



NOVEMBER 11th

**In honor of all the men and women who served and continue to serve
This Country, we thank you for your service and your sacrifice.
God bless you and God bless America!**

Greetings Ladies,

Most Units/Posts are busy preparing for Veteran's Day. Those activities can include ceremonies, parades, lunches, dinners, and visits to VA facilities. I know that whatever your unit does will be fantastic! So, please, thank a veteran, not just Nov. 11th but, every day.

I have gone to District 4, 8, & 10 meetings so far. Chaplain Nancy and Membership Chairman Diane have been to them with me. I will be attending a meeting in each district at least once. I have enjoyed hearing what our units are doing. Thank you District 8 for hosting Fall Conference.

I know you are all working hard on membership. Your hard work is greatly appreciated. Retain~Recruit~Rejoin! Remember...Growing one member at a time!

Thank you for your dedication working our ALA programs. Again, I know you may not be able to work them all, so choose the ones you have a passion for and work them.

Don't forget to vote on Election Day. You may want to ask if there is anyone who may need a ride to the polls. I'm sure they will appreciate it.

I'm sending you my warm wishes from home to home, and from heart to heart to wish you a very happy Thanksgiving. As we sit down to our dinners, remember those service men and women who can't be with their families.



Jerilynn Kabel, President

ATTENTION

I am sorry to announce the resignation of our Department Secretary. Therefore, the Department of Kentucky is now accepting resumes for the position of Department of Kentucky Secretary. Resumes will be accepted until January 15, 2019. The Selection Committee will choose the top two applicants for interviews and will make their final selection then. We will have an interim secretary until the position is filled.

Jerilynn Kabel
President
Department of Kentucky
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Kabelgal@hotmail.com



www.complaintfreeworld.org



DEPT. OF KENTUCKY CHAPLAIN

NOVEMBER 2018 ISSUE

ALA Fall Conference

The Fall Conference was held on October 26-27th and if you didn't attend, you missed some great exchanges of ideas and fun-filled times. Colorful rubber bracelets were given to each attendee with instructions on how to live a happier life by being complaint free. More details are provided in this article, Complaint Free in 21 Days.

At each conference, attendees will receive a special tool/gift to assist them in everyday living and promoting harmony and happiness from the ALA Department. Yet, just another reason to attend conferences.

Holiday Season

The Holidays are a short time away and we need to make sure that we don't forget about our Veterans and Legion family members that are shut in and don't get out to events or meetings. A card, a phone call or a personal visit goes a long way to warm their hearts and let them know we care. Be an angel on earth to others and share you smile and kindness.

Remember the soldiers that are separated from their loved ones with cards and care packages. Host a get together at your Legion Post and invite the community to share in your good fortune with food and friendly conversation.

The best gift you can give others is to learn to love yourself and forgive others as much as God does. By loving yourself, you transfer no negative feelings about yourself on others and in return, can love everyone for who they are.

Requests Anyone

I am here and ready to assist in sending cards and saying prayers. Since the beginning of the Chaplain year, I have mailed 63 cards for support, get well, and sympathy. Please let me know by email, phone, text, Facebook, or mail. If you are on-line savvy, simply go to the Chaplain Facebook page or the Department ALA website Chaplain tab and click on Prayer Requests. You can submit online and it comes directly to me.

Complaint Free in 21 Days

In a nutshell, the complaint free program is basically changing negative thoughts into positive thoughts. This program uses a rubber bracelet that you wear on your arm as a reminder to stifle the negative thoughts.

When you feel the need to SAY negative things in a negative way, you simply switch the bracelet from one hand to the other. To make something a habit, it takes 21 days of doing something, so try to keep from changing your bracelet from one hand to another for 21 days. In other words, think positive and keep negative thoughts away.

To find out more and watch the presentation given at National:

<https://livestream.com/americanlegionauxiliary/events/8267801/videos/179519081>

A Prayer

Our Heavenly Father,

Thank you for your many blessings you give to us. As we wake to each new day, let us be thankful for the air that we breath, the food that we eat, and the shelter we live in. Please continue to bless our members, our soldiers, our veterans and our communities. Remember those who have gone before us and keep them in your loving care until we meet again. For all these blessings you bestow upon us, we give you thanks. Amen.



