

# LEGIONETTE – A STORY TO SHARE –

## 12/22

### NEWS FROM DEPARTMENT Shared By Courtenay



Burns. Department  
President

Dear Members of the ALA  
Department of Nevada,

Happy December! I hope  
everyone is having a safe,  
happy, and healthy holiday  
season and a wonderful new

year!

Did you know that January is National Mentoring Month? As members of the American Legion Auxiliary, we have many chances to act as mentors. Being involved with the Junior members of our organization, reaching out to students through our Americanism and Education programs, and participating in Nevada Girls State are wonderful opportunities to be a mentor to young people. You can also be a mentor to new ALA members, helping them to learn about our mission and values and welcoming them warmly into our organization.

*"In order to be a mentor, and an effective one, one must care. You must care. You do not have to know how many square miles are in Idaho, you do not need to know what the chemical makeup of chemistry is, or of blood or water. Know what you know and care about the person, care about what you know and care about the person you are sharing with."*

~Maya Angelou

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

Sincerely,

*Courtenay*

Courtenay Burns, Ph.D.  
Department President

### CHAPLAIN'S CORNER: Shared By: Laurie



Diefenbach is the elected  
Chaplain of the ALA  
Department of Nevada.

### RESOLUTIONS

The New Year often brings  
thoughts of making a New  
Year's Resolution. It is a  
New Year, so let us make a

new start.

Often, we make a Resolution as follows:

This year, I will (fill in the blank):

- ✚ Lose weight.
- ✚ Get in shape.
- ✚ Start eating right.
- ✚ Stop smoking.
- ✚ Quit (or cut down) on drinking.
- ✚ Go to the gym regularly.

And what happens? Within a few weeks, we have messed up. Our resolve to change for the better is gone. Goodbye, New Year's Resolution.

What do these resolutions all seem to have in common? They are all about "me." I will improve myself somehow.

Perhaps the problem is the concentration on self. Maybe if our Resolution concerns others, it might be easier to achieve.

This year, why not try a Resolution to do one kind thing a day for someone else. It does not have to be big. Wave hello to a neighbor. Hold the door for somebody. If you are in your car, let someone into traffic. Smile at someone in the supermarket, and say something friendly, like "Wow! Cool shoes!"

These are all easy. And by setting the bar low – just do one kind thing a day – it is a Resolution we can all

achieve. And then we can feel good about ourselves all year long!



#### **NEWS FROM Unit 7, ELKO**

Shared by Cheryl Shine.

Unit 7 helped a member who has cancer and 3 children, in the community with her paying part of her water bill. In July we participated with

the Legion Family in our July 4th Parade. In August, our members worked the Elko County Beer Booth. One member attended the National Convention. We helped organize and set up for the Post Veterans Dinner. We helped with a basket for the local Veterans Ball.



I want to say farewell to my Nevada Legion Auxiliary sisters. My husband, Joe and I are moving back to the East coast to a more-mild climate.

I have enjoyed my journey in the Department of Nevada working as your 2nd Vice President, Leadership, Community Service and Public Relations Chairman. I will miss my time with Elko Unit 7 members.

I will look forward to seeing everyone in the future at the National Conventions. I wish everyone a wonderful new year and be proud of your accomplishments for our veterans, communities and the children.

*Cheryl Shine*



#### **NEWS FROM HENDERSON, ALA BMI UNIT 40**

Shared by: Charmaine Meana, ALA BMI Unit 40 President  
I cannot even draw a good stick person!

However, this is the second painting party I have attended at Post 40. The first was in May and most recently December 8, 2022. Amazingly, with proper direction everyone can paint! We had a lot of fun, and this is also a great fundraiser for your Unit. Our first party in May was hosted by the Post and Auxiliary where we split the proceeds. Our second was hosted by the Auxiliary. Our next painting party will be in February where we will be painting the American Flag. This will help to get men to join in as well. The event is open to all, so please join us at the next one. Date will be announced. I am even making my husband come to this one.

