

SUNFLOWERETTE

AMERICAN LEGION AUXILIARY, DEPARTMENT OF KS

January 2025

Website: www.kansasala.org

Facebook: www.facebook.com/aladepthofkansas

DEPT OFFICE EMAILS

OFFICE DIRECTOR ksaladepthoffice@gmail.com FINANCE DIRECTOR ksaladepthfinance@gmail.com



RIDE THE TIDE FOR VETERANS

MAKE EACH WAVE COUNT

By: Tracy Kinnick, Department President

Wow, December was full of activities for our department. Each VA and Veterans home held its annual Gift Shop, serving over 400 veterans and their families! Operation North Pole served 202 children with gift cards, cookies, games, and more. It was a fun time visiting each gift shop this year working the mission, and meeting veterans across the state.

National Central Division Vice President Rosemarie Hauck visited us, touring the state visiting Operation North Pole, Winfield Veterans Home, Topeka, Emporia, Dodge City, and Holton and more. We participated in art projects with the veterans at Ft. Dodge. Rosemarie was happy with her visit, and even commented that this was her most enjoyable and memorable trip! Thank you to everyone who helped make this visit a successful visit.



We have raised \$10,994.50 dollars to date for the president's project. We still need to raise \$29,005.50, but we can do this. We still have pistol tickets, cash drawing tickets, and a purse auction to help raise the funds. I am asking units to consider donating to this great project that will serve hundreds of veterans across the state.

Big shout out to Dodge City, their combined fundraising brought in \$5900.00 for the project, your support is much appreciated! Thank you to those who attended Family Day and The Department Christmas Party, the donations from those events brought in approx. \$715.00! THANK YOU!

Faye Evans, Department AEF Chair has asked that units donate \$1.00 per person for her goal of sending \$5000.00 to National from the Department of Kansas, we are currently at \$656.20.

Thank you all for your continued dedication and work to our veterans. If you have not renewed your membership, now is the time as members who have not renewed have no voting rights. Renew today so that your voice can be heard.

Happy New Year may you all be blessed in this coming year, and that we as an organization strive to be number one in our mission of serving veterans.

GRASSROOTS CALL

January 22nd at 7:00PM



The Department Office is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us06web.zoom.us/j/81544485383?pwd=8dtAau7IdL4PQDADvo3Xsfm6BkAWss.1>

Meeting ID: 815 4448 5383

Passcode: 675703

Mirror, Mirror On the Wall....

By Kristen Hensley, Department Vice President



January brings forth the promise of a new beginning with focus on making the new year better than the year before. With the past several years after COVID, this hasn't seemed as big of a stretch as it did before COVID, although that measurement of time is beginning to fade to history.

With our membership, we see ups and downs depending upon unit, a flourish of activity in some areas and none in others. We see a sense of renewal with some units and a posture of defeat in others. So, how can an individual member help turn struggling units around?

As most people do for the new year, I ask everyone to do self-reflection and decide if there are any small changes that you can make as a member to help drive participation, encouragement, and comradery within your unit. I am not talking about major changes; I am talking about minor adjustments.

To be transparent, I have done some soul searching and looking within for areas I need to address. What I found in my heart was a bit hard to admit. I found areas where I may not have been as understanding in helping members deal with issues they were facing. I found areas where I was maybe not as welcoming to new members as I should have been. I have found areas where I may have prejudged an issue ahead of having all information. I also found areas where I lost patience with people for excuses. Its sometimes a hard pill to swallow when you find areas lacking that need to be addressed immediately. So, to say plainly: To those that I may have come across as annoyed, stubborn, judgmental, or unapproachable, please accept my sincere apology. That is never my intention. I hope you can forgive me.

In being real with yourself and addressing some of the things we find when we 'look in the mirror', we can embody the values and integrity that attracts new members and renew seasoned members to our organization. We can reduce the unnecessary drama that sometimes unfolds and focus on delivering our missions with a clean heart and clear conscience.



Mirror, Mirror, on the wall.....

God Bless and Happy New Year!

Department of Kansas – Chaplin Notes – January

A New Year's resolution is a personal goal or promise people make to themselves at the start of a new year. It's a tradition that involves reflecting on the past year and setting goals for self-improvement in the coming year.

Here are some tips for writing a New Year's resolution: Make it specific and measurable, choose something relevant to you, Write it down, and Consider choosing a theme.

