



The Anchors Aweigh Dispatch



President's Message

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

Dear Members,

As we embark on the new year, I am reminded of the awesome opportunities that we have to consistently be of service to others. It's often said in various ways that service to others is the rent we pay for our room on earth.

I'm honored to share my room on earth with the American Legion Family. We make a huge difference in the lives of our veterans, military, their families, and the community. There is no greater reward. Let's continue to make this year of service one of our best.

I look forward to visiting your Units and seeing all you do to make a difference for others.

Thank you for all you that do in service to others.

Full Speed Ahead,

President Pam

NOT EVERYBODY CAN
BE FAMOUS BUT
EVERYBODY CAN BE
GREAT, BECAUSE
GREATNESS IS
DETERMINED BY
SERVICE.

MARTIN LUTHER KING JR



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

January Inspiration

Vesta Lane
Department Chaplain



Keeping Our Focus on the Lord in 2023.

Lord, as this year commences, let us remember the past year. Help us to abide by your words and keep our focus on you. May we be obedient to your ways and your will in our life. By this I know you will be with us in all our joys and pain. May our focus be on love, peace and unity within our Auxiliary family, and foster this peace

and unity too. As we could be different from one another, may we always learn to look at our own failings and the depth of our faith before we rebuke another. May all your blessings be with the Department of Virginia, American Legion Auxiliary forever. Amen

Philippians 2:1-3 "So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves."

Junior Activities

The Juniors will be meeting via Zoom on February 6th at 7:00 pm to make plans for the Juniors Bazaar that will take place at the Spring Conference in March and make plans for our Juniors after the meetings on Saturday. The constant contact email went out on January 10th so please pass this information along to your Juniors so that they can attend.

And speaking of the Bazaar.....this year we will be having a "hybrid" bazaar! This bazaar will have some wonderful crafts made by our dedicated ladies and Juniors, and we will have Gift Card Baskets to raffle! The Juniors are asking for Gift Cards for this event this year. If you're able to donate a gift card(s), please bring it to conference or if you are unable to attend but wish to donate to this great event, please reach out to me and we will work a plan to get it to the conference

Crystal Cross, Department Junior Activities Chair

Juniors programs are in full swing in Units across the Department. We have at least 12 Juniors working on patches and some Units have sent the Patch program information to their out of area Juniors. That's a great way to include our Juniors who can't attend meetings or be active with the Unit.

Did you know you can download a copy of the Junior Activities handbook for FREE from our National Website? Also, our Junior members can get their own access to our National Website to check out the Juniors handbook and learn about the Juniors program on line too. The handbook is a great way to further get our Juniors Activities out to our Junior members and help them feel welcome in our Units and a wonderful way for them to learn what our Juniors can do.

Community Service

Karen Hunter, Department Community Service Chair

Thank you to all the Units that took the time and made the effort to complete the Mid-Year Reports. I received 22 reports detailing many great things our units are doing to pay it forward within our communities.

We have a National Day of Service coming up very soon! These are certain days of the year which aim to inspire individuals across the country to make an impact in their local communities by serving on the same day. They are great ways for us to take part in making a nationwide impact, while serving in our local communities. These days are a great opportunity for ALA units and members to introduce community members to the American Legion Auxiliary and our mission. Remember to wear your Auxiliary attire when serving within your community.

Congress has designated the third Monday in January, Martin Luther King, Jr. Day, as a National Day of Service encouraging all Americans to volunteer to improve their communities. The impact of this day has increased as more Americans have embraced the idea that citizenship involves taking an active role in improving communities. On Monday, January 16th and the surrounding days, I encourage us all to: engage with your community and create constructive actions; act on Dr. King's legacy of social justice and equity; and recommit by volunteering to serve others. Here are 2 links with many suggestions for ways to help! <https://americorps.gov/newsroom/events/mlk-day/mlk-day-resources> OR https://www.communityservices.org/ag3ieS/uploads/2020/11/100_Ways_to_Make_Difference.pdf

The purpose is to honor the memory of Dr. King by serving our neighbors and communities; as well as to answer the question: "What are you doing for others?" How can you, individually **OR** your unit "Pay It Forward" in your community?

As a Department of Virginia Community Service Project, we will be promoting a Food Drive for the Food Bank of Southeastern Virginia at the Spring Conference March 3-5, 2023 in Portsmouth, VA. We will be requesting non-perishable items for collection. I will be sending out more information soon regarding specific food bank wish list items as we get closer to Spring Conference so be on the lookout! I hope we can make this a **BIG** impact and highlight our ALA Community Service mission of helping others in need! Please plan to participate in this endeavor!

Department Calendar

The American Legion

Washington Conference

February 27—March 1, 2023
Washington, DC

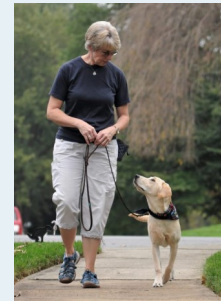
Department

Spring Conference

March 3-5, 2023
Renaissance Hotel
Portsmouth, VA

Department President's Special Project

MK9s Service Dogs



Post Traumatic Stress Disease (PTSD) is a mental challenge that may develop after experiencing a life-threatening or traumatic event. 5-20% of our veterans suffer from PTSD.

