



## President's Update

### JULY



Welcome ladies to the New Year 2016/2017,

It is with great pleasure, that I was elected as the new President for this Auxiliary. We have so many programs that need to be worked on and I am hoping we can get more women involved. Americanism, Auxiliary Emergency Fund, Chaplain, Children & Youth, Community Service, Education, Girls State, Historian, Juniors, Legislative, Membership, National Security, Poppies, Public Relations, Scholarships & VA & R. My goal is to get more information out about the programs. If you have an interest please let me know.

Our 1<sup>st</sup> meeting will be on Monday July, 11 at 7pm. We will have visitors here to tell us about the PTSD dog program. This year the money we raised from penny wars with a donation from VA & R, we are helping support a dog for this training.

The Legion is hosting the annual July 4<sup>th</sup> BBQ this coming Monday. Please feel free to bring a side dish to share. All members are free. \$5 donation for guests. 2p-4p.

Every year the Auxiliary has a theme. This year it is:

### **Serving our Veterans from Sea to Shinning Sea.**

I look forward to working with all of you for great achievements to help our Veterans & Military.

If you have any questions, suggestions, ideas don't hesitate to contact me.

Email : [allwoman90706@yahoo.com](mailto:allwoman90706@yahoo.com)

Cell: 562-477-6102

Have a wonderful July,

Irene Hallam



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### SAVE THE DATE

- 7/11 Auxiliary Meeting 7pm
- 7/16 Barney's Beach Bash
- 7/29 Steak Night



## ALA Programs on Facebook

Interested in finding specific ALA programs on Facebook? Here's a list of programs that have their own Facebook page.

 [ALA National Headquarters](#)

 [ALA Girls Nation](#)

 [ALA Juniors](#)

 [ALA National President](#)

**Congratulations S.A.L. Post 716**  
**Angels Stadium Jumbotron**



## AUXILIARY MEMBERS

*Membership Dues- \$25 Seniors & \$5 Juniors*



On Independence Day, Americans will celebrate our country's freedom with fireworks, family, and friends. Amidst the fun and hoopla, let's pause to remember the supreme price of freedom. The holiday is Independence Day. The day it is celebrated is July 4th. Because freedom is our most revered right as citizens of the United States, Independence Day encompasses a whole Fourth of July weekend to celebrate.

Let's hoist up our American flags, prominently wear our red, white, and blue, and proudly show our dedication to those to whom we owe this weekend: our nation's veterans and U.S. military.

As the world's largest women's patriotic service organization, the American Legion Auxiliary thanks the brave men and women who fought – and continue to fight – at home and abroad, along with their families who sacrificed along with them to allow us the privilege to live in the Land of the Free **because** of the brave.

God Bless America, and Happy Independence Day!





# 2016



## CONCERT FOR HEROES

# A Tribute to Veterans

An Annual Event for Southern Californians  
Tomasz Golka, Music Director

*Performance by:*

### Riverside County Philharmonic

### July 3, 2016

### 7:30 p.m. - 9:30 p.m.

### Concert Amphitheater

### Riverside National Cemetery

Seating in amphitheater or bring lawn chairs.

FREE

Our Cemetery is a National Shrine.

Please respect the grave sites of those who have served.

Please, no alcohol.

*Sponsored by:*



County of Riverside



County of Riverside  
Economic Development Agency



City of Riverside  
Michael Hestrin, District Attorney  
County of Riverside  
Bud Lupino  
One Stop Underwear Riverside, Inc.  
Jose Medina, Assemblyman  
California State Assembly  
Pacific Premier Bank, Inc.  
PyroSpectaculars, Inc.  
The Press Enterprise  
Wells Fargo



A to Z Printing Co.  
Abbott Vascular  
Acheson & Graham  
Alfura Credit Union  
American Medical Response  
Rusty Bailey, Mayor  
City of Riverside  
Virginia Blumenthal  
Gorry Bowden  
Ken Calvert  
Member of Congress  
Billy Campbell  
Preston & Simons Mortuary  
Steve and Joan Campbell  
John and Janet Gless  
Brian and Vickie Hawley  
Bill Hoskins  
Hub International of California  
Insurance Services, Inc.  
Krieger and Stewart  
Kiwans-Uptown  
Donna Knox  
Loma Linda VA Healthcare System  
Riverside Medical Clinic  
Rotary Club of Riverside  
Stater Bros.



