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# LEGIONETTE – A STORY TO SHARE – 11/22

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Dear Members of the ALA Department of Nevada, Happy December! The end of the year brings with it a many holidays and traditions that encourage us all to spread peace and goodwill. In that spirit, December is Universal

Human Rights Month, encouraging all people across the planet to come together and stand up for justice, equality, and the dignity of all human beings. Remember that we were all born into the same world, we are all human, and differences of race, religion, culture, or sexuality shouldn't divide us.

"Where, after all, do universal human rights begin? In small places, close to home – so close and so small they cannot be seen on any maps of the world. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world."~~~Eleanor Roosevelt

Wishing you a safe, happy, and healthy holiday season and a wonderful new year!

And, as always, thank you all for your continued dedication

Sincerely,

*Courtenay*

Courtenay Burns, Ph.D.

President ALA Department of Nevada

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## THE DECEMBER DILEMMA

December – the most wonderful time of the year, or so the song goes. But is it really?

For many people – particularly women – it is a very stressful time. Can we get everything done in time for the Holidays? The baking, the decorating, the gift buying, the gift wrapping, the sending of holiday cards or an annual Christmas letter – and still keep up with the regular activities of daily living like working, bill-paying, and caring for family. Add in myriad Holiday parties – many with alcohol – and live this life with a background of Christmas music being played everywhere and frequent advertisements depicting picture-perfect Holiday experiences.

For other people, who may be alone for the Holiday Season, it can be incredibly lonely. Everyone else seems to have a purpose – rushing about preparing for a big day – and they may feel left out.

Is it any wonder that December is the month of the year with the highest number of suicides?

During this Holiday Season, whatever your tradition, please, practice mindfulness. Take a breath, reflect, and relax. Reach out to others, particularly those who may be spending their first Holiday Season without a loved one, just to see if they are okay. And make sure to take some time for yourself, too.

Merry Christmas, Happy Chanukah, Happy Kwanzaa, and Happy New Year.

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## CHAPLAIN'S CORNER:

Shared By: *Laurie Diefenbach* is the elected *Chaplain of the ALA Department of Nevada.*



**NEWS FROM BUDD COTE'**  
**UNIT 51, NORTH LAS**  
**VEGAS, NEVADA**

Shared By Nicky Flores-Ninmer, Unit President  
Unit 51 partnered with



Texas Roadhouse, which provided staff members of Mojave High School who are veterans with a gift box. The gift box contained a dinner for 2, steak rub, peanuts and a red, white, blue ribbon. Mojave has 9 veteran staff members and 1 active reservist.



On November 5<sup>th</sup>, Unit had their Poppy drive at the Smith's in Aliante. Auxiliary members, Phyllis Knudson, Laurie



Diefenbach, Nicky Flores-Ninmer and Post member Curtis Ninmer attended. We gave out, playing cards, coloring books and crayons.



On November 12, Unit member Nicky Flores-Ninmer took part in Mojave High School Purple Star Award ceremony. There are only 6 High Schools in Nevada that has been given this award. Nicky seats on the board

that over sees the school's Purple Star program. A Purple Star School is a public or charter school that has committed to supporting the unique



educational and social-emotional needs of military-connected children.

**NEWS FROM LAS VEGAS**  
**UNIT 8,** Shared by:

*Glynis Seeley-Morris,*  
*American Legion*  
*Auxiliary, Unit 8 President*  
In September we held a POW-MIA Ceremony to



recognize National POW-MIA Recognition Day. Unit 8 was proud to participate in the Las Vegas Veterans Day Parade. We then went to Post 8 and assisted with a BIG Open House. We had many visitors from Las Vegas and quite a few other cities. One of the Auxiliary members from Oregon that was visiting wouldn't stop volunteering.

