



## *The Anchors Aweigh Dispatch*



### *President's Message*

*Pamela A. Elam-Lipscombe  
Department President  
2022 - 2023*

Dear Members,

Fall is in the air! Cooler temperatures! Leaves changing colors to gorgeous hues of reds, oranges, and yellows.

We have been busy navigating the seas in the Department of Virginia. We are coming ashore and dropping anchor for the Department Fall Conference in the port of Williamsburg, Virginia. We hope that you have made plans to attend.

Your Department Officers and Chairs have charted their courses and will present their respective programs, visions, and goals for the auxiliary year.

Bring your poppy corsages, wreaths, and table centerpieces for entry in the Poppy contest. We can't wait to see those creative entries.

Don't forget to bring those wish list items for the VA & R Department project, the Fisher Houses in Virginia.

Linda Smiley, Southern Division National Vice-President, will be visiting with us. Let's show her our Virginian hospitality.

Full Speed Ahead,

*President Pam*



### *ALA*

#### *Mission Statement*

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.

## Chaplin's Corner

### October Inspiration

Vesta Lane  
Department Chaplain



**For the Sick:** Divine Physician and Healer of the sick, we turn to you in this time of illness. O dearest comforter of the troubled, alleviate our worry and sorrow with your gentle love, and grant us the grace and strength to accept this burden. Dear God, we place our worries in your hands. We place our sick under your care and humbly ask that you restore your servant to health again. Above all, grant us the grace to

acknowledge your will and know that whatever you do, you do for the love of us. Amen.

**Prayer for the Bereaved:** God of love and mercy, embrace all those whose hearts today overflow with grief, unanswered questions and such a sense of loss. Grant them space to express their tears. Hold them close through the coming days.

## "Honor Our Veterans Everyday"

National President Vicki Koutz  
Theme 2022-2023



Chesapeake Unit 280 members Chris, Tracy and Sheila prepare for their Unit's End of Summer/Back to School Event.



National Convention  
Southern Division Meeting

## We're Making History!

Silvia Dowell  
Department Historian

If you think you don't play a vital role in the ALA-Virginia history, THINK AGAIN! Every member of our organization plays a part.

History is not boring. This can be an opportunity to share the ALA with potential members and supporters in our communities. Use it to inspire and include our Juniors with the History patch activities, and so much more.

There can be collaboration between our historians, public relations officers, Juniors program leaders, and membership. It can include members who love to write, do photography, learn about preservation and archiving, or go out to engage the public while making presentations or displays.

If you want more information or want to be on the Historian's mailing list as a Unit representative or assistant photographer in your area, contact Silvia Dowell at [Historian@vaauxiliary.com](mailto:Historian@vaauxiliary.com). History is our Future!



NEC Dr. Lisa Chaplin and Department President Pamela Elam-Lipscombe with Prince Taylor, Deputy Director for VA Voluntary Service

## The Value of Showing Up

Dr. Lisa Chaplin, NEC

A few weeks ago, I answered a call to action from Kristy Coie-Day, the Director of the *Center for Development and Community Engagement* (formerly known as VA Voluntary Service) at McGuire VA Medical Center, asking for volunteers to assist with an event on-boarding new hires at the facility. I responded “yes” to the morning shift and our Department President Pamela Elam-Lipscombe agreed to relieve me for the afternoon shift.

Because of our responding to assist at that event, we learned of another opportunity that was to occur a few days later. We were invited to attend a TEDx recording of some amazing individuals at the Veterans Administration Offices in Washington, D.C. If you are not familiar with TED talks, they are basically videos that deliver a talk in 18 minutes or less and never from a lecturer, showcasing an innovative idea or an inspiring message. The acronym stands for Technology, Entertainment and Design – three broad areas that shape our world.