- Practice gratitude
- Volunteer working with your local Veteran home or Hospital
- “Be the One” – Call a Veteran and make a connection
- Call a Gold Star Family, or Active Military Family member and see if there is anything that you can do to help them.
- Reach out to an Auxiliary member and get a group together to go to your meetings or other Unit meetings to network.

When thinking about resolutions for yourself or the Auxiliary, make sure that they are something you can accomplish.

- Make it specific and measurable
- Choose something relevant
- Write it down
- Finding a partner to work with

Most people give up on their New Year's resolutions within 17 to 18 days. Here are some statistics about how long New Year's resolutions typically last:

- **First week:** 23% of people quit their resolutions by the end of the first week
- **First month:** 36% of people make it past the first month
- **Three months:** Only 10% of people think their resolution will last after three months

But setting a goal and sticking to it are two different things. According to a 2023 Forbes poll of US adults, 44% of New Year's resolutions last two to three months, while only 6% last beyond a year.

Your Mental health needs to be at the forefront of setting these goals. Forgive yourself and others if these goals are not met. If you need to reach out to a spiritual leader, an athletic coach, friends, or an Auxiliary Member this is not you losing, it is you taking responsibility.

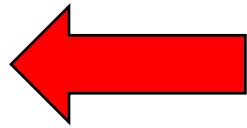
Everyone struggles with life decisions and resolutions, reevaluate what you are trying to achieve, be prepared for the setbacks that everyone has, and seek support from those who will encourage and guide you.

January Activities	Date
New Year's Day	Jan 1
78 th Bowling Tournament	Jan 11/12
Veterans Suicide Awareness & Prevention Training – Paola	Jan 11
Martin Luther King Jr's Birthday	Third Monday in January
Monthly Grass Roots Zoom Call	Jan 21
Chinese New Year	Jan 22
2024 ALA Mission Training – Des Moines, IA	Jan 24 - 26
78 th Bowling Tournament	Jan 25/26
Units MUST turn in Impact forms to District Presidents by	Jan 31
2025 Mid-Winter Forum @Great Bend Post 180	Jan 31 – Feb 2
2024 ALA Mission Training – Boston, MA	2/1

Whew! The holidays are over and we are officially into 2025. I sincerely hope each of you had a fantastic holiday season and are well into your way to a fantastic 2025! We had a very informative grass roots call on December 11 when President Tracy unveiled a very efficient report form units should be receiving soon. Reporting is so important for our Auxiliary at all levels. Along with the reports, a History book is super important at each level of the Auxiliary. Without a History completed there is no way to know what the units did throughout the year. Below is a link for examples and answers to your questions regarding the completion of a History book. If you need additional help or have questions this link doesn't answer, please feel free to email me directly at lauriedkerns@gmail.com

Happy reporting and History writing season!

<https://www.legion-aux.org/Member/Resources/History/How-to-Record-Your-Department-History>



NEWS DATES FOR IMPACT REPORTS

Reporting year January 1st through December 31st

UNITS turn in Impact forms to District President by January 31st

DISTRICT PRESIDENTS combine and turn in Impact forms to
Department Headquarters by February 28th
give a copy to your District Chairmen for their reports

DISTRICT CHAIRMEN turn your complete reports to your
District President for your District's Book of Reports by her deadline.

DISTRICT CHAIRMEN turn in your complete reports to your
Department Chairmen by April 15th

DISTRICT PRESIDENTS turn in your reports to
Department Headquarters by April 15th

American Legion Auxiliary

Department of Kansas

Unit Program Report Form

The report form is due to your district chair by January 31st.

Find your District Chairperson at: www.kansasala.org, under the ALA Committee, Committee chairperson list. Each unit needs to complete a form for all ALA programs, if you did not work the program, fill out the information and mark did not participate and send it to your district chair. We should have 100% reporting each year.

