

SUNFLOWERETTE

AMERICAN LEGION AUXILIARY, DEPARTMENT OF KANSAS

JULY 2025

www.kansasala.org

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RIDE THE TIDE FOR VETERANS MAKE EACH WAVE COUNT

By: Tracy Kinnick, Department President

Greetings member of the American Legion Auxiliary. I would like to take a moment to thank Cheryl Eastep and her administration for a job well done. The Department Convention was a success, with many Constitution and Bylaw changes, new District officers, a new District 11, lots of Mardi Gras, and a little dancing! Thank you to everyone who helped make the convention a success!

I am honored to be elected as your 2024 – 2025 American Legion Auxiliary Department of Kansas President. We have many adventures to look forward to this new year, with new beginnings, friendships, and challenges, we will make each wave count.

My theme this year is Ride the Tide for Veterans, make each wave count. If you have ever watched the waves hit the beach you notice that they arrive in various sizes, some are big, or small, they hit the beach softly, or they crash onto the beach. In this organization, we have highs and lows. As we move into a new administration, will you join me in changing the words “It is what it is” and change our mindset to “It is what we make it”? Imagine what that could do for our organization. There are many possibilities and ways to change the mindset from “it is what it is” to “it is what we make it” with each wave we encounter along our journey.

I tried to think of a project that would not help one veteran, two veterans but hundreds of veterans across the state. Two years ago, I saw an interactive gaming machine from Lucynt Interactive (www.lucynt.com). As soon as I saw these interactive systems, I knew that was the project I wanted to work on for our veterans in Kansas. To help raise funds for this project we currently have two drawings, one for a cash prize, the

other for a unique pistol. (See attached flier for more information.) We will have a wreath auction at the fall conference, a basket auction at Mid-Winter.

I hope to continue the work on improved communication for all members of the ALA. To make this a success I need your help to ensure that your information is up to date and that you have an email address in ALAMIS. That would help us greatly to ensure that you get much-needed information.

Should you ever have any questions do not hesitate to contact me. I am here for you and with you through every wave we encounter.

DEPARTMENT PRESIDENTS PROJECT DRAWINGS



I Stand for This...
1911 .45 ACP
American Legion Family
Pistol
24K Gold Accents



500 tickets for each drawing. Drawing will be held once all tickets are sold, or at Department convention. Contact Tracy

Kinnick at tracykinnickala@gmail.com

or 316-655-5122

Let's Build the Sunflower Fleet!

By Kristen Hensley, Department Vice-President



July marks the beginning of a new renewal and recruitment year for the 2025 Membership Year. New goals are published, and the race begins to achieve certain percentages by key dates to win awards and prizes at both Unit and Department levels. Although the awards and acclamations are great to get, we need to focus on building our crews to fulfill the Missions of the American Legion Auxiliary. You may ask, how do we do this?

I had the privilege to sit and talk with the Unit President for Kansas's largest Auxiliary Unit to find out how she guides her crew to continually grow their unit year over year while other units struggle to get a majority percentage of their established goal. Here are some of the things this post family does during recruitment:

- ◆ When approaching potential members, they already have a plan on addressing "I don't have time" or "I don't like attending meetings." It is stated "That is okay, you don't have to do any of that. All I ask is permission to call you should we have a fundraiser/drive that you can donate. You can do as little or as much as you want. I just want permission to call you." This response works well with those that have already full schedules and commitments.
- ◆ They host a weekly 'Happy Hour' where members can come and go, no formal meeting, only time to fellowship with other members to give ideas, opinions, insight, etc. This allows members to feel like part of the group without having to attend more formal meetings. The 'come and go' setup of this weekly get-together enables these members to work it around their schedule with no pressure, and guests. Officers take note of the ideas and take it back to the meetings for consideration, voting, planning, etc. along with participating in membership recruiting of the guests that come with them. This is a Legion Post Family event.
- ◆ Weekly Coffee and Donuts in the morning. This allows those that are retired and don't like 'Happy Hour' to come and do the same as the Happy Hour participants. This event is a Legion Post Family event.

With these simple and not overly regimented ideas, this entire Post Family continues to grow year after year. Given the new culture of two parents working households being the norm, with a staggering 50% of those households having the wife/woman being the majority financial contributor of the family, this has been an important change to their recruitment strategy and a necessary change given the cultural shift across our country as a whole.