National Security

I hope everyone has a Blessed and Happy Thanksgiving while spending time with family and friends.

Now is the time to be thinking about Troop boxes for Christmas get them shipped early.

Don't forget our coupon program we can save our military families money during the holidays on their groceries.

If you are close to a military base and have extra room at your Thanksgiving dinner invite a veteran to join you.

Before you know it reports will be due. National Security reports are due on December 1st.
Report, Report, Report!

Thanks,

Patty Martinez
National Security
502 839-7048h
502 600-0226c



*Happy Thanksgiving!
To You And Your Family*



November History Bulletin



"We are not makers of History. We are made by History."
Martin Luther King, Jr.

Hello Ladies,

October Conference is now over, and we are ready to begin the holidays! What a wonderful time of the year to get out and record / photograph all our holiday events supporting our veterans and communities. What is your unit doing for Veterans Day, Thanksgiving, Christmas and New Year's?

- **Mid-year reports are due December 1st, 2018.** These can be handwritten or electronic.
HINT: The mid-year report is a great start to a history book! Just by submitting a couple of sentences for your report, you will be entered in a drawing to be given out at June convention.

What is the History program, and why do we have it?

The Historian's purpose is to accurately record the accomplishments and significant events that occur on the national, department, district/county and unit level during her term. This also means recording and keepings all brochures, handbooks, and newsletters produced during the historian's term. The Historian records, displays and collects through photographs, documents and artifacts.

How to Record your Unit's History:

It's important for every unit to have a yearly history written. Here are just a few tips on what to include:

- Write the history in a third-person narrative. Your job is that of an intermediary – someone who witnessed the events and then describes them for the reader. Do not include your thoughts or comments on the events – only the occasion, the people involved, and what occurred.
- Be sure to start recording events as soon as the unit president is sworn in. Include her theme, if any, for the year and how it relates to the mission of the American Legion Auxiliary.
- District and Department president visits to units are important, so be sure to also include examples of what she did to support veterans, military, their families and communities.
- Include all member activities as part of the unit history, not just activities of the president. Include pictures and utilize social media to record and preserve.
- Record special events that occur during the year. Examples: Your unit gets a declaration for poppy month; your unit conducts a big fundraiser for the National Veterans Creative Arts Festival. Record any current events that affect American Legion Auxiliary members and include information about the Auxiliary's response to an event. For example, if there is a weather disaster, write about how your members went above and beyond to help in the community, etc.
- Any time your unit gets media coverage (i.e., a PSA on the radio or press release in the paper); include the details in your history.
- Pick out impressive statistics from other unit committees. Examples: Your AEF funds greatly increased, or you sent more girls to ALA Girls State.

Once complete, present the unit president the history for the year and give the department a copy for its files, thus entering the contest.

How to record/post "MEMBER'S REMEMBER" HISTORY PROJECT:

Videotape an interview with your smartphone/tablet/video recorder a member that has made history in your Unit. It can be a longtime member or new member, this way we get a historical perspective of back in the day and where we are now. Send me a copy of the video. Every interviewer that submits will be entered into a drawing for a chance to win a great prize at the June Convention.

Here are just a few tips on what to include:

- This is a two-person project, so find someone to assist you. This is a good time to enlist the help of your Junior members and/or college students due to their experience with technology. Each video should be no longer than 5 minutes in length. You can do more than one and cover different topics in each.
- Find long time members of the Auxiliary and ask them to share their stories in a video. These stories can be about: A special project; Highlights during her years of membership; How many generations of her family have been members and why; If a chartered member, her experience in starting the unit.
- Find a location where it is quiet and where there will be no interruptions. Record with smartphones and devices. Please keep in mind that your video file must be either a .mov, .avi, .mpeg, or a .wmv file extension.
- Post the video on YouTube. An instructional video on how to upload is located at https://www.youtube.com/watch?v=_O7iUiftbKU.
 - o Go to YouTube at <https://www.youtube.com>; **Give the video the following title: ALA Dept. of ____ (two letter abbreviation for your state) Unit ____ Members Remember**
 - o Provide a description and tags that will help people locate the files easily. These will make it easier for others to locate the videos;
 - o Under "Category," click on "Nonprofits & Activism"; Under "Privacy," click on "Share your video with the world"; Click "Save Changes."

