following proposed Constitutional Amendment to the floor of the Convention in July:

Article IV, Department Officers, Section 2: The Department Convention, in odd numbered years, shall elect a National Executive Committeewoman and an Alternate National Executive Committeewoman for a term of two (2) years each. If a vacancy should occur in the office of National Executive Committeewoman, the Alternate National Executive Committeewoman shall serve as National Executive Committeewoman for the remaining period of the un-expired term. If a vacancy occurs in the office of Alternate National Executive Committeewoman, the vacancy shall be filled by an appointment by the Department Executive Committee.

If the above Constitutional Amendment passes, the following Bylaws change would be vote on:

Article II, Election of Officers, Section 4:

The term of office of the National Executive Committeewoman and Alternate National Executive Committeewoman shall commence immediately following adjournment of the National Convention next ensuing and shall hold their respective office until their successor is elected or appointed. The National Executive Committeewoman and Alternate National Executive Committeewoman shall not be elected to more than two consecutive terms each.

The DEC voted to take this change of title to the membership. A motion will be made by the Constitution & Bylaws committee to change the title of the Department (Secretary-Treasurer) to (Secretary-Treasurer/Chief Operating Officer).

The title Secretary-Treasurer can be found in the Constitution in: Article IV, Department Officers, Section 3, and Article VII, Fiscal Year, Section 2. Title can be found in the Bylaws: Article III, Duties of Officers, Section 3 and Article IX, Finance, Section 5 and Section 7.

All this information will be included in your ditty bag at Convention registration in Springfield.

Vitamin F----Friends

Vitamin F--Friends help eliminate stress, eliminate depression and reduce the chances of a heart attack or stroke by 50 percent! That's better than Lipitor and a lot less expensive even the generic.

Why do I have a variety of friends who are all so different in character? How can I get along with them all? I think that each one helps to bring out a "different" part of me. With one of them I am polite. I joke with another friend. I sit down and talk about serious matters with one. With another I laugh a lot. I may have a coke with one. I listen to one friend's problems. Then I listen to another one's advice for me.

My friends are all like pieces of a jigsaw puzzle. When completed, they form a treasure box. A treasure of friends! They are my friends who understand me better than myself, who support me through good days and bad days. We all pray together and for each other. Real Age doctors tell us that friends are good for our health. Dr. Oz calls them Vitamins F for Friends and counts the benefits of friends as essential to our well-being. Research shows that people in strong social circles have less risk of depression and terminal strokes.

If you enjoy Vitamins F constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments it decreases the chance of cardiac arrest or stroke by 50 percent. I'm so happy that I have a stock of Vitamins F! In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together and pray for each other in the tough moments. Thank you for being one of my Friends!

(Unknown)

TRUMAN PILGRIMAGE Continued From Page 1

that time, a brief memorial service will be conducted and the wreaths will be placed at the gravesite.

A luncheon sponsored by Post 21 will be served at 11:30 AM, May 8th at the Tiry J. Ford Post home located at 16701 E. 40 Highway. Advance tickets for the luncheon are required. Checks for the tickets should arrive no later than April 24th. Tickets are \$20.00 each and will be held for your arrival. Checks should be made payable to: **American Legion Post 21, Truman Day Luncheon.**

Please mail your checks to: **Gayle Metzinger, 3816 S. Crane Independence, MO 64055**

PLEASE MAKE RESERVATIONS EARLY

A briefing will be held at 6:00 PM,

May 7th at Post 21 in the Auxiliary room for those persons placing the wreaths.

Hotel reservations can be made directly with the hotel. Please state you are with **TRUMAN DAYS.**

Comfort Suites, 19751 E. Valley View Pkwy, Independence, Mo. 816-373-9880 (Room rate - \$104) (Exit 17)

Holiday Inn Express, 19701 E. Valley View Pkwy, Independence, Mo. 816-795-8889 (Room rate - \$104) (Exit 17)

SPECIAL ROOM RATE GUARANTEE UNTIL APRIL 28TH

Everyone is invited to this historic event.

