

***June 5, 2026***



AMERICAN LEGION AUXILIARY



**WE wait for them.**

**We grieve with them.**

**We support them.**

According to National Public Radio, the number of military personnel makes up less than one percent of the population (2,266,883 personnel out of 309 million people in 2010). That's an exclusive club! However, each one of those men and women has family — moms, dads, spouses, brothers, sisters, and cousins who are also impacted by the hardships that come from that person's service.

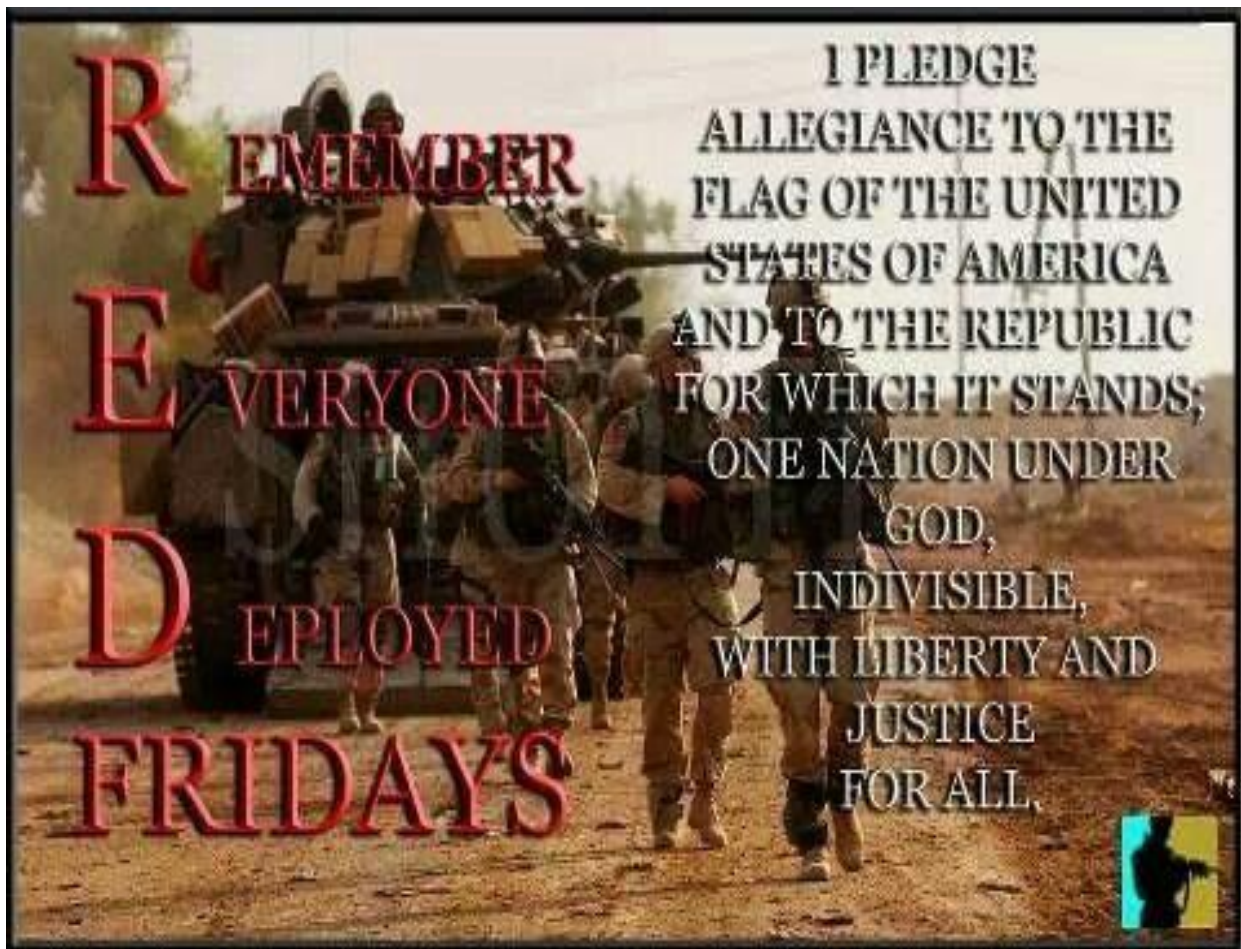
If you are one of those people, sit down at the lunch table with me. Let's talk!



## What is R.E.D. Friday?

RED is an acronym that stands for Remember Everyone Deployed. RED Friday was created to remind people of our heroes overseas and show that we are thinking of them. People across the country wear red every Friday to serve as a reminder and to spread the message of how important it is to keep our troops in our thoughts.

Being a part of RED. Friday is easy: just wear red on Friday and tell your friends why!