Start recording and preserving. It is much easier to keep track month by month rather than trying to collect and remember it all at the end of the year.

Thanks for all you do!

April Stamper
Dept. of KY Historian
6684 Highridge Ave.
Florence, KY 41042
859-743-8673
Alynn4869@gmail.com



RECIPE COLLECTION SHEET

Category _____

Recipe Title _____

Submitted By: Name, City, Unit # _____

INGREDIENTS: Use abbreviations: pt. qt. pkg. env. c. ctn. tsp. T. oz. lb. gal. doz. sm. med. lg.

DIRECTIONS: _____

INSTRUCTIONS

- Print **NEATLY IN INK, NOT PENCIL**, and place only **ONE RECIPE** per form.
- If more room is needed, use another sheet of the same size and staple together.
- Please **WRITE LEGIBLY**, as this will greatly reduce errors.
- List all ingredients in order of use in ingredients list and directions.
- Include amounts, sizes, e.g., 2 (8-oz. cans.), temps, and baking/cooking times.
- Keep ingredients separate and directions in one paragraph. Do not submit recipes in steps, columns, or charts. Recipes which cannot conform to our chosen recipe format will be omitted.
- Use names of ingredients in the directions, e.g., "Combine flour and sugar." **DO NOT** use statements like, "Combine first three ingredients."
- Include temperatures and cooking, chilling, baking, and/or freezing times.
- Be consistent with the spelling of your name for each recipe you contribute.
- Any special recipe notes (anything other than ingredients, directions, contributor name, serving size, or recipe title) should be kept as a separate comment on the bottom of this form, as they may not be included.
- Your recipes should fit into one of the following categories:

Appetizers & Beverages
Soups & Salads
Vegetables & Side Dishes
Main Dishes

Breads & Rolls
Desserts
Cookies & Candy
This & That

Dear Auxiliary Member,

Our organization is preparing a wonderful custom cookbook featuring favorite recipes from our members. The cookbook will be professionally published, and it is certain to become a treasured keepsake.

Please submit 3– 5 of your favorite recipes so you and your Unit can be represented in our group's cookbook. Follow the instructions above. Your name and Unit # will be printed with each of your recipes. Thank you for contributing recipes as this will help to ensure that our cookbook will be a huge success.

We anticipate a great demand for our cookbooks, and we want to be certain to order plenty. You can reserve one or more for yourself and your family at this time to be assured of receiving them.

Please reserve _____ cookbook(s) for me.

Name _____

Please submit your recipes to:
April Stamper (alynne4869@gmail.com) / 859-743-8673
or Edna Bland (sis.bland@gmail.com) / 606-261-3669
by **Dec. 15th** so we can meet our deadline. Thank You!

Department of Kentucky

Education Bulletin

November 2018

Hello, ladies! I hope that your feet have hit the ground running to help students in your communities. Hopefully you collected school supplies to donate to local schools. Do not feel that the first of the year is the only time these items are needed. Our schools are in need of these all year long. Please keep track of the number of items donated and the approximate amount spent.

Remember, also, to collect "Boxtops for Education" and take them to your area's schools. Each box top is worth 10 cents, so these can quickly add up to a tidy sum for the schools. Again, keep track of the number of box tops that you donate.

November 12 – 16 is National Education Week. This week is meant to celebrate all of the employees of the school system from the Central Office staff (superintendent's office) to teachers to cafeteria workers to maintenance workers to bus drivers. Why not select one group to honor this year with a small token of appreciation (an apple, etc., for each)? Be sure to report what your unit did, the money spent, and how many people were served.