Gayle Metzinger
H: 816.478.1521
C: 816.260.7798

**LUNCHEON MAY 8, 2017
11:30 A.M.**

Tiry J. Ford Post Home
16701 E. 40 Highway
Independence, MO

LUNCHEON PROGRAM

Welcome Post 21 Commander Mike Feliciano
Invocation..... AL Dept. Chaplain Dr. Nicholas Gray
Pledge of Allegiance Truman Day Co-Chairman Mike Sweeney
POW/MIA Table..... Truman Day Co-Chairman Mike Sweeney
Master of Ceremonies..... Post 21 Commander Mike Feliciano

Lunch Served

Introduction of Distinguished Guests

Benediction ALA Dept. Chaplain Marsha Mooney

ENDORSEMENT DEPARTMENT PRESIDENT SHARON SLAGLE

At a regular meeting of District 4, American Legion Auxiliary Department of Missouri, held on November 4, 2017, in Savannah, Missouri, Sharon Slagle was unanimously endorsed for the office of Department President for the year 2018-2019.

Sharon Slagle gains her eligibility through her Legionnaire husband, Marlin Slagle, a veteran of the Vietnam War.

Sharon has been an active member of the American Legion Auxiliary for 14 years. On the Unit level, she has held many chairmanships and offices. She is currently serving her 10th term as Unit President and has served as Unit Vice President. Sharon has served as chairman of Americanism, American Essay, Education, Past President's Parley, Leadership, Community Service, Children & Youth and Membership. On the District level, Sharon served three years as the District 4 President. She also served as District 1st Vice President, Sgt.-At-Arms and Chaplain. Sharon has been the committee chairman of Membership, Leadership, Junior Activities, Past President's Parley, and Gold Star Members. On the Department level, Sharon has served eight years on the Department of Missouri's Veterans Affairs and Rehabilitation Audit committee, Department Chaplain, Department Historian, Department 2nd Vice President, co-chairing the Veterans Affairs and Rehabilitation Committee, and currently serves as the Department 1st Vice President, co-chairing the Membership Committee. Sharon Slagle attends the American Legion Conferences/Conventions, participating in all of the educational workshops.

Sharon is the mother of four children, 14 grandchildren and eight great-grandchildren. All of the family members are part of the American Legion Family. The girls/women are either American Legion Auxiliary members or Junior Auxiliary members. One son is a retired career Army officer and Legionnaire, one granddaughter is a Legionnaire and continues to serve in Air National Guard. The rest of the boys are members of the S.A.L.

Sharon Slagle is an asset to her Unit, her District and the American Legion Auxiliary membership. It is with tremendous pride that the members of District 4 endorse Sharon Slagle as a candidate for the office of American Legion Auxiliary Department of Missouri President for year 2018-2019.

Sheridan Mires

Sheridan Mires
President

Catherine Auffert

Catherine Auffert
Secretary/Treasurer



MO delegation attending the Washington, DC, Conference and the walk on the hill to visit Senator Roy Blunt. Back row, L to R, Kenny Goth, NEC, Claudia Goodin, Charley Goodin, Rich Heigert, Senator Blunt, Blair Moran and Hallie Williams. Front row, L to R, Cathie Goth, NEC, Department Commander Carey Kellet and George Scarborough.



Members of the MO delegation attending the walk on the hill at the Washington, DC, Conference in February. L to R: Claudia Goodin, Charley Goodin, Representative Vicki Hartzler, Kenny Goth, Cathie Goth, NEC, Blair Moran and Dick Sanford.

ENDORSEMENT DEPARTMENT 1ST VICE PRESIDENT MARSHA MOONEY

At the March 2018 meeting of District 5, Department of Missouri, American Legion Auxiliary, Marsha Mooney was endorsed for the office of 1st Vice President for the Department of Missouri for the year 2018-2019.

Marsha has been an active member in good standing of Tiry J. Ford, Unit 21 for 14 years. She is eligible for membership in the Auxiliary through her husband, Dennis Mooney, who served in the US Army in Vietnam and her father, Donald Schiebrel, who served in the US Army during Korea.

Marsha has served her Unit as President for four years, Secretary, four years, and Historian, three years. She has been chairman of National Security, V A & R, Girls State, Past Presidents Parley, nine years on the Bingo Committee and served on many other committees.

On the District level Marsha has served as Historian, two years as Vice President and Membership Chairman, and two years as 5th District President. She participates in the Christmas Gift Shop at the VA.

At the Department level Marsha has served as Department Chaplain, Department Historian, two years on the Courtesy Rules and Resolution Committee, two years as Northwest Division Membership Chairman, Department of Missouri Membership co-chair for one year, Department Sergeant-at-Arms and Legislative Chairman.

Marsha has attended all Department Conventions and Conferences and traveled to many of the Christmas Gift Shops throughout the state. She has also attended National Conventions as a delegate and as an alternate.