**Upcoming items:**

- Saturday 12/3 the Unit is assisting the Post host a function for Veteran Suicide Awareness. A group called the Irreverent Warriors travel the country to bring awareness of this major issue. They pick a location, then do a "ruck" with 50 lbs of gear on. Post 8 will be their start and end stops. We will be making sure they are well fed and hydrated.
- Sunday 12/4 at 10 am is our monthly meeting. We meet the first Sunday of every month at 10 am.
- We've been collecting items listed on a "Wish List" for the Veterans at Boulder City Veterans home. We are
- working in collaboration with the Post ALR to collect items. We're having a "Wrapping Party" on 12/11 at 10
- am and then the delivery of all the wrapped presents will leave Post 8 at 12 noon.
- We have been working with Oasis Outreach in Pahrump to collect toys for those children in need of something
- new and to be happy for the Holidays.
- The Post 8 Christmas Party will be on Saturday 12/17 at 6 PM.
- We have a few of our members signed up for Mission Training in February at the Flamingo. Working on getting
- more. We're looking forward to attending that.



**NEWS FROM LD**  
**LOCKHART, UNIT 14,**

*Shared by: Rose Anna M. Cirac*

Unit #14 in Las Vegas had total of 10

members and guests participate in the Veteran's Day Parade.

Two members participated in a Putting Tournament at Angel Park Golf Club, to support the American Legion's Operation Comfort Warriors.

100% of donations are used to purchase rehabilitation and recreational items for wounded/injured military personnel.

The second Children and Youth, Good Deed/Hero Award was presented during the November Post meeting.

*"When You See a Soldier any military, Active duty or Veteran, Be sure to shake his or her hand, and let that person know you are grateful for the protection the military affords our land. But most of all, express your thanks for every soldier's personal sacrifice. To serve our country, they risked their entire lives."*



**NEWS FROM**  
**AMERICAN LEGION**  
**AUXILIARY**  
**PARADISE UNIT 149**  
**LAS VEGAS,**

**NEVADA.** *Shared by Maria Moss, Unit President*

American Legion Auxiliary Unit 149 is a small unit which has 35 active members included seniors and juniors. We are small but very active unit to support the veterans, the troops, their families, and the community. We do not have Unit's home, but we held our general month meetings at the Leatherneck Club, which is the same place where our Paradise Post 149 and SAL Paradise Post 149 held their meetings as well. The special good things we love to do in the unit working together with the Post 149 family to accomplish our mission. We attended the E-board meeting every last Wednesday of the month and participated in the

Legion Night. Working together to coordinate events volunteering at the Help for Heroes, Rock the Troops, Memorial Day/escorted American flags to the Veterans Cemetery Boulder City, participated in Armed Forces Day, Retirement Flags ceremony, Veteran visited students in the classroom, participated in the Veterans Day Parade, sponsor Bingo Game and Christmas Party at the Veterans Home Boulder City. And as Paradise Post 149 family we are a big sponsor to the Girls States, Boy States, Unit 149 Yard Sale, and Fisher House, Las Vegas, Nevada.

We also have two-unit members, Bonnie Kastner and Maria Moss who are representing the ALA Department of Nevada volunteering at the VA Northwest Clinic and also at the Fisher House. Maria Moss, VAVS Deputy 2022-2023 and ALA Department of Nevada VA&R Chairman 2022-2023. On December 3rd, 2022, we are having American Legion Paradise Post 149 Family Christmas, Hanukah, and Festivus party at the Leatherneck Club. Tickets are \$25.00, RSVP only. Social hours at 5pm and dinner at 6:00 pm. Auxiliary members plans to do the Elephant Christmas game and decorate Christmas tree and the tables with Christmas decoration.

Our members are coming from over the world, and they are proud to be a member Paradise Unit 149. We are also conduct our monthly meeting included online zoom meeting that our other members who live in other States can participate in the meeting. We are diversity unit and welcome people where they are come from, who is interest in and qualified to be a member in our unit. We are respecting each other, sharing ideals; educate ourselves to learn about the American Legion Auxiliary program.

Every year before Memorial Day we were busy planting flags at the Veterans Cemetery Boulder City. Second day along with the Legion Riders Paradise Post 149 we escorted American flags from the Hoover Dam rode to Boulder City Cemetery. At the same time, we had the opportunity to distribute Poppies as well. On Monday is the last day for us to participate in the Memorial Day ceremony at the Veterans Cemetery Boulder City. Since Covid-19 we are allowed now coming back on May 2022 to sponsor Bingo Game at the Veterans

Home Boulder City. We also had success full Mother's Day basket fundraiser in May, food drive for Fisher House and US Vet's.

