

# SUNFLOWERETTE

AMERICAN LEGION AUXILIARY, DEPARTMENT OF KS

MAY 2025

Website: [www.kansasala.org](http://www.kansasala.org) Facebook: [www.facebook.com/aladeptofkansas](https://www.facebook.com/aladeptofkansas)

## DEPT OFFICE EMAILS

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### RIDE THE TIDE FOR VETERANS

### MAKE EACH WAVE COUNT

By: Tracy Kinnick, Department President

Congratulations to all incoming district officers! I wish you a successful year as you advance the mission of the American Legion Auxiliary. If you need help, feel

free to reach out to me or any past office holders. We want everyone to succeed.

As the year ends, please complete and return the necessary forms to the department office and your district president. These forms improve communication across our organization. Without them, sharing information becomes difficult.

Forms needed:

- Districts: District Chair List, Committee Appointments for Department Convention.
- Units: Unit officers elected, Delegates/Alternates to Department Convention,
- Unit Chairperson list, Dues Rate form.

All forms can be found here: [DEPT FORMS | KansasALA](#)



If you have not placed your poppy orders yet, please do so ASAP.

Poppies are in high demand, and we are currently seeking more veterans who would be interested in making them. If you know a veteran who may be interested in making poppies, reach out to Pam King for more information. The office does not have poppies available; you must first place an order and coordinate with Pam King before coming to the office to pick

them up. Department Call to Convention has been mailed; inside, you will find information for the convention along with proposed changes to the Constitution and Bylaws (C&B). Be sure to read the entire contents of the packet and share it with your units. By returning the delegates/ alternates list to the department before the convention, it will allow us to pre-check membership status, thereby speeding up the registration process. Meetings will be held via Zoom. This is your opportunity as a member to utilize your right to vote. We will vote on incoming leadership, and the proposed changes to the C&B. I hope to see many of you in attendance. Thank you all for your continued dedication to the ALA. We still have a way to go to reach 95% membership, but it can be achieved with everyone reaching out to those who have not renewed their dues for 2025. See you at the convention!

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President

#### Pg 2

V. President  
Weekly Membership  
Report

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Weekly Membership  
Report  
Chaplin

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Leadership  
Poppy

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Sonia Wiley  
endorsement letter

#### PG 6-7

Ala Girls State

#### Pg 7

Boys State

#### Pg 8

Cadet Law



9TH DISTRICT	UNIT	GOAL	TOTAL	%	10TH DISTRICT	UNIT	GOAL	TOTAL	%	11TH DISTRICT	UNIT	GOAL	TOTAL	%	AS OF	4/17/25			
Atwood	46	20	13	65.00%	Seneca	21	43	38	88.37%	Herington	12	16	12	75.00%	PLACE	Dist #		%	
Norton	63	77	69	89.61%	Washington	91	12	7	58.33%	Manhattan	17	176	151	85.80%	1st	2ND DISTRICT		96.82%	
Oberlin	70	67	64	95.52%	Sabetha	126	9	11	122.22%	Alma	32	45	37	82.22%	2nd	3RD DISTRICT		89.42%	
Hays	173	56	32	57.14%	Barnes	145	39	31	79.49%	Abilene	39	25	26	104.00%	3rd	1ST DISTRICT		87.21%	
Wakeeney	197	10	8	80.00%	Marysville	163	195	158	81.03%	Leonardville	40	41	30	73.17%	4th	6TH DISTRICT		87.15%	
Kirwin	277	9	6	66.67%	Blue Rapids	169	19	17	89.47%	Junction City	45	115	101	87.83%	5th	5TH DISTRICT		86.12%	
Logan	281	24	18	75.00%	Frankfort	181	80	64	80.00%	Clay Center	101	75	64	85.33%	6th	11TH DISTRICT		85.95%	
Grainfield	301	27	22	81.48%	Centralia	216	22	17	77.27%	Maple Hill	130	23	24	104.35%	7th	7TH DISTRICT		85.65%	
Seldon	321	0	0	0%	Clifton	227	154	121	78.57%	Wamego	172	26	20	76.92%	8th	4TH DISTRICT		84.66%	
Jennings	351	25	23	92.00%	Greenleaf	235	36	28	77.78%	Saint Mary's	178	2	8	400.00%	9th	10TH DISTRICT		82.36%	
Bird City	352	19	18	94.74%	Linn	237	63	54	85.71%	Westmoreland	186	28	17	60.71%	10th	9TH DISTRICT		81.91%	
Bogue	356	0	0	0%	Beattie	244	26	24	92.31%	Chapman	240	52	50	96.15%	11th	8TH DISTRICT		71.47%	
Agra	357	17	14	82.35%	Wetmore	282	54	48	88.89%	Saint George	260	22	18	81.82%					
Colby	363	25	21	84.00%	Hanover	306	84	68	80.95%	Hope	365	9	5	55.56%	DIST Totals	8085			
					Fairview	322	17	16	94.12%						Dept 58	78			
9TH DISTRICT		376	308	81.91%	Bern	326	0	0	#DIV/0!	11th District		655	563	85.95%	GRAND TOTAL	8163		87.99%	
14 TOTAL UNITS					Waterville	332	19	15	78.95%	14 TOTAL UNITS									
					Summerfield	362	34	32	94.12%						Dept Goal	9189			
					Powhattan	373	47	39	82.98%						Seniors paid			7617	
					Horton	415	22	15	68.18%						Juniors paid			468	
					10TH District		975	803	82.36%						Total			8085	
					20 TOTAL UNITS														