Please support the Department President's Special project to sponsor a veteran with a service dog to maximize their independence and quality of life.

Make checks payable to ALA Department of Virginia, earmarked President's special project.

Children & Youth

Carol Campbell, Department Children & Youth Chair

Best wishes for a Happy New Year 2023! Thank you to those units submitting mid-year reports. It was greatly appreciated!

Units posted wonderful photos of Children's Christmas parties which included gift wrappings, visits with Santa, gingerbread house/cookie decorating, toy distribution, and plenty of snacks! It was great to see the enthusiasm at these events and the smiles on the children's faces. Units also took this opportunity to present Good Deed Awards.

One of the organizations that the ALA collaborates with is the Military Child Education Coalition (MCEC). The Military Child Education Coalition® (MCEC®) delivers programs, services, and professional development to meet the needs of military-connected students, parents, and professionals. It is a great resource for the Month of the Military Child activities and supplies as April is fast approaching! The link is <https://www.militarychild.org>.



Unit 284
Good Deed Award
Presentations



Unit 180
Family Parade



It's a New Year

Nalena Klaas, Department Membership Chair

It is now 2023 and the 2022 membership year has ended. If you have not renewed, then you are in a delinquent status and need to renew now! The veterans, active duty and their families need you. Without you, there are so many things that cannot be accomplished. You are IMPORTANT!

If you have renewed your membership, how about making sure your Auxiliary friends have renewed theirs too. How about recruiting one of your non-member friends that are eligible to become a member. Contact your Unit Membership Chairman or renew online at www.ALAforVeterans.org and click "Renew Here". To renew online, you must log in with your username and password; if you do not have a username or password, simply click "Sign Up" to get started.

Congratulations

Unit

100% Club

280 Chesapeake - 175%
190 Portsmouth - 106.33%
110 Virginia Beach - 110%
35 Norfolk - 100%
127 Floyd - 100%
41 Berryville - 100%
20 Bland - 100%

Legislative

Elizabeth Shepherd, Legislative Chair



Elections took place in November and we have many newly elected officials. Your Legislators are starting to get comfortable with their new office. Now is the time to let your legislators know how much you care about our Veterans.

Unfortunately, there will be **NO DAY ON THE HILL at the General Assembly in Richmond this year. However,** there is still work to be done. As the American Legion Auxiliary, we advocate for the agenda of the American Legion.

The Association of the United States Army (AUSA) and the American Legion initiative in the Virginia General Assembly is to Amend the Exemption of Military Pensions from Virginia Income Tax (Age-55). HB1436 can be found in its entirety at: <https://legiscan.com/VA/bill/HB1436/2023>

Soon the American Legion Legislative Agenda for the 118th Congress will be introduced soon and we need to be ready to act. If you have not already signed up for Legislative alerts, please take the time now to do so: www.votervoice.net/americanlegion/home

You can email or visit your Senators and Delegates in your home district. You can find your Virginia State and federal representatives at <https://whosmy.viriniageneralassembly.gov/>

It is easy, just type in your address and click on find now and it will show you who your State Delegate and Senator and also your US Congress and Senators are.

We need you to spread the word on social media, send emails, write, or call our elected officials to act on behalf of veterans, military, and their families.

Girls State News and Reminders

Emily Hall-Gregory, ALA Virginia Girls State Director



Deadlines and Cost

- *The cost per delegate is \$500.
- *Delegate fees are due by May 1, 2023.
- *NO refunds will be given after May 15, 2023.

Selection Process

- *All interested girls should be given the opportunity to apply and go through the interview process to potentially be selected to this year's session of ALA VA Girls State.
- *No parents should be approaching us to simply pay for their daughter's spot to attend Girls State.
- *If a girl applies and is selected after an interview but funds are not available from the Unit, a donation to the program could be accepted on her behalf.

****New Dress Code for 2023****

All delegates will be given 2 ALA VA Girls State shirts. Delegates will wear these shirts at all times paired with a solid bottom such as dress pants, skirts, cropped pants, shorts with at least a 5 inch inseam. Additional shirts may be purchased from the ALA VA Girls State store.

Refund Policy Form

- *All Units/schools/organizations must complete a refund policy form when submitting delegate fees. If you need a copy of this form, please contact your district registrar or Emily Gregory (erh4ala@gmail.com).
- *Units and schools need to be aware that funds will NOT be returned after May 15.
- *Units are encouraged to have alternate delegates selected.

Putting Our Best Face Forward

Your email interaction with a parent, school, or potential delegate is quite possibly their first experience with the American Legion Auxiliary. We want this to be a positive experience.

- Try to respond to emails within 48 hours.
- If you don't immediately know the answer, let the person know you are working on it.
- You are representing the Auxiliary and Girls State program—be professional in your responses and conscious of your grammar and punctuation.
- Remember—all online interactions can be saved and shared with others.