The nomination officers 2022-2023 were held in May 2022. Election officers were held in June 2022. Here are the elected ALA Paradise Unit 149 officers 2022-2023.

- President - Maria Moss
- 1st Vice President – Marsha Spayd
- 2nd Vice President – Allison Urcelay
- Secretary – Penny Juoni
- Treasurer – Bonnie Kastner
- Chaplain – Amy Blackburn
- Sgt at Arms – Nancy Almadova

We had a wonderful Veterans Parade 2022 at downtown Las Vegas. There were Boys Scouts, their parents, and others participated in our flow parade. This year we had a special guest's Canadian veteran, and his wife came from Canada They are a member of the Canadian Legion who came here to Las Vegas special interest wanted to participate in the Veterans Parade with us. After the parade we went to the Applebee's served free lunch for all Veterans and their family. We had dessert ice cream at Freddie's, and dinner time at the Leatherneck Club. It was a long fun Veterans Day for all of us.

**We also have fundraiser** "Kayak Trip for Two" from Dessert Adventures. Tickets cost \$ 5.00 for 6 and its will be raffle off at the Post Christmas party. From ours to yours we wish you all and family Happy Hanukah, Merry Christmas, and Happy incoming New Year 2023, stays healthy and safe. Thank you!  
For God and Country

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**NEWS FROM LD LOCKHART UNIT 14 JUNIORS,**



*Shared by Judy Cobb.*  
Juniors would like to thank everyone who donated towards their Fall Floral Fundraiser. They all took orders; some created the arrangements; they all

delivered. It was team effort. Final numbers are

unknown because donations are still coming in.

THANK YOU AGAIN!

For God and Country



**IMPORTANCE OF BRANDING AND HOW TO USE IT PROPERLY** Shared by: Nicky Flores-Nimmer, National Western Division

Public Relations Chairman [ALAUnit51@yahoo.com](mailto:ALAUnit51@yahoo.com)

Our brand tells others who we are and why we matter. Yes, branding is our name, our emblem, and our brand marks, but it also includes how members act — good or bad. It has a lasting impact and affects how others perceive us and view the ALA. Branding is more than wearing an Auxiliary T-shirt to a unit event or community function. The ALA brand is what others think of us when they see us in our ALA attire. In short, we are the ALA brand and can help our organization build brand loyalty among current and future members by making small branding changes that add up to big differences.

You may have seen the announcement from ALA National Headquarters about a new word mark on social media or in eNews. So, here is the scoop. Just like the American Legion, the rest of the Legion Family also has new marks. These marks were created for marketing purposes.

Think social media, events, apparel, and more. It is easier for those who are not familiar with the ALA to notice and read. Do not worry, the emblem is NOT going away. It will still be available, because it is as much of a legacy as the Auxiliary itself. Eventually, the ALA Branding Guide will be updated with the new information, but you can go to [www.Legion.org/brand](http://www.Legion.org/brand) in the meantime for guidelines and suggested uses. Social media: Name your social media page so it clearly identifies your ALA entity. For example, a Facebook page named American Legion Auxiliary Unit 43 provides no clue into what state or region it is in. A better profile

name is American Legion Auxiliary Unit 43, La Grande, Oregon.

Website: Design your unit/department website to be like the ALA national website and/or use red, white, and blue colors that are consistent with the overall look of our brand versus a website with a lime green or hot pink background, for example.

Email signature: Close your email messages with a signature that has a professional, readable font and includes all the necessary contact information where prospective members and the public can reach you conveniently and quickly (i.e., name, ALA title/position — remember to include the administrative year – phone number, fax number if applicable, and unit/department website address.)