So how do you get renewals in timely?

During the DLNC, one suggestion came up that I thought was brilliant. Some units in other Departments team up with the rest of their Post Family and sets up a couple of dates where they serve either a breakfast or dinner. If a member comes in and pays their renewal, they get to eat for free. If someone comes in that is eligible and joins, they eat for free. For everyone else, there is a fee for the meal. Everyone likes a free meal and it's a great way to get these renewals and new members along with encouraging fellowship.

2025 MEMBERSHIP GOALS

1ST DISTRICT	UNIT	GOAL	TOTAL	%	2ND DISTRICT	UNIT	GOAL	TOTAL	%	3RD DISTRICT	UNIT	GOAL	TOTAL	%	4TH DISTRICT	UNIT	GOAL	TOTAL	%
Topeka	1	62		0%	Lawrence	14	35		0%	Columbus	3	33		0%	Emporia	5	140		0%
Atchison	6	37		0%	Iola	15	24		0%	Winfield	10	141		0%	Yates Center	13	30		0%
Leavenworth	23	48		0%	Gardner	19	159		0%	Arkansas City	18	90		0%	Burlington	38	10		0%
Rossville	31	52		0%	Fort Scott	25	8		0%	Coffeyville	20	66		0%	Peabody	95	34		0%
Oskaloosa	36	37		0%	Garnett	48	21		0%	Girard	26	55		0%	Waverly	119	23		0%
Tonganoxie	41	13		0%	Olathe	153	177		0%	Cherokee	35	43		0%	Osage City	198	32		0%
Holton	44	28		0%	Paola	156	80		0%	Erie	102	109		0%	Gridley	296	35		0%
Troy	55	16		0%	KC Quindaro	199	68		0%	Caney	138	10		0%	LeRoy	313	13		0%
Leavenworth	94	37		0%	Osawatomie	204	26		0%	Independence	139	80		0%	Melvern	317	0		#DIV/0!
Perry	142	27		0%	Argentine Eagles K	213	64		0%	Howard	149	91		0%	Lebo	323	38		0%
White Cloud	154	22		0%	Baldwin City	228	12		0%	Chanute	170	211		0%	Toronto	325	12		0%
Wathena	161	60		0%	Mound City	248	32		0%	Mulberry	176	0		#DIV/0!	Lincolnville	347	13		0%
Ozawkie	225	122		0%	Louisburg	250	190		0%	Arma	182	80		0%	Hillsboro	366	85		0%
Effingham	285	13		0%	Blue Mound	279	60		0%	Cedar Vale	201	19		0%	Allen	389	11		0%
Topeka	319	9		0%	Shawnee	327	129		0%	Baxter Springs	206	20		0%					
Winchester	387	26		0%	Spring Hill	350	25		0%	Weir	272	10		0%	4TH DISTRICT				
Topeka	400	170		0%	Overland Park	370	256		0%	Pittsburg	394	57		0%	14 Total Units	476	0	0.00%	
Mayetta	410	15		0%	Moran	385	72		0%										
Lansing	411	7		0%	Lenexa	407	38		0%	3RD DISTRICT		1115	0	0.00%					
Topeka	421	28		0%						16 TOTAL UNITS									
					2ND DISTRICT		1476	0	0.00%										
1ST DISTRICT		829	0	0%	19 TOTAL UNITS														
20 TOTAL UNITS																			
5TH DISTRICT	UNIT	GOAL	TOTAL	%	6TH DISTRICT	UNIT	GOAL	TOTAL	%	7TH DISTRICT	UNIT	GOAL	TOTAL	%	8TH DISTRICT	UNIT	GOAL	TOTAL	%
Newton	2	99		0%	Salina	62	94		0%	Mackville	52	13		0%	Garden City	9	30		0%
Wichita	4	92		0%	Concordia	76	235		0%	Anthony	54	28		0%	Dodge City	47	56		0%
McPherson	24	204		0%	Hunter	77	17		0%	Hutchinson	68	194		0%	Ulysses	79	36		0%
Whitewater	65	14		0%	Alton	87	24		0%	Medicine Lodge	69	18		0%	Liberal	80	19		0%
El Dorado	81	85		0%	Russell	99	31		0%	Pratt	86	9		0%	Ness City	152	122		0%
Wellington	90	60		0%	Natoma	109	28		0%	Isabel	98	13		0%	Dighton	190	35		0%
Mulvane	136	113		0%	Belleville	133	8		0%	Larned	106	32		0%	Bucklin	269	13		0%
Lindsborg	140	81		0%	Kensington	166	24		0%	Sterling	128	83		0%	Satanta	276	14		0%
Canton	192	51		0%	Ellsworth	174	43		0%	Stafford	131	20		0%	Jetmore	290	25		0%
Halstead	231	52		0%	Lebanon	185	19		0%	Kiowa	146	0		#DIV/0!	Copeland	369	20		0%
Mount Hope	247	0		#DIV/0!	Scandia	193	83		0%	Hardner	175	12		0%	Utica	380	5		0%
Marquette	253	137		0%	Holyrood	200	26		0%	Great Bend	180	108		0%	11 TOTAL UNITS				
Wichita	256	36		0%	Smith Center	220	14		0%	Geneseo	241	29		0%	8TH DISTRICT	375	0	0%	
Sedgwick	268	67		0%	Tescott	255	19		0%	Little River	258	24		0%					
Wichita	273	100		0%	Wilson	262	29		0%	Burdett	280	20		0%					
Wichita	401	16		0%	Burr Oak	263	43		0%	Hoisington	286	48		0%					
Andover	406	14		0%	Lucas	267	14		0%	Attica	298	16		0%					
Derby	408	110		0%	Dorrance	334	39		0%	Garfield	300	10		0%					
Maize	419	31		0%	Sylvan Grove	359	13		0%	Ellinwood	320	27		0%					
Wichita	424	21		0%	Esbon	368	22		0%										
20 TOTAL UNITS					20 TOTAL UNITS					19 TOTAL UNITS									
5TH DISTRICT		1383	0	0.00%	6TH DISTRICT		825	0	0%	7TH DISTRICT		704	0	0.00%					