Notes from the Teacher's Desk

Erika Evans, Department Education Chair



With the start of a new year, a Unit's thoughts turn to Spring and Spring means Scholarship Time! I hope that your Units have been promoting scholarships in your local schools. Remember, all scholarship forms need to be turned into your Units for judging by **March 1st**. They must be submitted to me for judging by **March 15th**. It's not too late to encourage local students to apply for these awards.

There is one scholarship being awarded at the Department level – The Dr. Kate Waller Barrett Scholarship. This scholarship, named after the Department of Virginia's first President and Second National President of The American Legion Auxiliary, is for the son or daughter of an American Legion Auxiliary member. More details and the form are on the Department of Virginia website (www.vaauxiliary.org) under "Scholarships". Please make sure you use the form for 2022-2023.

There are four scholarships available at the National level – The Spirit of Youth Scholarship, The Non-Traditional Student Scholarship, The Children of Warriors Scholarship and The Junior Loyalty Scholarship. Details and applications are available on the National Website (www.legion-aux.org) and also on the Department of Virginia website (www.vaauxiliary.org). To assist Units with judging National level scholarships, there are judging forms and guidelines on how to select a scholarship winner on the National Website as well (www.legion-aux.org).

Please remember that there are scholarships available from The American Legion at both the Department and National Level. You can find information about these on the Department of Virginia website (www.valegion.org) and the National Website (www.legion.org).

Just because we've hit the middle of the school year, doesn't mean that it's too late to participate in the "Give 10 to Education" program. In fact, this time of year is when schools may need things more than ever as they've used or run out of supplies that were donated at the beginning of the school year. If your local schools are doing ok on their supplies, think about reaching out to an area of your state or region that may have been hit by a natural disaster. Check in with the schools to see if students being served by remote learning need items. Most of all, it's that time of the year when everyone seems to get sick, so think about donating tissues, Lysol wipes, hand sanitizer and disposable masks (child-sized for lower grades and adult for upper grades).

Last but not least, start brainstorming ideas for May. What happens in May, I hear you ask? May 8-12 is Teacher Appreciation Week! Please send in creative ways to thank teachers in your community, I'd love to post them in an upcoming newsletter!

Poppy

Karen Donais, Department Poppy Chair



February 1st is fast approaching! A simple way to support the veterans in your area is to order veteran-made poppies. By distributing poppies, your unit is reminding the public of the sacrifices our active duty and veteran community have made. If your unit hasn't already ordered poppies this year, please use the attached form to place an order. Remember, to be considered for Meritorious Citation, the poppy order needs to be placed by Feb. 1st!

We will be holding our **Poppy Contest** at the **Spring Conference**. Ribbons will be awarded for 1st, 2nd, 3rd, and Honorable Mention in the **corsages, hats & bonnets, and table/wall decorations!** Entries may be made by Juniors, Senior members, or entire units. Each entry must be made of at least 95% poppies. The entries must be at the Poppy table by **9:30AM Saturday**. Let's have so many entries that we need two tables to display everything!

Please let me know if your unit might have a candidate for Little Miss Poppy. She needs to be age 6-12, and have been a member for a minimum of three years. Each girl will need a scrapbook with pictures of how she promoted the poppy. The deadline for the entry for Department is May 1st. Last year, our whole Department only had one candidate. If your unit doesn't have a Little Miss Poppy this year, please plant that poppy seed and begin thinking about how you could cultivate a number of girls for Little Miss Poppy. She could be promoting the poppy at special meals, special ceremonies, parades, and, of course, on May 26th!

Our National Poppy Chair has requested that each unit hold a Poppy Poster Contest. The poster board needs to be 11" X 14." Your unit needs to supervise the children competing in the contest. The poster contest could be held during a children's party. Another idea would be to read either the Poppy Book or the poem, "In Flanders Field" to children in a classroom. Then, have the children decorate the posterboard to interpret what they just heard. Please see the attached notes on how your unit could complete the contest. Please notify me of your winners for each age category no later than May 1st. The posters from the Department winners will be sent to the Southern Division. Please take that step for your unit to participate this year!

Outstanding Virginia

Nancy Hartin, Department Chair

Happy 2023! I hope everyone had a wonderful holiday season! The Outstanding Virginian Committee is looking for nominations for a truly Outstanding Virginian.

The nominee must be a resident of Virginia but does not have to be a member of the American Legion Auxiliary. Nominees must be highly respected in their field of endeavor and as a citizen. The nominee must not know that the nomination is being made. Please refer to the Program Action Plan for details for submitting nominations. Nominations are due to the Department Chair by April 1, 2023. The committee looks forward to receiving your nominations.

Department Spring Conference
March 3-5, 2023



Renaissance Portsmouth Waterfront Hotel
425 Water Street
Portsmouth, VA 23704

SAVE THE DATE

Newsletter Submissions

Please send your submissions for the Newsletter by the 10th of the month.

Pamela Elam-Lipscombe
Department President
Newsletter Editor

Zoom Leadership Workshop

“Let’s Talk about Membership”

February 11, 2023

Additional information coming soon!

Department Happenings



Unit 25 Museum Night



Unit 284 Holiday Event



Unit 327 75th Anniversary



Hampton VA Medical Center Gift Giving