Emblem: Use the ALA emblem consistently and follow the ALA Branding Guide. The emblem must not be distorted, stretched, or manipulated in any way. The emblem is trademarked, and you must get approval to have it printed. Approval forms can be found:

<https://www.legion-aux.org/Member/emblem-request-form>

Proper name for a premier program: Use “ALA” in front of all ALA Girls State/Nation references, so it is clearly identified as an American Legion Auxiliary program. With these tips, and support from the ALA Branding Guide, your unit and department can become ambassadors to help members, prospective members, and the public move forward with a clearer picture of who we are, what we do, and why we matter. The ALA Foundation wants to help members brand their programs so that the ALA is recognizable in the community for all their good works. Whether it is storage totes to transport items to a local food pantry, a branded vehicle or trailer to deliver meals to homeless veterans, or signage and banners for your department’s ALA Girls State program, the Mission in Action Grant will help you work the mission while promoting the organization behind it all. Submit online or download the application at Mission in Action Grants – ALA Foundation



**MEMBERSHIP** Shared

By: *Glynis Seeley-Morris,*  
*American Legion Auxiliary,*  
*Dept of NV Membership Chair*

As many of you have heard, membership is the life blood of any volunteer organization. Our Auxiliary is no different. We need our members. Whether they are very active and show up for every event that is planned, or they are the elderly or stay at home Moms that just cannot get out, but they are the

ones we count on to send emails or make phone calls. Every member is important.

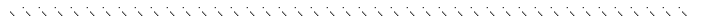
Our 2023 membership year is upon us. Renewal notices have been mailed. This time of year, is when many of our members have changes, change of address and some other contact information.

Please make sure all members information is as up to date as possible.

At the National convention in Milwaukee there was a vote that will increase the National portion of dues per capita by \$6.00 per Senior member starting with the 2024 year. The original proposal was for a six dollar increase and one dollar every other year after that to 2030. The incremental increases were taken out of the final amendment presented to the floor for the vote. There was much discussion from the floor on this one. There were multiple changes to the amendment. There was also, a large amount of “No” votes, but the majority went to the votes that passed the change to the \$6.00 increase.

Please keep in mind there are some of our members struggling. If your Unit participates in a “pay it forward” type of program please let me know so I can put that in my yearly report for Membership. Does your Unit have an “Angel” that just pays for someone else and wants to keep it anonymous? Let me know about that too.

We do a lot in Nevada. Thank you.





**NATIONAL JUNIOR MEETINGS**  
**NATIONAL JUNIOR MEETINGS 2022-2023** Shared by: Nicky Flores-Ninmer  
 Department Junior Activity Chair

[ALUnit51@yahoo.com](mailto:ALUnit51@yahoo.com)

If your Junior is 8 years old or older, we want to see them at a national Junior meeting! We are going to meet new friends, do a service project for caregivers, and have tons of fun! The meetings are on a Saturday, one in each ALA division. We cannot wait to see your Junior there!

Is the Junior meeting right for your Junior?

- Yes - if they are interested in meeting other Junior members and national leaders outside of their local area who share their passion for helping veterans!
- Yes - if they want to share great ideas with other Junior members across the country and learn more about what it means to be a member of the American Legion Auxiliary!

Five ALA Mission Trainings and national Junior meetings are planned for 2022-2023. They will be held at the same time and locations throughout the winter and spring.

Las Vegas, Nevada:

Saturday, February 4, 2023

Flamingo Las Vegas Hotel and Casino

3555 S. Las Vegas Blvd, Las Vegas, NV 89109

Go to ALA to register today to attend the National Junior Meeting.



**CHILDREN AND YOUTH**, Shared by:  
 Nicky Flores-Ninmer Department  
 Junior Activity Chair

[ALUnit51@yahoo.com](mailto:ALUnit51@yahoo.com)

**Key Program Statements**

- The Children & Youth program emphasizes protecting, caring for, and supporting children and youth, particularly those of veterans' and military families.
- To recognize and reward the positive actions of our children and youth, the American Legion Auxiliary has two special national awards bestowed to youth nominated by units: the Youth Hero Award and the Good Deed Award.
- Kids of Deployed are Heroes 2 (KD2) is an initiative honoring military children who may be experiencing a separation from one or both parents,

whether deployed to a war zone, having a short tour or on an extended temporary duty assignment.

- The American Legion Auxiliary Children & Youth program strives to support and promote the Children & Youth program of The American Legion. Looking for Ideas?

ALA Committee Facebook Groups are spaces on the social media network for ALA members to discuss or share about broad or narrow topics related to each committee. Groups provide an arena for organic discussion about your local programs or services and present the opportunity to cultivate brand awareness.

This is a place to share activities and events, ask questions, obtain information and promote Children & Youth Activities.