[illegible]

Department of Kansas

Book Of Memories

Did you know that at the front entrance of the Dept of Kansas there lives a “Book of Memories?” This book is a place for anyone to list any Legion, Son, Rider, or Auxiliary Member’s name that has passed away. When it was originally started a monetary contribution was made and that gift went to the Bldg. fund for its upkeep.

It has evolved over the years that Units have contributed their members' names who have passed away a monetary token to the Bldg. Fund or if they identify a specific Auxiliary Program (Example: AEF, Child Welfare, Junior Activities, or Leadership) to have the name listed in the book. Individuals can also contribute someone’s name and identify where they would like the contribution to go. Our Dept. Secretary will send out an acknowledgment card letting the donor know that their gift has been received. Please think about this when one of our Legion Family Members passes away.

“Some memories never fade; they only grow stronger with time.”

Department of Kansas Chaplin – Cindy Ward

Hello all! My name is Laurie Kerns, and I am super excited to be your Historian for the 2024-2025 year. My goals this year are to 1) create a history of the Department of Kansas American Legion Auxiliary that is complete and accurate so everything that is accomplished this year is not lost; 2) be a good resource for unit and district Historians who may have questions about completing accurate histories for their respective areas; and 3) be an active member of the Kansas American Legion Auxiliary leadership team. The National ALA website defines/describes the History Committee as follows: The History Committee was created by resolution at the 1972 National Convention. Originally names the Cavalcade of Memories Committee, it began as a curator committee of three to collect, display, and care for artifacts of national interest of the American Legion Auxiliary, donated for the new Cavalcade of Memories Museum located at ALA National Headquarters. The committee name changed to reflect that the Auxiliary’s history is contained not only in these artifacts, but also in its photos, books, and governing documents, which require care as well. While the committee is still committed to collecting items of national importance for the museum and archives, the main focus of the committee has evolved to assisting departments and units in the collection and care of their important histories (www.legion-aux.org). The national website posts a History Blog monthly highlighting a key member or activity in the auxiliary’s history. I encourage everyone to read this blog to learn more about our history. Members, please keep taking pictures and sharing stories at your unit and district meetings. If you have any questions about your unit and district histories, please reach out to me!

Laurie Kerns
lauriedkerns@gmail.com

LEADERSHIP

The Linda's are back and planning fun, informative activities for you this year!!!!!!!!!!!!