Boy Scout Troop 90  
California Inland Empire Council, BSA  
Chuck and Sharon Conder, jr.  
Corona Chamber of Commerce  
Mike Downs  
Downs Energy  
Greater Riverside Chambers of Commerce  
Dick Haley (Councilman) and Christine  
City of Corona  
Chris MacArthur, Councilman  
City of Riverside  
March Joint Powers Authority  
Military Officers Association of America  
March Field Chapter  
Riverside National Cemetery  
Memorials and Monuments Committee  
Riverside National Cemetery  
Support Committee  
City of Corona  
Karen Spiegel, Council Member  
City of Corona  
Others... and of course  
Riverside National Cemetery



# FREE



## 1ST VICE-PRESIDENT

Hello,

My name is Linda Jefferson and I was voted in as the 1<sup>st</sup> Vice of the American Legion Auxiliary Unit 716. This will be a new adventure for me and I am looking forward to the challenge. As 1<sup>st</sup> vice, I am in charge of new memberships and renewals. For those

who are not members, please come in and see what we do. I think you will like the heart we have for the veterans, our military and all the other great programs we offer in our community.

Enjoy a great summer.

Linda Jefferson

## ALA E-NEWSLETTER

### ALA eNews

This electronic newsletter is published monthly and focuses on programs, activities, and events in short, quick-read articles. One-topic eblasts also are sent to announce special events or news. Pass it on — encourage members and nonmembers alike to subscribe to this informative e-newsletter. [SUBSCRIBE TO ALA e-NEWS.](#)

### Auxiliary Magazine

Looking for the informative, entertaining, innovative scoop on the ALA? You'll find it in *Auxiliary* magazine. Be in the know on the latest highlights of Auxiliary events and programs. Free to our members, it is published and mailed quarterly and is also available to read online as an e-magazine. Let others know — spread the word by sharing your copy with a friend, or purchase a gift subscription for your doctor's office, health club or hair salon. [Subscribe to the magazine](#)



## 4th July Recipes



### Bomb Pops

2 oz Bacardi Razz Rum  
2 oz Lemonade  
2 oz Blue Curaçao

Tastes like a popsicle

### 4th of July Firework Fruit Kabobs



### Walking Taco



**HOMIE  
OF ★ THE  
FREE  
BECAUSE  
OF ★ THE  
BRAVE**



## Long Beach VA Town Hall Meeting

The Town Hall Meetings are for veterans and relatives of veterans that has a gripe with the LB VA hospital. This is your opportunity to speak to someone that can make a difference, and possibly find a solution your problem. Mr. Fisher and his management staff are there to help.

I couldn't capture everything they said due to the acoustics in the room. Some didn't speak clearly or loud enough. I had a problem understanding them even when they were ten feet away.

I like these meetings. I know some vets would like to attend but can't due to a variety of reasons. I take the time to put these notes together for you. Those veterans not interested can hit the delete button.

\*\*\*\*

Veterans were asked to write their questions down so it could be given to the person best qualified to respond.

\*\*\*\*

A veteran said he is now blind due to a Cataract operation, and unable to work. He was trying to get help from the VA Hospital attorneys to be compensated, but did not get anywhere. Mr. Fisher advised getting legal help outside the hospital. A Veteran in the audience advised finding a good malpractice attorney.

\*\*\*\*

A couple of veterans complained about Veteran Service Officers (VSOs). A veteran said he waited five hours to meet with a (VSO) to get a signature. Another vet said he had problems getting appointments, and wanted the VA to provide more VSOs. We were reminded that VSOs are not employees of the VA hospital, and they didn't have a lot of control over them. Mr. Fisher said he would talk to the VSOs in his monthly meeting to see if they could help with this problem.