<https://www.facebook.com/groups/ALACHildrenandYouth/>

Important Dates:

Purple Up! Day for Military Kids is April 15. Unit Award: Most Outstanding Unit Children & Youth Program (per division) Send to national division chairman postmarked or emailed by 5 p.m. EST on June 1<sup>st</sup>.

Department Award: Best Department Children & Youth Program (per division) Send to national division chairman postmarked or emailed by 5 p.m. EST on June 1<sup>st</sup>.



**AMERICANISM COMMITTEE**

**REPORT** Shared by: Rose  
 Anna Cirac Department  
 Americanism Chair,  
[rosesmailbox@yahoo.com](mailto:rosesmailbox@yahoo.com)

The mission of the Americanism Committee is to promote and recognize outstanding achievement in patriotism and citizenship and to instill these values in our youth.

The Americanism work of the Auxiliary includes all activities tending to perpetuate American ideals and to uphold the principles of American democracy. The security of America lies in a citizenry in whose minds and hearts is ingrained a true understanding of and love for those ideals and principles upon which the nation was founded; a citizenry awake to the duties of citizenship and willing to perform these duties even at the cost of great personal sacrifice. Americanism work is largely educational in character and is usually divided into three phases: work with the youth, the adult, and the

community. All matters pertaining to the flag or patriotic education are rightly classified as Americanism activities. The Auxiliary has a very definite objective in emphasizing through its Americanism program the teachings of good citizenship. (i.e., promotion of the Oratorical Contests, Americanism Youth Conference and Americanism Essay contests)

-Knowledge and understanding of the Constitution of the United States.

-Proudly fly our nation's flag in front of your home on all patriotic holidays. Flag etiquette, keep it clean, and fold it properly. Distribute flag etiquette brochures, Let us be right on flag Etiquette.

-Great American characters, using Know Your America, a 90-page study guide.

-Our Youth learning using comic book series, Our Country's Flag, I Pledge Allegiance and Light of Liberty. Tapes of "The Star-Spangled Banner." DVD- For Which it Stands, Video- America's Veterans

-Sponsor Boy and Girl Scout Troops; encourage participation in both Eagle Scout and Girl Scout Gold Achievement awards.

-Encourage citizens to proudly display the flag on all patriotic holidays.

-Send certificates of appreciation to community businesses that fly the American flag.

-Work as an American Legion Family to promote Americanism activities at home, in your schools and throughout your communities.



### **LETTER FROM THE EDITOR**

*by Judy Cobb*

Thank you to all who helped with this month's newsletter and to everyone who took the time to read it. There is a lot of

information and those who HAD A STORY TO SHARE – THANK YOU!

Please share your story – your past and your future events. Send to [yelloww@cox.net](mailto:yelloww@cox.net) and [cobbjim67@gmail.com](mailto:cobbjim67@gmail.com)

A special thank you to those who helped with the 2022 Department Convention this past summer. To the District 2 Legion Families, whose combined efforts hosted a fantastic event and to those who donated towards its success.

Thank you also to Units who donated raffle prizes.

Thank you to the businesses who donated as well.

Because of their generosity, I would like to make a special section in the Legionette called SUPPORTERS. I will share their information. Hopefully, we can support them as they support us. Send a picture and their contact information to: [yelloww@cox.net](mailto:yelloww@cox.net) and [cobbjim67@gmail.com](mailto:cobbjim67@gmail.com) If you have any questions text 702 612 8982. Two will be listed in the upcoming Legionette issues. November's businesses features:

## SUPPORTERS

### SUPPORTED THE 2022 DEPARTMENT CONVENTION



**BROOKE FARRIS** Hairstylist,

Mosaic Salon - East  
9550 S Eastern Ave Suite  
170

[brookefarris.com](http://brookefarris.com) --

Instagram: [@\\_brookefarris](https://www.instagram.com/_brookefarris)

[brookefarrisx@gmail.com](mailto:brookefarrisx@gmail.com)



**CARSON KITCHEN**

<http://carsonkitchen.com/>

(702) 473-9523

124 S 6th St Ste 100 Las Vegas, NV 89101

Menu: [carsonkitchen.com](http://carsonkitchen.com)