If you were unable to attend Fall Conference, please go to www.alaforveterans.org and research the National Scholarships. After the winter holiday, take copies of these to your area high schools. Encourage the guidance counselors to make these available to students. Let's try to get a National Scholarship winner for Kentucky! If you are unable to get copies, contact me, and I will send them to you.

I wish for all of you a Happy Thanksgiving. Enjoy your time with family and friends. And remember our active duty military and their families in your prayers.

Donna Thurman,

270-268-3296

Education Chairman

Donnathurman113@yahoo.com

COMMUNITY SERVICE BULLETIN

The Community Service Program promotes the American Legion Auxiliary's visibility within our area through our commitment to community, state, and nation. The ALA suggested days of service are:

9-11 National Day of Service and Remembrance-observed on Sept. 11th

Make a Difference Day-fourth Saturday of October

Veterans Day-November 11th

Martin Luther King Jr. Day of Service-third Monday of January

National Volunteer Week-usually third week in April

Always wear your American Legion Auxiliary apparel or pin while volunteering in the community. Reach out to local ministers and first responders and make them aware of your willingness to be a first responder for veteran's families in need. Get involved in your neighborhoods by volunteering at your local library, food pantry, domestic violence shelter, senior citizen homes, assisted living homes, and nursing homes. Attend and represent the Auxiliary at special celebration events, grand openings of community facilities, and community leader recognition ceremonies.

Things that do "NOT" count as community service are hours for VAVS, directly assisting a veteran service member or a member of their family (this should be reported to the VA&R, national security, or children & youth chairman,) and tithe to places of worship.

Mid-year reports are due by December 1st and end-of-year reports are due by May 1st. A trophy will be awarded for the best overall narrative community service report. Please send pictures of the activities you have participated in throughout the community. I have enclosed the end-of-year report form.

Department Community Service Chairman.

Linda Norton	email: nnolino@aol.com
5307 Lee Avenue	Hm phone-502-241-9298
Crestwood, KY 40014	Cell phone 502-645-1198

COMMUNITY SERVICE 2018-19 ANNUAL REPORT FORM

Unit name and number _____

Community Service Chairman _____

Did unit members volunteer for or organize service projects for any of the ALA suggested days of service? _____ Please detail on back of form.

Please report the number of Unit members participating in the following programs, the amount of money spent, and the volunteer hours.

<u>Name of Program</u>	<u>Number</u>	<u>Money</u>	<u>Hours</u>
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Welcome Home Troops _____

Cancer Awareness _____

Organ & Tissue Donation _____

Blood Donation _____

Community Beautification _____

Recycling _____

Homeless Shelters _____

Food Banks _____

Habitat For Humanity _____

Adopt-a- Highway _____

Domestic Violence Centers _____

Libraries _____

Senior Citizens Centers _____

Nursing Homes _____

Others Please List: _____

Submit completed form by May 1, 2019 and narratives to: Linda Norton 5307 Lee Ave. Crestwood, KY 40014 or email to: nnolino@aol.com.

November 2019 Membership

The membership team for 2019 visited several district meetings across the state during September and October. If you haven't met someone from the membership team yet, the year is still young! We are here for you for any assistance you may need with ALAMIS and the ALA on line tools.

Post your pictures on Facebook or send pictures to me. Tell me any and all information on what your unit is doing to encourage renewals, how you are recruiting new members, or reaching out to past members. Tell me your success stories that I me share with other Units and Districts. Let's help each other reach our membership goal for 2019!

At Fall Conference, 13 units received the Horseshoe Award for achieving 50% of their membership goal by October 15th. They were Unit 74, Unit 217, and Unit 236 in District 1; Unit 40, Unit 233 in District 2, Unit 62 in District 3, Unit 81, Unit 113 in District 4, Unit 203 in District 6, Unit 165 in District 7, Unit 12 in District 8, Unit 16, Unit 38 in District 11. For those of you that didn't quite make it to 50%, keep working on membership you still have time to reach your goals.

Veterans Day is on Sunday, November 11th. The Department of Kentucky has an opportunity to receive a National Award of \$250 if we achieve the membership goal of 3143 members by that date. Let's all work together on membership sending in renewals, recruiting new members and reaching out to past members and we will achieve this goal. Let's honor our Veterans and Military with our membership!