\*\*\*\*

The LB VA provides transportation for veterans unable to drive. A blind veteran said some drivers expected him to walk to the vehicle when it arrived. Drivers would not ask if he requested the ride, and

leave him standing there. The driver told the dispatcher no one was there to be picked up.

Another veteran complained it taking too long to get home because other veterans were being dropped before him.

\*\*\*\*

A Vet asked about nursing care. A veteran needs to be 70% disabled to get long care nursing.

The ratings for claims has a formula that might require the help of a VSO. Ratings do not add up the way most veterans understand. Your disability rating is not 100% just because they gave you 30%, 30% and 40% for different problems.

\*\*\*\*

A vet complained about not having enough disabled parking spaces. VA management said they were not aware of the problem and will look into it. They reminded us of the valet parking in the front, and the new lot in back of the Hospital. Shuttle busses will take you where you need to go.

\*\*\*\*

Mr. Thomas Rusk, Director National Cemetery Administration was asked if veterans could reserve a plot in a federal cemetery. No, as needed bases, was his response.

\*\*\*\*

Not sure if the name of this new committee is **My VA, My VA Community Board** or **My VA Community Initiative**. I am going to refer to it as MY VA until I know for sure.

Mr. Fisher said My VA had their first meeting prior to the Town Hall meeting. Bobby McDonald and Brenda Threath are the leaders. Bobby and Brenda introduced themselves and then each committee member introduced themselves with a short explanation of their background the organization they represent.

They will be focusing on women veterans, education, legal and mental health and other veteran problems. Their next meeting will be sometime in September.

\*\*\*\*

That's all I have for now. I hope everyone has a fantastic Weekend.

Bill Sandlin





American Legion  
Auxiliary

# *A VETERAN IN CRISIS?*

The U.S. Department of Veterans Affairs (VA) provides a confidential 24/7 Veterans Crisis Line with trained counselors for veterans and their families at

**1-800-273-8255 (PRESS 1)**

*For more information on the American Legion Auxiliary  
visit [www.ALAforVeterans.org](http://www.ALAforVeterans.org).*

# Learn to take care of #1.

*(Article Submitted By: Nancy Young)*

As women we all fulfill so many roles and have so many people depending on us that it's easy to put off taking care of ourselves. Let me ask you... "Do you ever find that by night, it's hard to be attentive because you're almost too tired to care having worn yourself out mentally"? Let's face it, when we're emotionally drained we have little tolerance for anything. **Fatigue and emotional** exhaustion is a chronic state of physical and **emotional** depletion that results from excessive job and/or personal demands and continuous stress. It describes a feeling of being **emotionally** overextended and exhausted by one's activities and occurs when you have exceeded your capacity for emotional stress. Many of us feel it, even when we're not aware that we've exhausted our emotional reserves.

Although emotional exhaustion symptoms vary, the following can be red flags:

Abusing drugs, alcohol or food

Anger / Blaming

Chronic lateness

Depression

Diminished sense of personal accomplishment

Exhaustion (physical or emotional)

Frequent headaches

Gastrointestinal complaints

High self-expectations

Hopelessness

Hypertension

Inability to maintain balance of empathy and objectivity

Increased irritability

Less ability to feel joy

Low self-esteem

Sleep disturbances

Workaholism

So what can be done about it? Several positive coping skills include:

- relax
- exercise
- meditate
- stay in the moment

- take things one step at a time
- ask for help

Just like on a flight...you have to put the oxygen mask on yourself **FIRST** to be in able to help others. Learn to take breaks when needed instead of pushing your limits. Learn how to say no, and to be OK with saying no. By saying no, we decrease the chances of taking on too much and becoming overwhelmed. Learn to set appropriate boundaries with those who have a tendency to be emotionally draining. When we are emotionally drained it becomes extremely difficult to deal with someone who is emotionally needy. If we give what we have left emotionally to others when we have very little, what are we left with?

**Learn to relax, rest, reflect, and release.** First relax, put your mind and body at ease and then rest by sleeping and allow your body to recharge. The amount of time spent on relaxing and resting depend upon the degree of emotional exhaustion. Once we have accomplished the first two, we can move on to reflecting. This involves looking back at the events that led up to the exhaustion and what we can do differently in the future to avoid the same outcome. After reflecting, we are then able to release what has taken place, no longer focusing on the past, feeling recharged, and ready to move toward the future.