President Pamela and I had the opportunity of not only witnessing the recordings of several noteworthy individuals who shared their messages, but also to interact and make connections with them. Among them were Eileen Vélez-Vega, the

Secretary of Transportation and Public Works of Puerto Rico who shared her experiences as a civil engineer - a male dominated profession - emphasizing that “Girls can do anything”; Ms. Kalautie JangDhari, the Executive Director/CEO of the VA Hospital in Miami, who shared her message of never letting anyone tell you who you are or who you can be; Dr. John Looft, Director of the Motion Analysis Laboratory at the VA Hospital in Minneapolis who works



### Breast Cancer Awareness

October is recognized as Breast Cancer Awareness Month. Nearly 265,000 women in the United States are diagnosed each year. Breast Cancer Awareness Month is an annual campaign to raise awareness about the impact of breast cancer.

Breast cancer affects 1 in 8 women and is the second leading cause of cancer deaths. Early detection remains the most important factor to improve the chances of it being successfully treated or cured. Schedule your mammogram.

We salute the survivors, caregivers, and those currently living with breast cancer.



### Make a Difference Day

Started in 1992 by USA Today, Make a Difference Day is celebrated on October 22nd. This is a day that people around the world unite for the purpose of volunteering. Make a Difference Day is a day to celebrate the power of people to make a difference.

What will you do to Make a Difference?

## Upcoming Events

### Department Meetings

#### Department Fall Conference

October 21-23, 2022

Williamsburg, VA

#### Department Spring Conference

March 3-5, 2030

Portsmouth, VA

### Zone Workshops

Eastern Zone	October 8th Petersburg Post 2 Petersburg, VA
Western Zone	October 15th Lynchburg Post 16 Lynchburg, VA
Northern Zone	November 13th Culpeper Post 330 Culpeper, VA

### District Meetings

October 1st	13th District
October 2nd	4th District
October 9th	1st & 2nd District 3rd District 9th & 10th District
October 29th	16th District
October 30th	17th District

**Department President's Homecoming  
November 5, 2022**

## Sweats 4 Virginia Vets Project

Theresa Marsh, Eastern Zone Vice-President  
Paula Mullins, Northern Zone Vice-President  
Kitt Mayo, Western Zone Vice-President



The Eastern, Northern, and Western Zones have joined forces to sponsor and promote their Department Project, "Sweats 4 VA Vets" for the 2022-2023 Auxiliary Year.

Sweats will be donated to the VA hospitals.

Sweats (shirts, pants, jackets) will be collected during each Zone Meeting. Please bring sweats (new) to donate to the Zone Department Project.

Donations will be accepted at the Department Fall Conference as well.

For additional information, please contact your Zone Vice-President.

## The Value of Showing Up (continued from page 3)

who works with amputees in a pilot program that provides real-time digital feedback to patients and providers allowing more rapid adaptation to prostheses; and Walt Dannenberg, from the VA Healthcare System in Long Beach, who related his experiences growing up with a mother whose job was to meet helicopters returning servicemember's remains to San Diego from Vietnam, and how that shaped his career in leadership with the VA. These connections and conversations are proving invaluable to us in helping to enhance the vision of service for the ALA Department of Virginia. That in turn led to additional opportunities which will be shared in another newsletter.

President Pamela and I would never had the opportunity to meet these individuals had we not responded to a simple call for volunteers for a few hours on a Saturday. This is the value of showing up and answering the call to help. You never know where that will take you or with whom you will connect.

## Setting Sail with Public Relations

*Darla Lisbon, Dept Chair*

An online presence is a great way to publicize your unit's activities! Facebook is one possible online platform. If you want to have one spot to share posts from your unit to advertise upcoming events, share photos and updates about recent events, or just post reminders of patriotic dates (Flag Day, etc.), create a Facebook business page.

If you want a place where people can connect and have discussions, create a Facebook group!

ALA National Headquarters recommends that each unit has a Facebook business page – it is great to have both, a page and a group! Not sure how to set it up?? Please reach out to me and I will be happy to help! Let's get all of the wonderful things our units are doing out there for people to see!