Start working on your next goal of 75% membership. Those units who were slow starters, I challenge you to make up for it and receive the next Department Membership Award. **President's Award – 75% by December 25th**: Commitment to the four founding principles of Justice, Freedom, Democracy, and Loyalty keeps us in the race. We encourage participation of our youth in the American Legion Oratorical contest and the American Legion Auxiliary Americanism Essay Contest and Poppy Poster Contest. Educating the community about the programs of the ALA adds another incentive to becoming a member. Award presented at Winter Conference January 25-26, 2019.

Running for the Poppies



Honoring our Veterans and Military

All true to the Red, White and Blue

Auxiliary members racing for membership

Legionnaires, Auxiliary, Riders & Sons



Membership Team

Diane Kennedy, Chair, kenndmk@yahoo.com (270)300-2110 cell

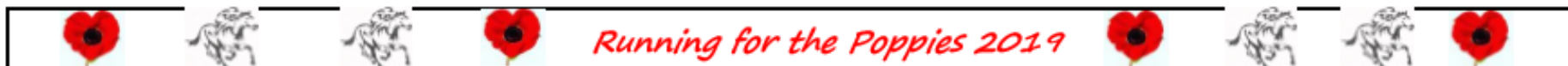
April Stamper, Co-chair, alynne4869@gmail.com (859)743-8673 cell