I am also working hard to bring back the Department Meeting for ALA, SAL and ALR every three months. One of the many things I learned at the National Convention is that Communication is KEY for the American Legion Family. So, bring your ideas and especially your event calendar for preferably 3 months as a handout so that some of us may attend an event you are hosting. I would like the meeting to be open to all members and will be hosting this in March with the date to be announced. I am also looking for your feedback. I have met so many members of different Southern Nevada Posts who are looking for the same thing. Please contact me via email: [pandycharl@gmail.com](mailto:pandycharl@gmail.com).

Last-but-not-least, Unit 40 hosts a 1<sup>st</sup> Sunday of the month Breakfast for just \$5 with a huge plate of food. January has been changed to the 8<sup>th</sup> because of New Year's Day. Breakfast January 8, 2023, 8am-10:30am will be Eggs your way or an Omelet, with Potato's, Sausage and Toast or a Biscuit w/gravy. Wishing everyone a Happy New Year!!!



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

Shared by: Rose Anna M. Cirac

Happy Holiday to everyone in the

Department of Nevada! Each December, Unit #14 takes part in the National Guard Lunch with Santa. Military families bring their children to work on crafts while the parents shop for free at the National Guard Armory Range Road location. Mid-month the #14 Legion family and the Blind Veterans Association celebrated the holiday season at Golden Corral. One member knitted dozens of homemade scarves and beaded bracelets for the occasion. One ALA member donated several mystery gifts for all who were there. Members attended the So. NV Veterans Cemetery Wreath Across America Ceremony. Members helped MOAA place wreaths on gravesites. While placing each wreath, they read the name and rank of each individual and thank them for their service to God and Country.

The third Children and Youth, Good Deed/Hero Award was presented to 12-year-old Vayla McSally during the December ALA meeting. Her passion is volunteering. ALA #14 found Vayla when she offered to help us set up at the National Guard Fall Festival. Vayla volunteers at her gym, school and National Guard events. She keeps good grades at school and is an avid Brazilian "Jujitsu" (meaning someone who practices Jiu-Jitsu martial arts). For the 2023 year we have two new senior members! Taunya and Mary welcome to the LD Lockhart Legion Family!

up as RSVP for this party. Auxiliary members decorated the table and provided the Christmas decoration, sponsored the White Elephant Gift Exchange Elephant game, and provided the Christmas songs.

Our last general meeting was on December 9th, 2022, at the Leatherneck at 9:30 to 10:30 am included zoom call meeting to get our other member can participate the meeting. We signed up 3 new members' two seniors and one junior. One transferred senior, new senior and one new junior. Our goal this year is to make 100% membership. At the December month meeting we decided to donate Toy's For Tot a special Girls Pink Scooter and we had also donated before other toys to the Toy's For Tot. At the same time couple unit members had the opportunity to volunteer helping the Post 149 and the SAL Squadron Post 149 dropped off toys and money at the Las Vegas 98.5 KLUC Toy's Drive.

Our planning for the incoming year 2023 to collect empty clean soda cans precede goes to the Girls State program and the soda tabs as well to support the Ronald McDonald House program. We also collecting any used or new lab blankets to support veterans who need warm lab blanket. We are looking forward to make homemade 6 patriotic lab blankets to action off and 3 baskets to raffle off at the Rock the Troops XIII Poker Run, Saturday, March 25th, 2023, 9:00 AM – 4:00 PM at the Leatherneck Club, 4360 W Spring Mountain Rd, Las Vegas, NV 89102.

Here is the most actives ALA program that Unit 149 done well in the past year 2022. Americanism, Children's & Youth, Community Service, Education , Girls State, Membership Drive, Poppies, VA&R, and VAVS. Thank you!

For God and Country,  
 Maria Moss, President  
 ALA Paradise Unit # 149



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

*Shared by Maria Moss, Unit  
 President*

Happy Holliday Season &  
 Happy New Year 2023.