Program Name _____

Unit Name Number _____

Unit Program Chair Name _____

Unit Program Chair Email _____ Phone _____

DID NOT PARTICIPATE _____

Hours Worked _____ Dollars Spent \$ _____ Mileage _____

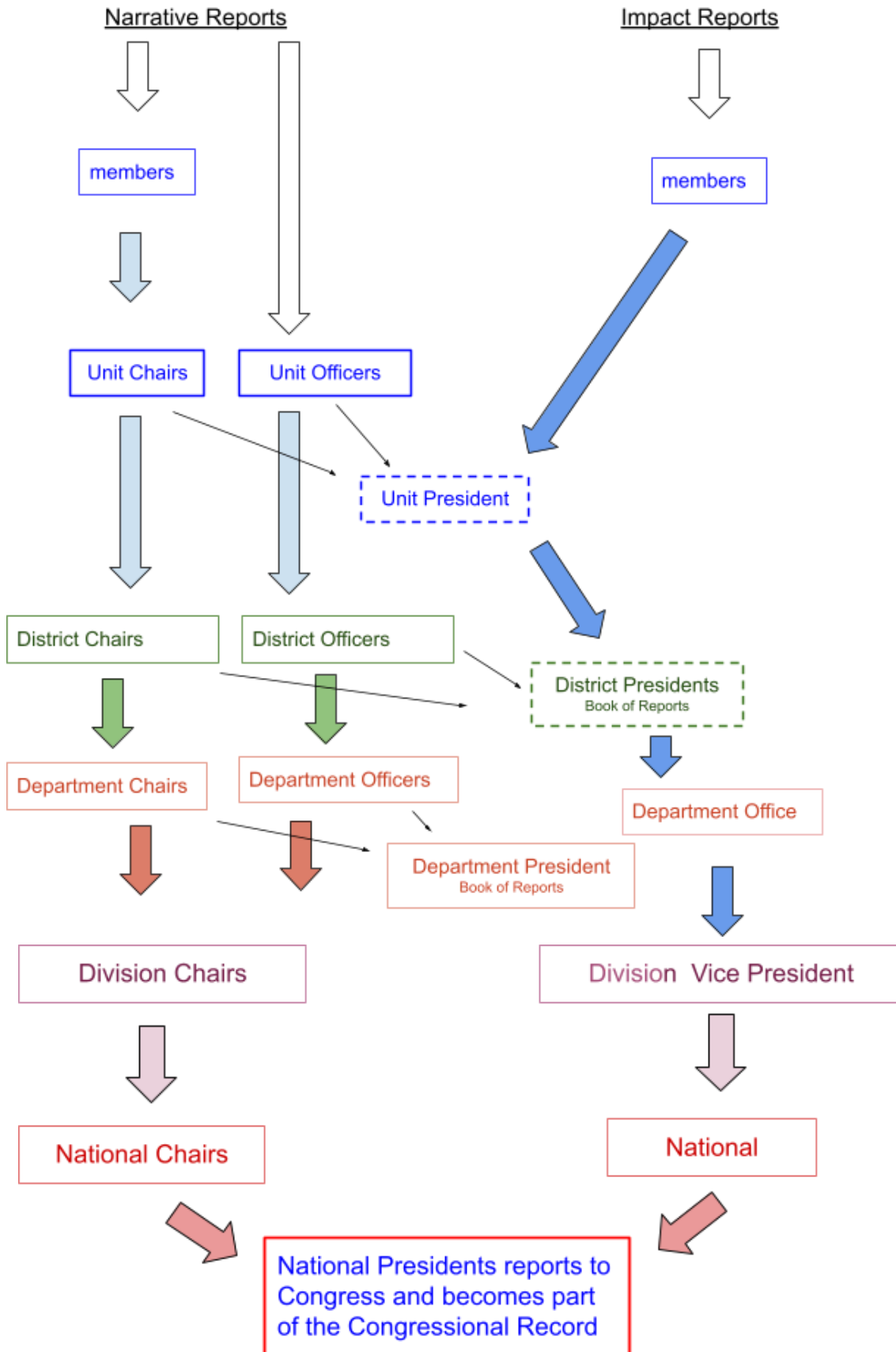
Veterans Helped _____ Active Duty helped _____ Military kids _____

Number of non-military Children helped _____

Summary of Activities _____

USE BACK OF FORM IF YOU NEED MORE SPACE.

ALA Reports Flow Chart



12 LEADERSHIP LESSONS FROM TED LASSO



1. LEAD WITH EMPATHY



Engage with each person giving them your full attention, making people feel understood, cared for, and heard.

2. NEVER TAKE THINGS PERSONALLY

Staying grounded in who you are and your leadership philosophies despite overwhelming scrutiny.



3. WINNING AND LOSING IS NOT EVERYTHING



The journey of inspiring others to grow and step into possibility is what drives Lasso as a Leader, who doesn't view winning as everything.