Marsha is also a Charter member of Chapter 21, American Legion Riders, serving six years as Secretary and membership chair. Marsha attends veterans' funerals, Welcome Homes, Honor Flight Welcomes and many other missions representing the Auxiliary through her membership in the Legion Riders.

In view of her hard work and dedication to the Department of Missouri, American Legion Auxiliary, Tiry J. Ford, Unit 21 proudly endorses Marsha Mooney as candidate for the office of 1st Vice President for the American Legion Auxiliary Department of Missouri 2018-2019.

Bonnie Sweeney

Bonnie Sweeney
President, District 5

Doris Lisenby

Doris Lisenby
Secretary, District 5

ENDORSEMENT DEPARTMENT 2ND VICE PRESIDENT VICTORIA ORNELAS

At a regular meeting of District 1, American Legion Auxiliary Department of Missouri, held on April 8, 2018 in Queen City, Missouri, Victoria Ornelas was unanimously endorsed for the office of Department Second Vice President for 2018-2019.

Victoria 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 starting as Unit President. She is currently serving her fifth term as Unit Treasurer and Membership Chairman. On the District level she has served as District 1 President and is currently serving as the VA & R Chairman. On the Department level Victoria is currently the Department Chaplain. Ornelas has been serving as the Mexico Veterans Home American Legion Auxiliary Representative.

Victoria attends the American Legion Conferences and Conventions participating in all of the educational workshops.

She has two daughters and one granddaughter who are American Legion Auxiliary members. One son-in-law and two grandsons are also part of the Legion Family.

Victoria Ornelas is an asset to her Unit, District and the American Legion membership. It is with tremendous pride that the members of District 1 endorse Victoria Ornelas as a candidate for the office of Second Vice President of the American Legion Auxiliary, Department of Missouri, for the year 2018-2019.

Linda Maddox
District 1 President

Wanda Burnett
District 1 Secretary

Mark of Remembrance

A special event at Missouri's National Veterans Memorial was held March 25, 2018. The *Mark of Remembrance* provided citizens the opportunity to make their mark in history by signing the concrete supporting wall before it is entombed behind the granite wall. The Vietnam Wall is being constructed in Perryville. It is located at 1172 Veterans Memorial Parkway, Perryville, MO 63775. Perryville is about 90 minutes south of St. Louis.

To learn more about the Memorial visit www.AmericasWall.com. You can visit the Facebook page for upcoming events and regular updates www.facebook.com/americaswall.

101 WAYS TO COPE WITH STRESS

Get up earlier...Prepare ahead...Avoid tight clothes...Avoid chemicals aids...Schedule appointments...Write it down...Practice preventive maintenance...Make duplicate keys...Say "NO" more often...Set priorities...Avoid negative people...Make repairs...Get help with jobs you dislike...Break down large tasks...Look at problems as challenges...Look at challenges differently...Unclutter your life...Smile...Prepare for rain...Tickle a baby...Pet a dog/cat...Don't know all the answers...Look for the silver lining...Say something nice...Teach a kid to fly a kite...Walk in the rain...Schedule play time...Take a bubble bath...Be aware of your decisions...Believe in yourself...Stop talking negatively...Visualize winning...Develop a sense of humor...Stop thinking tomorrow will be better...Have goals...Dance a jig...Say hello to a stranger...Ask a friend for a hug...Look at the stars...Breathe slowly...Whistle a tune...Read a poem...Listen to a symphony...Watch a ballet...Read a story...Do something new...Buy a flower...Smell the flower...Find support...Find a "vent partner"...Do it today...Be optimistic...Put safety first...Do things in moderation...Note your appearance...Strive for excellence, not perfection...Stretch your limits...Enjoy art...Hum a jingle...Maintain your weight...Plant a tree...Feed the birds...Practice grace...Stretch...Have a plan "B"...Doodle...Learn a joke...Know your feelings...Meet your needs...Know your limits...

Say "Have a good day" in pig Latin...Throw paper airplanes...Exercise...Learn a new song...Get to work earlier...Clean a closet...Play with a child...Go on a picnic...Drive a different route to work...Leave work early...Put air freshener in your car...Watch a movie and eat popcorn...Write a far away friend...Scream at a ballgame...Eat a meal by candlelight...Recognize the importance of unconditional love...remember stress is an attitude...Keep a journal...Share a monster smile...Remember your options...Build a support network...Quit trying to fix others...Get enough sleep...Talk less and listen more...Praise others...Stop a bad habit...RELAX, take each day at a time... You have the rest of your life to live.