During December month activity Auxiliary Paradise Unit 149 had successful participated in the American Legion Paradise Family Christmas party 2022. We had about 50 members and guests singed



## NEWS FROM LD LOCKHART UNIT 14 JUNIORS



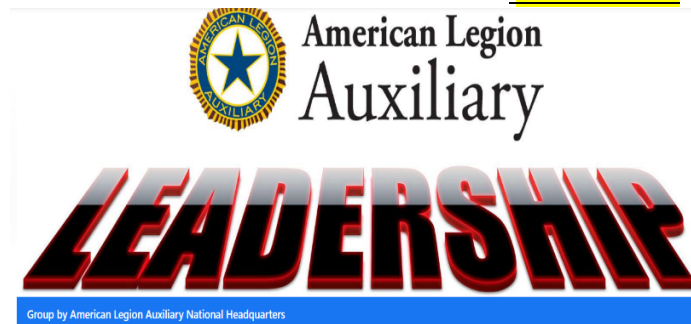
Shared by Judy Cobb.

The December Junior meeting began with President Rose completing November's Junior Officer Installation. She swore in the Sgt at Arms, Historian and Little Miss Sunshine, who were unable to attend

the swearing in ceremony, with special guest Department Junior Activity Chair Nicky Flores. December's meeting continued by Juniors making craft items/shrink ornaments. This prepared the Juniors so they could assist military children during the National Guard, *Lunch With Santa* (LWS), Children and Youth event. Other ALA JR #14, LWS projects would be Honor Flight – High Five banners plus sharing Poppy Poster Contest information. Learning a new recipe is a meeting staple. Juniors made caramel popcorn. Once made this sweet treat was bagged to donate to the *Lunch With Santa* event.

For God and Country

## LEADERSHIP



You are invited to join the American Legion Auxiliary National Leadership FACEBOOK Group:

<https://www.facebook.com/groups/568696586854841>

## MEMBERSHIP

You are invited to join the American Legion Auxiliary National Membership Group

<https://www.facebook.com/groups/153837862304>

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American Legion Auxiliary National Membership Group



## NATIONAL JUNIOR MEETINGS

2022-2023

Sign up today:

<https://cvent.me/v8GGWw?RefId=Western+Division+chair>



## CHILDREN AND YOUTH

You are invited to join the Children and Youth

Facebook Group

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

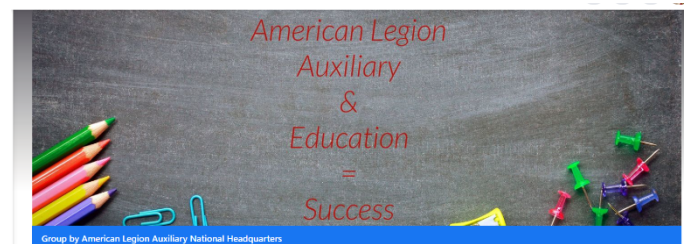


ALA Children & Youth

## ALA EDUCATION PROGRAM

You are invited to join the Education Facebook Group

<https://www.facebook.com/groups/ALAEducation/permalink/1489057758085162>



ALA Education Program

By National: Kristen Hinshaw

The Education Program promotes the American Legion Auxiliary's role in providing quality education for children and adults through classroom activities, literacy programs, scholarship promotion and support of education beyond high school, especially for military children.

ALA Facebook groups are for members to share information about ALA programs. The ALA was created a century ago as an apolitical organization. So, please refrain from posting political content on the group pages.

Any views expressed in this group are those of the person expressing them, not necessarily those of the American Legion Auxiliary.

To protect the intellectual integrity of the American Legion Family and this Facebook group, there are two questions that need to be answered prior to acceptance in this group.



**Blueberry Muffins**  
**Recipe from Beverly Terhune**  
**Facebook**

Loaded with blueberries and topped with the perfect sprinkle of sugar this recipe for classic

Blueberry Muffins are a simple no fail recipe that you will come back to again-and-again.

**Ingredients**

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 3 teaspoon baking powder
- 1/3 cup sugar
- 1 egg
- 1 cup milk
- 1/4 vegetable or canola oil
- 2 teaspoon lemon juice
- 1 heaping cup blueberries

**Instructions**

1. Line a muffin pan with paper baking liners
2. In a medium bowl combine flour, salt, baking powder and sugar
3. In a different bowl beat egg well and add milk, lemon juice and oil

4. Add liquid mixture to dry ingredients and stir for 20 seconds
5. Fold in berries
6. Fill muffin tins about 2/3 full
7. Sprinkle tops lightly with granulated sugar
8. Bake at 425 for about 25 minutes

**Little Miss Poppy:**



**DEPARTMENT OF NEVADA POPPY**

**CHAIRMAN: JUDY COBB**

**(cobbjim67@gmail.com) 702-612- 8982**

There are two National contests for youths in the Poppy Program:

Poppy Poster Contest and the Little Miss Poppy Contest.