And to start us off - Which characteristics do you possess?

BOSS

Drives employees
Depends on authority
Inspires fear
Says "I" VS
Knows how it is done
Uses people
Takes credit
Commands
Places blame for the breakdown
Says "Go"

Linda Sullivan
(316) 619-9834
sullypsy@yahoo.com

LEADER

Coaches employees
Depends on Goodwill
Generates enthusiasm
Says "We"
Shows how it is done
Develops people
Gives credit
Asks
Fixes the breakdown
Says "Let's Go"

Linda Hicks
(913) 579-8233
lhicks20@kc.rr.com

NATIONAL SECURITY

I saw this post on Facebook and thought it could possibly help some members if they have the opportunity to interact with some of our active-duty families. I know not all of us live close to a military installation and so are somewhat removed from active-duty personnel. But you may find you have the spouse and family of a deployed or PCS remote assignment active-duty service member that has come home to spend time with family and you may be able to help if they are struggling with the separation with these tips.

[ALA National Security](#)

[Jammie Phillips](#) · ·

One challenge our military personnel and their families encounter is the frequent relocations known as Permanent Change of Station (PCS). These moves can be strenuous for all involved, particularly for spouses and families, potentially leading to isolation and mental health issues. Nevertheless, resources are available to ease the PCS process, including numerous tips and tools at Military OneSource. For more information, and to assist a military family who could benefit from these resources, please visit Military OneSource.

<https://www.militaryonesource.mil/moving-pcs/>

Besides the resources offered by Military OneSource, here's an extra resource for maintaining connections even after relocation.

Thank you for all you do for our active duty servicemembers and their families and our Veterans.

Marcia Cottrell

2023 – 2024

Chairman

National Security

STAYING CONNECTED

Deployments and Permanent Change of Station (PCS) transitions are an important part of military life, filled with new opportunities and experiences. However, the challenges of moving and separating from family may contribute to loneliness and social isolation. Learn what steps you can take to feel more connected.

Loneliness and social isolation may negatively impact your health, with higher risks for:

- Anxiety
- Depression
- Heart Disease
- Impaired Cognitive Function
- Obesity
- Weakened Immune System

6 Tips to Combat Loneliness



SHIFT FOCUS TO OTHERS

Find a way to serve others, which may boost your mood and provide a sense of purpose. Your installation Military and Family Support Center can help you find local volunteer opportunities on and off base.



PURSUE A HOBBY OR INTEREST

Get out of the house and get involved in a new hobby or take a class to learn a new skill. Check out your Morale, Welfare and Recreation program to find fun activities and meet new people.



BOND WITH YOUR UNIT

Work on building stronger cohesion in your unit. Start by incorporating more effective speaking and listening skills into your interactions, like asking open-ended questions and making eye contact.



NURTURE YOUR CONNECTIONS

Focus on improving and strengthening your current relationships. Stay in touch with friends and family regularly, connecting through social media, video chat or by phone.



BRANCH OUT SOCIALLY

Avoid relying on only your unit for socializing and friendships. Try building relationships with a variety of groups, including neighbors, coworkers, friends and family.



EMBRACE ALONETIME

Spend time enjoying your own company and doing activities you love. Try out an activity that promotes self-reflection like hiking, biking, journal writing, meditation or yoga.

WANT MORE RESOURCES?

Psychological Health Resource Center
Call/Chat with a health resource consultant 24/7 for assistance accessing care at 866-966-1020 or health.mil/PHRC.

Military Crisis Line
In the U.S., call 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net.

Military OneSource
Military OneSource provides 24/7 support for service members and their families. Call 800-342-9647 anytime to connect to free resources, specialty consultations or confidential non-medical counseling.

Connect with Us on Social Media
[f /realwarriors](https://www.facebook.com/realwarriors)
[@realwarriorscampaign](https://www.instagram.com/realwarriorscampaign)

REAL WARRIORS • REAL BATTLES
REAL STRENGTH

Visit health.mil/RealWarriors for more information.