4. EQUALITY OVER HIERARCHY

Lasso Respects, Recognizes, and Remembers names of each person irrespective of rank and title, bridging the gap between the different levels.



5. EMPOWERMENT BREEDS CONFIDENCE



Encourage input and empower TMs to perform tasks beyond their roles, creating a sense of ownership, engagement, and motivation.

6. NOBODY IS BIGGER THAN THE TEAM

Lasso tirelessly communicates his message that the team comes first, no matter your talent or superstar status.



**L
E
A
D
E
R
S
H
I
P**

7. BE A GOLDFISH

The memory of a goldfish lasts 5-10 sec. Next time you need to shake off a mistake and get back to optimal performance ... be a goldfish.



8. HUMOR CUTS THROUGH TENSION



Injecting humor into a high pressure environment at the right time, helps ease the tension and reminds TMs to relax and enjoy their work.

9. COURAGEOUS LEADERSHIP EARNS TRUST

Lasso finds the courage to have the crucial conversations, to improve the individual, and serve the culture of the team.



10. OPTIMISM IS INFECTIOUS



Eternal optimist, Lasso's "can-do" attitude creates a ripple effect turning resistance into following.

11. EMBRACE CHANGE

Change is the only constant so embrace each challenge with humility and grace, always look for the opportunities they present.



12. BELIEVE



Ted Lasso teaches us that we must believe in ourselves to achieve success and remember to have fun on the journey.



AMERICAN LEGION
AUXILIARY

MID WINTER FORUM

FRIDAY 31:

- DINNER 5-8PM AT POST 180

SATURDAY 1:

- OPENING SESSION 8:00 AM POST 180
- ALA MEETING 15 MINUTES AFTER DISMISSIAL
- 4-5:30 RECEPTION FOR NATIONAL OFFICERS AT POST 180
- 5:30 - 7 DINNER AND ALA PRESIDENTS PROJCT PURSE AUCTION

SUNDAY 2:

- 7-8 BREAKFAST POST 180
- 8:00 CALL TO ORDER 4 CHAPLIANS SERVICE



Jan 31 - Feb 2, 2025

**POST 180, GREAT BEND
1011 KANSAS AVE
GREAT BEND, KS 67530**

2025 Mid-Winter Forum Meals

January 31, February 1-2. 2025

Great Bend Post # 180

Friday – Fried Chicken Dinner - \$ 10.00 - 5 to 8pm

Saturday - Breakfast – Biscuits and Gravy - \$5.00 – 7 to 8 AM

Lunch- Sandwiches and Chips - \$ 7.00 – 11 AM to 1 PM

Dinner- Smothered Steak Dinner - \$ 10.00 – 5:30 to 7 PM

Sunday - Breakfast - Scrambled eggs, sausage, hashbrowns, Biscuits and Gravy - \$ 8.00 – 7 to 8 AM

Sunday – Breakfast - (FREE to those that Registered for the Mid-Winter Forum)

Name_____

Post/Unit/Squadron_____

Address_____

City_____ Zip_____

Number of Friday Night Dinners to be reserved at \$10 _____

Number of Saturday Breakfasts to be reserved at \$ 5 _____

Number of Saturday Lunches to be reserved at \$7 _____

Number of Saturday Night Dinners to be reserved at \$10 _____

Number of Sunday Breakfasts to be reserved at \$8 _____

Enclosed is check in the amount of: _____

Mail to:

Boe Levingston

1011 Kansas Avenue

Great Bend, KS 67530

Letter of Intent

To whom it may concern,

I, Kristen Hensley, intend to run for Department of Kansas, American Legion Auxiliary Department President for the 2025-2026 Year. I gain my eligibility from my husband, Doug Hensley (US Army). My father is a US Navy Veteran, one Marine Veteran son, and an active-duty US Army stepson. I am a proud member of Paola Unit 156 and have served in numerous officer and chairman positions throughout the year from Unit, District and Department levels. My passions are serving our veterans, our children, and the communities we are a part of. I enjoy working as a Legion Family, leveraging our various talents and approaches to reach and serve more veterans. I honor our traditions while keeping an eye on the future of our organization to keep us relevant to this and future generations of Military and Veterans keeping us as a 'go-to' source of hope for our Veterans and Communities.

Unit 156 has voted this month (December 2024) to endorse me for this position and the signed endorsement letter will be distributed once it has been signed by all appropriate parties.