- The Poppy Poster contest rules will be found as an attachment to this newsletter. Department winners from each Class will move to Western Division Competition.
- The Little Miss Poppy (ages 6 through 12). This too is a National contest, and the rules will be found as an attachment to this newsletter. Department Little Miss Poppy's scrapbook winner will compete for National Little Miss Poppy.

But as Department of Nevada Poppy Chairman, I am also offering two additional contests.

- Tiny Tot Miss Poppy (ages 4 and 5)
- Miss Poppy (13 through 17).

The contest rules will be found as an attachment to this newsletter. Winners will receive a certificate and a gift card for Michaels.

**AMERICANISM**



*Shared by: Rose Anna Cirac*  
*Department Americanism*  
*Chair,*

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

Americanism Committee's mission is to promote and recognize outstanding achievement in patriotism and

Class	Grade Level	Word Requirement
I	3 and 4	150-250
II	5 and 6	250-300
III	7 and 8	350-400
IV	9 and 10	450-500
V	11 and 12	450-500
VI	Students with special needs	Word count should correspond with student's grade level.

citizenship and to instill these values in our youth. Encourage youth, grades 3 thru 12, including children with special needs, to enter the Americanism essay contest. Notice Class/grade levels and word requirement.

Essay title this year is **'What does Patriotism mean to you'**. Units should submit your Unit winners "per class," [rosesmailboxx@yahoo.com](mailto:rosesmailboxx@yahoo.com) submit to National by May 15, 2023. This will allow time to judge and submit to National by deadline.

The coversheet must be submitted with each essay.

Americanism Five-Point Program refers to active Americanism in the home, Unit, Youth groups & schools,

Work as an American Legion Family (yes post, ALA, SAL, Riders) to promote activities at home, schools, and throughout your communities.

A sample of the coversheet is below.

Rose Cirac Chairman



#### AMERICANISM ESSAY CONTEST 2023 Cover Sheet

Each year, the American Legion Auxiliary (ALA) sponsors an Americanism Essay Contest for students in grades 3-12, including students with special needs. Grade levels are divided into six classes. One award in each of the six classes will be presented in each division. Winners will receive \$50 and a \$50 donation in the student's name will be made to the Children of Warriors National Presidents' Scholarship fund. National winners will be posted at [www.ALAForVeterans.org](http://www.ALAForVeterans.org) after convention.

Essay Title: "What does patriotism mean to you?"

#### Essay Classes:

Class	Grade Level	Word Requirement
I	3 and 4	150-250
II	5 and 6	250-300
III	7 and 8	350-400
IV	9 and 10	450-500
V	11 and 12	450-500
VI	Students with special needs	Word count should correspond with student's grade level.

#### Essay Checklist:

- ☐ Class competing in \_\_\_\_\_
- ☐ Sponsoring ALA unit \_\_\_\_\_
- ☐ Typed or neatly written essay conforming to the word requirement for class
- ☐ Completed essay coversheet as first page of essay
- ☐ Word count of essay \_\_\_\_\_
- ☐ Due date for student to return to ALA unit \_\_\_\_\_

#### To Be Completed by the Student/Parent:

Student Name: \_\_\_\_\_  
 Address (Street, City, State, Zip): \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 School Name: \_\_\_\_\_  
 School City/State: \_\_\_\_\_  
 Teacher Name and Signature: \_\_\_\_\_

#### Auxiliary Use Only (Must be completed for entry to be considered.):

Sponsoring Unit Name/Number: \_\_\_\_\_  
 Signature of Unit Americanism Chairman: \_\_\_\_\_  
 Unit winner due to Department on: \_\_\_\_\_ Department: \_\_\_\_\_  
 Signature of Department Chairman: \_\_\_\_\_

Department winner due to National Americanism Division Chairman by April 15, 2023

Americanism

### HISTORY IN THE MAKING:

Recorded history is important so everyone will know who we are, what we do, and why we matter. When did your charter begin? How was your Legion Family's name chosen?