(Author Unknown)

President Harry S. Truman

President Harry S. Truman was the 33rd president of the United States and the first Legionnaire to hold this office. He was born May 8, 1884, in Lamar, Mo. The "S" in his name has no significance.

Poor eyesight prevented Truman from participating in sports but led him to his greatest passions, reading and music. He was proud that he had read every book in the Independence Public Library and was a fine piano player. Again, poor eyesight prevented him from attending West Point. This resulted in working a variety of jobs, including farming, oil drilling and banking. He joined the Army and served in France; he was discharged as a captain.

After leaving the military, his haberdashery failed. Next Truman started in politics. He won the race for county judge in Jackson County. Later he became a senator and held this position until President Franklin D. Roosevelt asked him to be his running mate in 1944. Less than three months serving as vice president he became the 33rd president of the United States, following the sudden death of President Roosevelt.

Truman faced some complex issues, including dropping the atomic bomb in Japan to end WWII.

Domestic issues proved to be challenging with labor unrest, GI Bill, national health care and civil rights executive orders. These were some of the issues that caused him to become unpopular during his term, but today he is ranked fifth by historians behind Lincoln, Franklin D. Roosevelt, Washington and Theodore Roosevelt. He had an instinctive feeling for what was right and what was expedient.

He was eligible to seek re-election, but declined. He retired and returned to Independence. He died December 26, 1972, at age 88.

(Facts from the Biography of Harry S. Truman on the Internet)



The sign of an intelligent person is their ability to control emotions by the application of reason.

(Marya Mannes)

I not only use all the brain I have, but all I can borrow

(Woodrow Wilson)



AROUND THE STATE



Several Unit 5 members met to assemble 20 Comfort Kits for the Red Cross. They also made 83 Valentine cards with attached treats. The kits were given to the Red Cross at Spring Conference. The unit hosted a bingo in February; then visited veterans on several floors distributing the Valentine cards. The members attending were, front row, Unit 5 President Christy Schepers, Carolyn Rost and Charlotte Dudenhoeffer. Back row, Sherry Vaughn, Cathy Wolters, Janice Sloca, Connie Pack and Rosemarie Nichols.

FLAG FOLDING

WE FOLD TO THE LEFT AS A SYMBOL OF LIFE

We fold again to the left as a symbol of our belief in eternal life.

We fold to the left in the shape of a triangle for that is where our hearts lie and it is through our hearts we pledge allegiance to the flag of the United States of America and to the Republic for which it stands; one nation under God indivisible, with liberty and justice for all.

We fold again to the left representing our weaker nature for we as Americans trust in God and it is to him we turn in times of peace as well as in times of war for his guidance.

We fold to the right as a symbol of our sword arms for it is with our swords that we protect this flag, its government and its institutions against all enemies what so ever whether they be found within or without the boundaries of our Republic.

We fold to the right as a tribute to our country. In the words of the immortal Stephen Decatur: Our Country, in her intercourse with other nations may she always be right, but our country, right or wrong.

We fold to the left as a tribute to one who entered the valley of the shadow that we might see the light of day and this fold is made to honor mother for whom this flag flies on Mother's Day.

We fold again to the left as a tribute to our womanhood because it has been through their loyalty, love and devotion that the characters of the men who have made this nation great have been molded.

We fold to the right as a tribute to father for he too gave of his sons for the defense of this republic since the day this nation was born.

We fold from the stripes towards the stars for as the stripes represent the thirteen original colonies that founded our republic now embodied in the fifty sovereign states of our nation, so the stars cover the stripes.

We fold to the left in the shape of a triangle. In the eyes of a Hebrew citizen this represents the lower portion of the seal of King David and King Solomon and glorifies in his eyes the God of Abraham, the God of Isaac and God of Jacob.

We fold again in a triangle. In the eyes of a Christian citizen, this is the emblem of eternity and glorifies in his eyes God the Father, God the Son and God the Holy Ghost.

When the flag is completely folded and tucked in, the stars cover the stripes, reminding us of our national motto, "In God We Trust", and the flag takes on the appearance of a cocked hat, reminding us of the soldiers who served under George Washington, and the sailors and marines who served under Captain Paul Jones, who followed by their comrades and shipmates in the Armed Forces of our Republic, in times of peace as well as in times of war through their loyalty, love and devotion to this flag and its institutions have preserved for us the freedom we as Americans enjoy.