## How you can help 'Be The One'

Ethel Carson, Dept VA & R Chair

The American Legion recently launched its Be The One campaign to encourage American Legion Family members, veterans, servicemembers and others to take action when they believe a veteran is at risk of suicide.

The American Legion, the nation's largest veterans service organization with more than 1.8 million members, is guided by its Four Pillars. Among those is the Veterans Affairs & Rehabilitation pillar. At its core, the Legion's mission is to enhance the well-being of America's veterans, their families, our military and our communities by their devotion to mutual helpfulness.

Today, the No. 1 issue facing those who served is veteran suicide, according to the National Veteran Suicide Prevention Annual Report. Each day, no fewer than 17 veterans die by suicide. That's more than 6,000 each year. The rate of suicide for veterans is more than 50% higher than that of nonveteran adults. As the Global War on Terrorism continues, there will be more veterans facing mental health issues such as post-traumatic stress disorder.

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# BE THE ONE

TO **ASK** VETERANS IN YOUR LIFE HOW THEY ARE DOING.

TO **LISTEN** WHEN A VETERAN NEEDS TO TALK.

TO **REACH** OUT WHEN A VETERAN IS STRUGGLING.



*"Never stop learning .....*

*Because life never stops teaching"*

## Children & Youth

Carol Campbell, Dept Children & Youth Chair

As we begin the 2022-2023 Children and Youth (C&Y) program year, units are encouraged to continue to recognize young people doing great things! As this is the American Legion Auxiliary's (ALA) 103rd year, the national goal will be to award 103 Youth Hero and 103 Good Deed Awards this year. You can keep a lookout for stories on social media, news outlets, newspapers, and anywhere you might hear about those remarkable stories. You may use the new online form (copy and paste):

[https://legion-aux.formstack.com/forms/youth\\_hero\\_good\\_deed\\_award\\_nomination](https://legion-aux.formstack.com/forms/youth_hero_good_deed_award_nomination)

Units are also encouraged to highlight the KDH2 program

(kids of deployed parents are heroes 2) with a new certificate of military kids with a focus on those with a deployed parent or one on extended temporary duty assignments or any absence due to the military. We will also keep our focus on the Halloween and Christmas parties with the new coloring books, KDH2 stickers, the new certificate and much more that we will help with (see Department 2022-2023 Children and Youth Program Action Plan).

Also, please visit the National website at Children and Youth Committee ([legion-aux.org](http://legion-aux.org)) for detailed C&Y program information and ALA Children & Youth|Facebook to view the latest C&Y activities.



Springfield Unit 176 Susan Hedrick and American Heritage student Kendal pass out poppies during a ALA pig roast.

## ***How you can help 'Be The One'***

*(continued from Pg5)*

At its core, The American Legion is activating a national platform to end veteran suicide. The Be the One campaign will:

- Destigmatize asking for mental health support, creating opportunity for those with mental health issues to speak freely and get the support they need.
- Provide peer-to-peer support and resources in local communities.
- Deploy FDA-approved therapeutics for veterans to identify issues and find resources for support.

## ***!! Congratulations !!***



*Samantha Lowe (Unit 247)*

***Honorary Junior President***

*2022—2023*

*Department of Virginia*

## ***9/11 Heroes Walk/Run***



Back Row: Kevin Chaplin, Mike Burgess, Craig Ervin, Bill Feasenmyer, Department Commander Rick Oertel, Sue Oertel,  
Front Row: Yvonne Burgess, Dr. Lisa Chaplin, Department President Pamela Elam-Lipscombe, Rita Feasenmyer

## ***"We Remember"***

The Travis Manion Foundation's 9/11 Heroes Run took place September 18, 2022 in Richmond. The American Legion Family answered the call to honor the service and sacrifice of our first responders and military heroes. Members walked, ran, and manned the information booth.



(Opening Ceremonies)