Edna Bland, Co-chair, sis.bland@gmail.com (606)261-8321 cell

Cindy Sturm, Co-chair, cindyxsturm@yahoo.com (270)625-6258 cell

Dee Schutz, Co-chair, deeschutz1@gmail.com (502)338-3490 cell

KENTUCKY MEMBERSHIP



Running for the Poppies 2019

DISTRICT 1							DISTRICT 4							DISTRICT 7							DISTRICT 10						
Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %	Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %	Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %	Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %
26	32	0	0.0	37	0	0.0	42	14	0	0.0	19	1	5.3	7	113	39	34.5	118	41	34.7	66	13	0	0.0	18	0	0.0
31	61	7	11.5	66	7	10.6	45	22	0	0.0	27	0	0.0	8	90	29	32.2	95	29	30.5	104	11	0	0.0	16	0	0.0
68	36	19	52.8	41	19	46.3	81	339	192	56.6	344	196	57.0	24	77	6	7.8	82	7	8.5	152	21	1	4.8	26	6	23.1
72	17	0	0.0	22	0	0.0	82	50	12	24.0	55	12	21.8	30	10	0	0.0	15	0	0.0	283	4	0	0.0	10	0	0.0
74	17	12	70.6	22	12	54.5	87	7	0	0.0	12	0	0.0	67	86	0	0.0	91	0	0.0	Tot	49	1	2.0	70	6	8.6
85	16	0	0.0	21	0	0.0	101	11	0	0.0	16	0	0.0	79	71	22	31.0	76	22	28.9	DISTRICT 11						
							113	452	223	49.3	457	235	51.4	132	40	11	27.5	45	12	26.7	Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %
144	12	0	0.0	17	0	0.0	121	52	7	13.5	57	7	12.3	165	41	19	46.3	46	22	47.8	16	17	9	52.9	22	14	63.6
217	107	54	50.5	112	56	50.0	124	64	34	53.1	69	34	49.3	176	12	0	0.0	17	0	0.0	38	74	44	59.5	79	47	59.5
236	54	34	63.0	59	34	57.6	148	79	0	0.0	84	0	0.0	257	38	2	5.3	43	2	4.7	88	85	15	15.8	100	20	20.0
Tot	352	126	35.8	397	128	32.2	157	109	48	44.0	114	49	43.0	313	88	0	0.0	93	0	0.0	115	71	24	33.8	76	26	34.2
DISTRICT 2							167	35	5	14.3	40	5	12.5	341	40	0	0.0	45	0	0.0	Tot	257	92	35.8	277	107	38.6
Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %	247	7	2	28.6	12	2	16.7	Tot	706	128	18.1	766	135	17.6							
2	14	5	35.7	19	5	26.3	288	47	2	4.3	52	2	3.8	DISTRICT 8							HEADQUARTERS						
6	124	57	46.0	129	58	45.0	Tot	1288	525	40.8	1358	543	40.0	Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %	Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %
9	102	32	31.4	107	32	29.9	DISTRICT 5							12	7	7	100.0	12	8	66.7	200	83	23	27.7	88	23	26.1
40	64	33	51.6	69	34	49.3	Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %	34	237	67	28.3	242	70	28.9							
233	116	61	52.6	121	63	52.1	45	27	15	55.6	32	15	46.9	46	26	4	15.4	31	4	12.9							
243	24	10	41.7	29	10	34.5	180	122	34	27.9	127	37	29.1	301	14	7	50.0	19	7	36.8							
289	8	0	0.0	13	0	0.0	193	121	29	24.0	126	34	27.0	Tot	284	85	29.9	304	89	29.3							
310	18	0	0.0	23	0	0.0	201	101	38	37.6	106	38	35.8	DISTRICT 9													
Tot	470	198	42.1	510	202	39.6	220	44	1	2.3	49	1	2.0	Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %							
DISTRICT 3							229	66	13	19.7	71	13	18.3	17	13	0	0.0	18	0	0.0							
Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %	244	69	18	26.1	74	18	24.3	22	46	0	0.0	51	0	0.0							
23	63	1	1.6	68	1	1.5	278	12	2	16.7	17	3	17.6	43	45	0	0.0	50	0	0.0							
29	42	0	0.0	47	0	0.0	Tot	562	150	26.7	602	159	26.4	76	44	2	4.5	49	2	4.1							
61	37	0	0.0	42	0	0.0	DISTRICT 6							126	59	12	20.3	64	13	20.3							
62	105	59	56.2	110	59	53.6	Unit	Ren Goal	Ren Pd	Ren%	Tot Goal	Tot Pd	Tot %	138	63	20	31.7	68	21	30.9							
202	31	10	32.3	36	10	27.8	4	85	0	0.0	90	0	0.0	276	14	0	0.0	19	0	0.0							
							11	49	14	28.6	54	16	29.6	325	62	19	30.6	67	23	34.3							
Tot	278	70	25.2	303	70	23.1	20	82	1	1.2	87	1	1.1	342	42	10	23.8	47	11	23.4							
							41	63	8	12.7	68	9	13.2	Tot	388	63	16.2	433	70	16.2							
							109	10	0	0.0	15	0	0.0														
							203	258	110	42.6	263	111	42.2														
							219	43	20	46.5	48	22	45.8														
							275	13	0	0.0	18	0	0.0														
							Tot	603	153	25.4	643	159	24.7														

Growing - a member at a time

Be Nice Be Kind

VA & OP Assessments Pd

VA Assessments Paid

Show your ALA Pride
Retain Recruit Rejoin

Running for the Poppies
Honoring our Veterans and Military
All true to the Red, White and Blue
Auxiliary members racing for membership
Legionnaires, Auxiliary, Riders & Sons
Eligible Members will want to be
The American Legion Family



Last update October 10, 2018

November 2018
Department Headquarters

Happy Thanksgiving! I hope you get to spend time with your families. Please take a moment and think about all the military men and women that will be away from their families.

In this mailing you will find the housing form for the Winter Conference. The deadline for room reservations is January 7, 2019. Make your reservations early!

Just a few reminders on membership:

When you accept a new member, please make sure that all sections of the application are complete and you send it to Department.

The member is not paid until it is paid at National. If you are collecting dues and holding them then you are doing a disservice not only to the member but the whole organization.

When sending in your transmittals please don't forget to list the names of the individuals you are renewing. It also helps that you list the name as it appears on the roster.

Jennifer

American Legion Auxiliary
Dept. of KY
134 Walnut Street
Frankfort, KY 40601
Phone- 502-352-2380
Fax – 502-352-2381
Email – aladepaux@yahoo.com