(Another Version)



Centennial Cookbook Instructions

- List all ingredients in order of use in ingredient lists and directions.
- Include amounts and sizes e.g. 2 (8 oz. cans), temps and baking/cooking time.
- Keep ingredients separate and direction in one paragraph.
- Use names of ingredients in the directions e.g. "Combine flour and sugar." Do not use statements like "Combine first 3 ingredients."
- Include temperatures and cooking, chilling, baking and/or freezing times.
- Sign your name to each recipe sent.
- Any special recipe notes (anything rather than ingredients, serving size etc.) write on bottom of the recipe even if you do not know the origins. On one of my grandmother's recipes is the notation says, "Don't stub your

toe when carrying on you head." I wish I knew what she meant.

- Please mark your recipe with one of the following categories:
Appetizers & Beverages
Soups & Salads
Vegetables & Side Dishes
Main Dishes
Breads & Rolls
Desserts
Cookies & Candy
This & That

Send your recipes in any form and send as many as you can. Please include your phone number so that if there are questions I can call you to clarify.

Address: 3816 S. Crane
 Independence, MO 64055
 Email: gaylemetzinger@att.net

Thanks!
 Gayle

DUE DATE for MAY-JUNE LEGIONETTE

The material for the May/June issue of THE MISSOURI LEGIONETTE 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? Chairmen, 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

Calendar of Activities

May 8	Truman Pilgrimage; Independence, MO
June 24-30	Girls State; UCM, Warrensburg, MO
July 12-15	Department Convention; Ramada Oasis, Springfield, MO 2546 Glenstone; 888-532-4338
August 24-30	National Convention; Minneapolis, MN
October 26-28	Fall Conference; Capitol Plaza Hotel; Jefferson City, MO

District Meetings

District 2	June 2; Chillicothe Post #25; 10:00 a.m.
District 5	April 18; Hostess Unit #149; Children & Youth May 16; Hostess Unit #21; Honor Dept President/ Poppies
District 6	April 8; Stockton Post #230; 12:30 lunch; meeting follows
District 7	June 10; Sedalia Post #642; 2:00 p.m.
District 8	June 3; Sunrise Beach Post #625; 1:00 p.m.
District 9	June 3; New Haven Post #366 registration 9:00; meeting 9:30; lunch; joint session after lunch
District 13	June 3; Festus Post #253; 2:00 p.m.
District 14	May 20; Sikeston Post #114; election time.
District 15	June 10; Webb City Post #322; 2:00 p.m.

HINTS AND PROTOCOL FOR THE SPEAKER

- Rise slowly – don't jump to your feet. Acknowledge your introduction; greet your audience.
- Posture and body positions are important. Step away from support so you do not lean. Be relaxed and at ease. Stand firmly on both feet, one foot slightly behind the other is a good posture.
- Stand Tall!!! Be confident. Take a deep breath. Pause to await the complete attention of your audience.
- Look at your audience. They are friendly, interested people—not a sea of faces. Be sure you take in both sides of the room when speaking.
- Speak slowly and loud enough to be heard in the back row. When using a microphone, speak naturally and directly into it.
- Avoid mannerisms. Don't fuss with jewelry, glasses and any papers in front of you. Strive for calmness.
- Use your hands. Gestures for emphasis and description. Don't go dramatic. Be natural. If your hands seem conspicuous, hold your notes.
- Learn to pause. This gives the audience time to catch up; gives you time to quickly glance at your notes and time to control your breathing, all adding to your poise.
- If you use notes keep them brief. If you read your speech—your head should be up; read clearly and in a conversational manner.
- Watch your language. Use words understandable to all. Use good grammar; concentrate on enunciation, tone of voice and rate of speaking. Avoid a monotone.
- Be sincere. Speak from the heart as well as your mind.
- CAREFULLY PREPARE YOUR SPEECH.** Organize it, practice it, and time it. Work on a good introduction and strong closing.
- Overcome self-consciousness. Concentrate on your purpose. Keep practicing. Master your material.
- Dress carefully. Avoid short, tight skirts—noisy and inappropriate jewelry.
- Before speaking, if possible, avoid such foods as lettuce, starches, milk and alcohol. These items usually act as a stimulant. Believe in your subject. Thorough preparation is the wisest and safest stimulant.
- Upon concluding, return to your seat slowly and gracefully and enjoy the applause, which is yours.