## May Chaplain Article – Gratitude - The Power of Appreciating Life

In a constantly moving world where responsibilities pile up and challenges often overshadow joys, it's easy to overlook the quiet power of gratitude. Yet, within this simple act of recognizing and appreciating what we have lies a profound source of strength, peace, and connection.

**What Is Gratitude?** Gratitude is more than saying "thank you." It is a deeper recognition of the goodness in our lives, often stemming from something outside ourselves. It could be the support of a friend, the beauty of a sunset, or the opportunity to grow through a challenging experience. Gratitude invites us to shift our focus from what's lacking to what's present — and often, what's abundant.

- 1. Resilience in Hard Times:** Gratitude doesn't ignore pain or hardship but helps us find meaning and light even in dark moments. It provides perspective and resilience.
- Modern research in psychology and neuroscience confirms what ancient wisdom has always taught: practicing gratitude has tangible benefits for our mental, emotional, and even physical well-being.

## How to Cultivate Gratitude

Gratitude is a skill that grows stronger with practice. Here are a few simple ways to cultivate it:

- **Keep a Gratitude Journal:** Write down three daily things you're thankful for. They don't have to be grand — even small moments matter.
- **Express Thanks:** Take time to tell people you appreciate them. A heartfelt message, a thank-you note, or a few sincere words can go a long way.
- **Pause and Reflect:** During your day, pause and recognize what's going well. Appreciate the people, opportunities, or simple comforts around you.

**Practice Mindfulness:** Being fully present helps you notice the good around you — the warmth of the sun, a smile from a stranger, the taste of your favorite meal.

**The Ripple Effect** Gratitude is contagious. When we lead with appreciation, we uplift ourselves and those around us. A culture of gratitude—whether in a home, workplace, or community—creates an environment where kindness, empathy, and cooperation thrive.

**In Conclusion** Gratitude is a gentle yet powerful force. It's a feeling-good emotion and a transformative perspective that enhances our life experience. In every moment, there's something to be thankful for, and by acknowledging it, we invite more peace, joy, and connection into our lives.

So, take a moment. Breathe. Look around. What are you grateful for today?

**Remember either to send or bring your Chaplain Books to Convention. I have some great Prizes to hand out.**

**Department of Kansas Chaplain – Cindy Ward**

**Email:** [cindy.ward2019@outlook.com](mailto:cindy.ward2019@outlook.com) – **Phone** (309) 222-7233

The Department of Kansas American Legion Auxiliary convention is right around the corner. I am looking forward to checking out all the History books at the convention. Thank you for allowing me to be your Historian for the 2024-2025 year. As always, if you have any questions regarding your history book or the guidelines for the history books, please email me at [lauriedkerns@gmail.com](mailto:lauriedkerns@gmail.com)

See you at the convention!

Laurie Kerns

## **LEADERSHIP**

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Linda Hicks

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Happy Spring, soon to be Summer!!!!!!

After four years, the Leadership Lindas are leaving!! No, no, not the Auxiliary, we love the Auxiliary – we are just leaving the Leadership Committee.

We have enjoyed planning activities for you, and hope you have had fun with, and learned a few things, from the things we dreamed up.

Please support the future Leadership Committee and make them feel valued, as you have us.