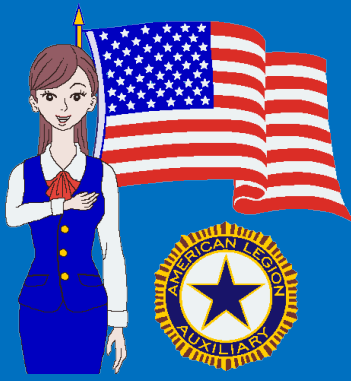
Lifestyle changes you choose to make will depend on your unique circumstances, but doing these three things daily, can help.

1. Spend plenty of quiet time alone. Learning mindfulness meditation is an excellent way to ground yourself in the moment and keep your thoughts from pulling you in different directions. The ability to reconnect with a spiritual source will also help you achieve inner balance and can produce an almost miraculous turnaround, even when your world seems its blackest.
2. Recharge your batteries daily. Something as simple as committing to eat better and stopping all other activities while eating can have an exponential benefit on both your psyche and your physical body. A regular exercise regimen can reduce stress, help you achieve outer balance and re-energize you for time with family and friends.
3. Hold one focused, connected and meaningful conversation each day. This will jump start even the most depleted batteries. Time with family and close friends feeds the soul like nothing else and sadly seems to be the first thing to go when time is scarce.

Ask yourself, "What gives my life joy and meaning?" This will help you identify your values and define your priorities. Before making decisions, pause and ask yourself, "How well will this align with my values and priorities?" This kind of introspection can act as a compass to help you get back on track if you find that everyday stressors are steering you off course.

The next step in caring for yourself is learning to say "no"... (Possibly a topic for next month)





# July 2016

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2
3		5	6	7  LBVA- M1 Ward	8	9
10	AUXILIARY MEETING  7pm 	12	SALS MEETING  7PM 	LEGION MEETING  7PM 	15	16 
17	18	19	20	21	22	23
24	25	26	27	28		30
31						



# AMERICAN LEGION POST 716

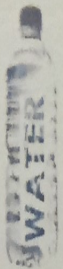
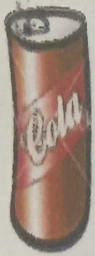
## BEACH BASH!

LIVE MUSIC, FOOD AND REFRESHMENTS  
PROVIDED BY THE LEGION FAMILY



*Wine*

*Beer*



SIDE DISHES  
ENCOURAGED AND  
WELCOMED



IF YOU WOULD LIKE  
SOMETHING ELSE, BRING IT!  
WE'LL COOK IT FOR YOU.

**LIVE MUSIC**  
*BROUGHT TO YOU*  
**BY FRENZY**

16 JULY AT BARNEY'S BEACH HOUSE LOCATED ON  
SEAL BEACH NAVAL WEAPONS STATION  
**DONATION OF \$10 PER PERSON – PROCEEDS GO TO THE  
RESTROOM UPGRADE TO ADA STANDARDS FUND**

ALL FORMS MUST BE TURNED INTO THE BARTENDER (WITH MONEY) BY 17 JUNE 2016  
NO ONE WILL BE ADDED TO THE LIST AFTER THIS DATE! (NO EXECPTIONS)



## Growing the Legion Family for Veterans

### WHAT WE DO :

**Scholarships, Support Veterans & their families, Poppies, Americanism, Leadership, Community Service, Children & Youth, & Much More**

*President—Irene Hallam*

*1st Vice President-Linda Jefferson*

*2nd Vice President-Cindy Mayfield*

*Treasurer-Deborah Driscoll*

*Secretary-Krista Valdivia*

*Sgt. at Arms-Ramona Estrada*

*Marshall-Marni Thribdeaux*

*E-Board members: Gloria Pfau | Stephanie Janji | Kelly Chaides*

*Chaplain-Carrie Taylor*

*Historian - Sharon Starr*

*Jr. President-Cindy Mayfield*

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PLEASE  
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STAMP  
HERE

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Mailing Address Line 5