(Author Unknown)

Deceased Members

DECEMBER 2107 – MARCH 19, 2018

District	Unit	Name	Location
1	221	Glenna L. Sims	Paris, MO
1	282	Marie Collum	Boone, IA
2	25	Peggy Chapman	Chillicothe, MO
2	34	Annabelle Smith	Blue Springs, MO
2	57	Karen M. Dubry	Brookfield, MO
2	477	Darlene Leivick	Mercer, MO
3	61	Betty Terry	Gallatin, MO
3	117	Nancy S. Wright	Braymer, MO
3	117	Thelma Davis	Braymer, MO
3	216	Romayne Cole	Trenton, MO
4	49	Helen Fentiman	Rock Port, MO
5	71	Clara Black	Kansas City, MO
5	499	Dianna L. Wrinkle	Blue Springs, MO
5	596	Anna Brown	Raytown, MO
5	596	Mary F. Gross	Raytown, MO
5	189	Billie J. Caffey	Lees Summit, MO
6	131	Louise M. Schlichter	Odessa, MO
7	78	Vickie L. Heard	Slater, MO
7	78	Katheryn A. Heard	Blue Springs, MO
7	79	Ellen E. Jackson	Marshall, MO
7	79	Marilyn Hinnah	Gilliam, MO
7	217	Ethel Cox	Warsaw, MO
7	217	Janis L. Arnett	Warsaw, MO
7	223	Virginia M. Marth	Higginsville, MO
7	223	Joyce A. Kays	Higginsville, MO
7	258	Rose Becker	Concordia, MO
7	258	Grace S. Brandt	Concordia, MO
7	258	Dorothy Heimsoth	Concordia, MO
7	286	Helen S. Murry	Lake Tapawingo, MO
7	478	Josephine G. Agee	Arnold, MO
8	5	Marilyn M. Browy	Jefferson City, MO
8	5	Pamela A. Bax	Imperial, CA
8	5	Nancy J. Fesler-Matthews	Myrtle Beach, SC
8	5	Ruth T. Baker	Jefferson City, MO
8	5	Doris R. Smith	Jefferson City, MO
8	105	Barbara Harrison	Iberia, MO
8	152	Virginia Bennett	Hartsburg, MO
8	424	Laura E. Cramer	Ashland, MO
8	544	Leona Morfeld	Freeburg, MO
9	26	Wanda Earlene Whisler	Mexico, MO
9	312	Isabel Young	Saint Peters, MO
9	312	Arline R. Seigler	Saint Charles, MO
9	312	Marcella E. Kemper	O'Fallon, MO
9	323	Jane Reininger	Fenton, MO
9	323	Dara Beaver	Ironton, MO
9	323	Hilda Peters	Saint Peters, MO
9	370	Patsy S. Radford	Louisiana, MO
10	101	Delores G. Juelick	Brentwood, MO
10	103	H. Jean Martin	Saint Louis, MO
10	208	Doreen A. Christianson	Ballwin, MO
10	335	Emma L. Kreienkamp	Saint Louis, MO
10	556	Gertrude Ploch	Washington, MO
10	2143	Evelyn M. Zorn	Saint Louis, MO
11	186	Shirley Rebesberger	Saint Louis, MO
13	133	Gertrude Leible	Perryville, MO
13	133	Hallie Pournay	Perryville, MO
13	133	Eula Renner	Perryville, MO
13	133	Bernice Schnurbusch	Perryville, MO
13	133	Dorothy Taylor	Perryville, MO
13	150	Catherine Gettinger	Acworth, GA
13	253	Dorothy J. Hilliard	Festus, MO
13	416	Dorothy H. Baker	Ironton, MO
14	63	Margaret A. Kinder	Oran, MO
14	63	Myrna R. Powers	Ellisville, MO
14	153	Jacqueline R. Kifer	Poplar Bluff, MO
14	158	Doris M. Criddle	Whitewater, MO
14	158	Goldie Darnell	Jackson, MO
15	120	Almo L. McElmurry	Monett, MO
15	120	Lavada V. Root	Central Point, OR
15	120	Joan Baker	Mount Vernon, MO
15	289	Marjorie Jones	Liberal, MO
15	322	Alla Barnes	Joplin, MO
16	99	Virginia R. Vaughan	Salem, MO
16	99	Jerry A. Schafer	Salem, MO
16	522	Barbara Hudson	Saint James, MO
16	559	Katherine B. Dewhirst	Licking, MO
17	69	Bonnie L. Fleck	Springfield, MO
17	306	Mary L. Goss	Seymour, MO
17	639	Josephine Mabrey	Paxton, IL

CORRECTION

Yvonne A. Dreimeier, Unit 39, District 13 was incorrectly listed on the deceased list. She is happy and well. Sorry for the error. Office staff.