See you in Topeka at the Department Convention!!!!!!!!!!

Linda and Linda

## **POPPY**

National Poppy Day is May 23. Our supply of poppies is very small due to poppy workers being ill. We will try our best to fill orders received by May 1st, but we can't guarantee the delivery by poppy day.

Pam King





District 1 Convention  
Dept. of Kansas  
American Legion Auxiliary  
April 5, 2025

Department of Kansas Auxiliary Members,

The members of Unit 23 and District 1, American Legion Auxiliary, endorse Sonia Wiley for the Office of Department Historian. Sonia is eligible for membership through her husband, Dan and has been a member since 2016. She has attended many Legion and Auxiliary activities, including the Fall Conference, Mid Winter Forum, LV VA Memorial Day Services, Leadership College, LV Veterans Day Parade, Boys State, Sunflower Girls State, The Turkey Run, Operation North Pole, Erie Bean Feed, District Conventions, Washington Conference and National Conventions.

She has served the Auxiliary as Unit 23 President, Secretary/Treasure and Membership Chair. At the District level, as District 1 President, Vice President, Historian, Education Chair, Constitution and Bylaws Chair, and member of the Transition Committee. She has served the Auxiliary at the Department level as Sergeant at Arms and the Constitution and Bylaws Committee. She is serving on the National Constitution and Bylaws committee for 2024-25. She has the endorsement of Unit 23 and her husband, Dan.

Sonia taught at David Brewer Elementary from 1999 - 2021 where she has been on many committees. She has served on USD 453 District committees and cadres. She currently teaches at Lawson Early Education Center in Leavenworth. Dan and Sonia have two children and one grandson. All three are members of the Legion Family. She is a strong supporter of strength through working together as a Legion Family.

Respectfully, submitted by Unit 23, Leavenworth and District 1, Department of Kansas American Legion Auxiliary.

Kim Smith, District 1 President  
Unit 23, Secretary

Sheila Snyder, Convention Secretary  
Unit 23, Vice President

# EVENTS

Planning is underway for **ALA Sunflower Girls State**! The 82<sup>nd</sup> Session will be held June 1-6, 2025, at The University of Kansas.

Registration forms are available now on our website and are due by May 1, 2025. Please use this registration form only to ensure we obtain all the necessary information for a camp involving minors.

The fee is \$425 per delegate. We are asking all delegates to contribute \$25 themselves, so the sponsoring units will only need to contribute \$400. Some units have used a similar model in the past. To stay consistent across all units, please do not ask delegates to contribute more (or less) than \$25.

We are so grateful to the ALA members who continue to be dedicated to working our program year after year!

What do we need from you?

- We need help with recruitment!
  - Please encourage the current high school juniors in your life to submit a registration form!
  - Share our information in your community. We have flyers and brochures to distribute.
  - Do you or someone you know work in a Kansas high school or partner with a home school co-op? If so, we would love to connect!
- We need volunteers at session! If you are available during session and willing to help, please let us know.

What is ALA Sunflower Girls State?

This is a week-long, government-in-action, non-partisan camp that teaches delegates Americanism, citizenship, government, and leadership. Delegates establish city-, county-, and state-level governments, run for office, debate and pass legislation, and hear from leaders at all levels of government from across Kansas.


Who is ALA Sunflower Girls State for?

Our program is for students between their junior and senior years of high school from across Kansas.

Would you like to learn more?

Please visit our website ([www.ksgirlsstate.org](http://www.ksgirlsstate.org)), find us on social media (Facebook and Instagram), or contact ALA Liaison Pam King by phone (620-222-1835) during the day or Director Lindsay Maudlin by phone (620-728-4072) in the evenings or email ([sunflowergirlsstate@gmail.com](mailto:sunflowergirlsstate@gmail.com)) for more information.





**JUNE 1-6, 2025**

*University of Kansas*

AMERICAN LEGION AUXILIARY  
**SUNFLOWER GIRLS STATE**

*A Week to Shape a Lifetime*

CLICK ON THE LINK BELOW SGS EMAIL BROCHURE (8.5 x 14 in)

[https://www.kansasala.org/\\_files/ugd/142f8e\\_e8dcb54fffa4700bbdac03a5e4cc582.pdf](https://www.kansasala.org/_files/ugd/142f8e_e8dcb54fffa4700bbdac03a5e4cc582.pdf)

**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.  
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.