**Your Legionette article can be used in the end of year HISTORY Report!!**

THANK YOU, **UNIT 149** for sharing your story. Everyone enjoy!



### American Legion Auxiliary

### Paradise Unit 149

- shared by President Maria Moss:

ALA Unit 149 charter original name was ALA Paradise Valley Unit # 149 Department of Nevada issued on September 23, 2008 and changed the name to ALA Paradise # 149

Department of Nevada on July 17th, 2012, signed date at Reno, by the Department President Glynis Seeley, Department Secretary Daela Gibson, and National President Kris Nelson.

The Post name chosen was the same happened as Paradise Valley Post # 149 Department of Nevada.

The original charter was created in 1994 as American Legion Paradise Post # 149 Department of Nevada. And it is in changed to the original name of Paradise Valley Post # 149 Department of Nevada, on December 12, 2008.

### SUPPORTERS

*This is the section of the newsletter where we share those businesses who support our mission. Share with me information on those businesses who support your Legion family.*

### SUPPORTED THE 2022 DEPARTMENT CONVENTION



#### Maverick Helicopters:

Address: 6075 Las Vegas Blvd S, Las Vegas, NV 89119  
 Phone: (702) 261-0007  
 Maverick Helicopters provides the best service, aerial views, and vacation highlights in the industry for Las Vegas, Grand Canyon and Maui.

#### Horses for Heroes

4975 North Miller Lane, LV, NV

(702) 645-8446

[horses4heroes@gmail.com](mailto:horses4heroes@gmail.com)

Horses4Heroes is a Las Vegas-based, national non-profit organization dedicated to empowering youth, adults and families and enriching their lives through deeply discounted recreational, instructional and morale-boosting health and wellness programs that emphasize fun and safe activities with horses.







## LETTER FROM THE EDITOR

by Judy Cobb

The American Legion  
Auxiliary Mission reads:  
In the spirit of Service, Not  
Self, the mission of the  
American Legion Auxiliary

is to support The American Legion and to honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad. For God and Country, we advocate for veterans, educate our citizens, mentor youth, and promote patriotism, good citizenship, peace and security.

Why did you join? What does the ALA mission mean to you?

For me it is a no brainer. I married a Legion member so of course I wanted to be a part of his world -- working alongside the man I loved, doing good things for his brothers/sisters. BUT THERE IS MORE.... Being an ALA member, it opened doors for me. For years I wanted to send care packages to our troops but could NOT find an address, or a contact. Once I joined, I was more than one person, I was part of a family of veterans, military, "their" families and "now" a survivor.

Why did YOU join and what does the ALA mission mean to you?

Send your answers to [yelloww@cox.net](mailto:yelloww@cox.net) and [cobbjim67@gmail.com](mailto:cobbjim67@gmail.com)

Thanks to each of you who shared your story. If it was not for you this newsletter would not exist. Remember your story is important – your past projects, what you are doing now and your future events.

Send to [yelloww@cox.net](mailto:yelloww@cox.net) and [cobbjim67@gmail.com](mailto:cobbjim67@gmail.com)

My Auntie Patty often quoted Dr Seuss. This is one of her favorites:

**You're off to Great  
Places!  
Today is your day!  
Your mountain is waiting,  
So... get on your way!**

-- Dr. Seuss

For God and Country Judy Cobb, Editor Legionette

## FILL IN THE BLANKS

### American Legion Auxiliary Mission Statement

In the \_\_\_\_\_ of Service, Not \_\_\_\_\_, the mission of the American Legion \_\_\_\_\_ is to support \_\_\_\_\_ American Legion and to \_\_\_\_\_ the sacrifice of those \_\_\_\_\_ serve by \_\_\_\_\_ the lives of our \_\_\_\_\_, military, and their \_\_\_\_\_, both at \_\_\_\_\_ and \_\_\_\_\_. For \_\_\_\_\_ and \_\_\_\_\_, we advocate for \_\_\_\_\_, educate our \_\_\_\_\_, mentor \_\_\_\_\_, and promote \_\_\_\_\_, good \_\_\_\_\_, peace and \_\_\_\_\_.