UPDATED FEBRUARY 2024



Trish Ward Leadership Fund



Name:				
Address:				
Phone#:		Email:		
Gear	QTY	Color	\$ Each	Total
Camo Windbreaker		BLK/White		
Small			\$45.00	
Medium			\$45.00	
Large			\$45.00	
Xlarge			\$45.00	
XX Large			\$50.00	
XXX Large			\$50.00	
Cross Body Bag			\$20.00	
Baseball Hat - Mesh			\$25.00	
Ticket Drawing			\$20.00	
Shipping	Check One			
Pick-up @ dept Meeting			Free	\$0.00
Please Ship to me Direct			Flat Rate	\$5.95
			Grand Total	

Mail Order form to:

Trish Ward Leadership Development

2633 Shasten St

Grove, OK 74344

Donations also accepted via:

PayPal:

tbw_ksaux@yahoo.com

Venmo: @Patricia-Ward-25

UPCOMING EVENTS

8th ANNUAL PASSPORT RIDE

JUNE 29TH 2024

ALL BIKES AND VEHICLES WELCOME

\$20 PER PASSPORT

REGISTRATION 9:15 AM
ALL BIKES OUT AT 10:30 AM

DELTA ECHO 5.56
RAFFLE

100 MILE RIDE

SILENT AUCTION

Sponsored by



AMERICAN LEGION 156
PAOLA KANSAS
5 DELAWARE STREET

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Robert J. Dole VA Medical Center



ALL VETERANS, ACTIVE DUTY, GUARD, AND RESERVES (MALE AND FEMALE) WHO HAVE HAD A BABY IN THE LAST YEAR ARE INVITED.

JULY
12

Robert J Dole VAMedical Center
Parking lot between Building 16 & 21
10:00 A.M. - 12:00 P.M.

OVER 200 big box items (car/booster seats, bassinets, strollers, swings, etc.) are available and will be distributed on a FIRST COME, FIRST SERVED basis. Please bring an appropriate vehicle for transporting these items.

For more information, please contact
Women's Health Program at 316-685-2221 Ext. 53830



AMERICAN
LEGION
AUXILIARY

SIP AND SUN

Have Some Fun



SATURDAY JULY 20TH, 2024

Please join us at The Wine Hanger in Lawrence, KS from
5:00 PM - 8:00 PM to enjoy tacos, wine tasting and a walk
through the vineyard with wonderful stories.

Tickets are \$50.00 per person. Please contact Tracy
Kinnick via phone to purchase your tickets

316.655.5122

24305 Loring Rd
Lawrence, KS 66044





Congrats to our ALA Girls Nation Senators, Erin Tims and Madi Finch!
Pictured here with ALASGS Director, Dr. Lindsay Maudlin.

ALA Girls Nation

July 20-27, 2024

American Legion Auxiliary Girls Nation is a once-in-a-lifetime opportunity for students entering their senior year of high school. This weeklong event gives participants a firsthand experience with practical insight into how the federal government works. More than 7,500 students have experienced ALA Girls Nation since it was founded in 1947.

Two students are chosen from each ALA Girls State program. The participants are known as “senators.” During ALA Girls Nation in Washington, D.C., senators participate in a mock legislature. They are responsible for submitting bills and resolutions, participating in senate sessions, and electing officials such as president and vice president.

Participants leave ALA Girls Nation with leadership lessons for life and an understanding of the fundamentals of U.S. government, along with the rights, privileges, and responsibilities of citizens. This seven-day experience has laid the foundation of thousands of bright futures in not only public service, but other careers as well. Some notable industries include government, military, law, education, and media.

ALA Girls Nation connects students with their peers from across the country, allowing them a unique opportunity to spend time with others who share common interests and those who have different perspectives from their own. The participants leave Washington, D.C. with a deeper understanding of government, a renewed sense of patriotism, and an appreciation for veterans.

While in D.C., the senators participate in field trips to visit Capitol Hill, historical Washington monuments, and Arlington National Cemetery.

The ALA Girls State and ALA Girls Nation programs are privately funded and presented by members of the American Legion Auxiliary.

Please go to the New Dept Website
www.kansasala.org for more info!

If you want to have the sunflowerette and the weekly membership report email to you, please make sure you have your email on record with at Department office.

ksaladeptoffice@gmail.com

2024-2025 Department Officers



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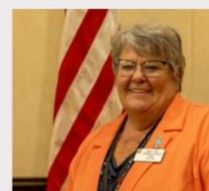
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