Thank you for your support.

Kristen Hensley

American Legion Auxiliary - Department of Kansas

- Central Division VA&R Chairman 2024-2025
- Department Vice President & Membership Chairman 2024-2025
- District 2 Parliamentarian 2024-2025
- Unit 156 Vice President & Membership Chairman
- ALR Chapter 156 Assistant Director 2024-2025

December 20, 2024

Department of Kansas

Department of Kansas President -Tracy Kinnick

Kansas Auxiliary Members

Dear Members,

After much thought and careful consideration, I am thrilled to share my intent to run for the position of **Vice President for the Department of Kansas Fiscal year 2025 - 2026**. This decision comes from my deep commitment to serving our community, Auxiliary, Veterans, Service Members, and their families and working to advance the goals we all strive for.

I firmly believe in the Kansas Auxiliary and its key values and priorities, collaboration, innovation, and inclusivity. I am ready to dedicate my experience, skills, and energy to representing your voices, fostering growth, and achieving impactful change.

Together, we can accomplish your goals as Vice President.

I look forward to your support and ideas as we embark on this journey together. Let's shape the future we envision!

Stay tuned for more updates on my campaign. I'm eager to connect with all of you, hear your concerns, and work side-by-side toward our shared goals.

With gratitude,

Cindy Ward

Department of Kansas – Chaplin

District Two – Vice-President

Gardner #19

December 22, 2024

Dear Auxiliary Members,

Boerstler-May Unit 170 Auxiliary Unit in Chanute Kansas officially endorses Laurie Kerns as Department of Kansas Chaplin for 2025-2026. Laurie earned her membership through her late husband, Richard W. Kerns Jr., who served in the US Navy from 1987 – 1991 and completed a tour of duty in Operation Desert Storm. She is also eligible through her late father, William J. Halda, who served in the US Navy from 1963-1968 and was honorably discharged. Laurie currently serves as the Unit 170 President and as the Department of Kansas Historian. She is also the medical manager/chaperone for the Cadet Law program held in Salina Kansas each summer. We feel Laurie would make an excellent Chaplin and represent the State of Kansas well in this position.

Sincerely,

The Boerstler-May Unit 170 Membership

December 20, 2024

To: Kansas Auxiliary Members

From: Sue Coester

I Sue Coester plan on running for the office of Secretary/Treasurer for the 2025 -2026 year, for the Department of Kansas American Legion Auxiliary.

Sincerely

Sue Coester



THE AMERICAN LEGION

HIGH SCHOOL ORATORICAL SCHOLARSHIP PROGRAM

A Constitutional Speech Contest

KANSAS ORATORICAL CONTEST

MARCH 15, 9:00 AM

TOPEKA POST #400 3029 US-24 TOPEKA, KS

FOR MORE INFO GO TO [HTTPS://KANSASLEGION.ORG/201-2](https://kansaslegion.org/201-2)



JUNE 1-6, 2025

University of Kansas

AMERICAN LEGION AUXILIARY
SUNFLOWER GIRLS STATE

A Week to Shape a Lifetime

BOYS STATE OF KANSAS



AMERICAN LEGION

2025

87TH SESSION

JUNE 1ST - 7TH

KANSAS STATE UNIVERSITY |

GOODNOW HALL

1825 CLAFLIN RD

MANHATTAN, KS 66502

FOR MORE INFO WWW.KSBSTATE.ORG

LEGION NIGHT
JUNE 4, 2025 | 5 P.M.
KRAMER DINING CENTER
1835 CLAFLIN RD
MANHATTAN, KANSAS 66502



KANSAS AMERICAN LEGION/AUXILIARY CADET LAW ENFORCEMENT ACADEMY

JUNE 15-20, 2025

FOR MORE INFO

GO TO THE

[HTTPS://WWW.FACEBOOK.](https://www.facebook.com/groups/1049954552588217)

[COM/GROUPS/1049954552588217](https://www.facebook.com/groups/1049954552588217)



APPLICANTS MUST BE A HIGH SCHOOL JUNIOR OR SENIOR WITH A "C" AVERAGE AND BE PHYSICALLY ABLE TO PARTICIPATE IN ALL OF THE ACTIVITIES IN THE WEEK-LONG ACADEMY. A VALID DRIVER'S LICENSE IS REQUIRED.