## While wearing red or patriotic apparel is great to show your love of country, might I recommend some additional ways to show you “Remember Everyone Deployed”?

Send care packages!

There are many websites dedicated to this form of support. You don't even have to have a special service member in mind. The [Red Cross](#) and [USO](#) are reputable places to start. They have mailing addresses and lists of recommended items for care packages for deployed soldiers. They are also reputable organizations to donate to if you want to help with relief efforts from the impact of hurricanes Harvey, Irma, and Maria. Contributions to the USO will go directly toward service men and women (and their families) deployed to the Gulf region.

The USO has a special place in my heart, as I have visited a handful of their offices in airports over the years. The first hug I received in the States upon our return home from a 3.5-year tour in Italy was from a friendly stranger volunteering her time handing out water at the USO in Baltimore. Her kindness brought me to tears. That, OR it could have been the exhaustion from two back-to-back international flights with 8-month-old twins, a 2-year-old, and a 6-year-old, but I digress. I still remember that hug. I don't know if she was wearing red, but her support was obvious through her involvement with the USO.

The USO has its own social media campaign called **#Flex4Forces**. The campaign calls on all Americans to show their strength as a “Force Behind the Forces” by striking a biceps flex in support of our nation's military and sharing it on social media. It's a fun and friendly way to show your support.

Here's the real challenge: take a break from social media and actively seek out those service men and women, deployed or not.

Show your care by taking the time to talk to service members, young and old. Have coffee with a friend whose service member is deployed.

High five a military kid.

**Organize a fundraiser to raise money to purchase care package items.**



## **10 More Organizations and/or Ways to Get Involved:**

1. The [USO](#) is a nonprofit organization providing care packages, entertainment, and recreation-type services to military members and their families since 1941. You can help by donating money, volunteering your time, corporate partnering, and fundraising.
2. Donate to the [Fisher House Foundation](#), which supports wounded, injured, and ill service members.
3. Send expired coupons to Active-Duty military personnel and their families with [Support Our Troops](#). Military family members stationed in overseas locations are allowed to use coupons up to 6 months past their expiration date at commissaries, and this helps reduce that financial burden.
4. Donate by adding cash to your Girl Scout Cookie order. Your Girl Scout could earn a badge and the troops will benefit, too.
5. [Hope for the Warriors](#) aids those who sustained physical and psychological wounds in the line of duty.
6. The Iraq and Afghanistan Veterans of America ([IVAVA](#)) provides new Veterans with health, education, and employment support.
7. [Homes for Our Troops](#) builds mortgage-free and specially adapted houses for those with multiple amputations and for veterans with traumatic brain injuries.
8. Donate to the Disabled American Veterans Charitable Service Trust ([DAV](#)).
9. [Soldiers' Angels](#) offers a variety of ways to give back to Veterans, Deployed, Wounded and Family members.

## **What do they Actually Need?**

You will find your service member needs essential, choose small, travel-size containers of personal care products, and avoid aerosol cans. To keep liquids from spilling, cover the opening of the container with plastic wrap, then recap before shipping.

Toiletries. Toothbrush, toothpaste, dental floss, cotton swabs, shaving lotion, disposable razors, shampoo, and individually packaged tissues.

Personal care. Individually packaged baby wipes, eye drops, lip balm, lotion, aspirin or another pain reliever, and feminine hygiene products for women.

Foot care. Moleskine, medicated foot powder, and athlete's foot ointment.

Disposable hand warmers. Send these during the winter if your service member is in a cold climate. Also, fingerless gloves, stocking caps, and long underwear are good ideas.

Goggle-style sunglasses. Your service member will appreciate these if he or she is deployed in the desert. Cotton socks and underwear. Make sure the garments are made of 100 percent cotton rather than a cotton blend.

## **Extra, Fun Things to Send**

In every care package, be sure to include a personal note or other special reminders of

home. Photographs, drawings, and DVDs of your activities at home will be comforting to your service members. Here are some more ideas:

- Your children's art projects or schoolwork.
- A small scrapbook filled with mementos from home.
- The Sunday comics from your local newspaper.

Additionally, some fun entertainment may be a good idea, especially if you have extra room in the flat-rate package.

Reading material. Paperback books, current magazines, and comic books. Games. Foam footballs, basketballs, Frisbees, Hacky Sacks, playing cards, yo-yos. Crossword puzzles, word searches

Electronics. Portable media player, handheld electronic games. Maybe a disposable camera.

Batteries. Size AA and D batteries are in high demand. If you're sending a battery-operated device, remove the batteries so the appliance doesn't accidentally turn on during shipment. And remember you cannot ship lithium-ion batteries.

Writing materials. Notepaper, envelopes, pens, pencils, and stamps. Maybe even self-addressed stamped envelopes so you're guaranteed to get something back.

There are many ways to show your support for troops at home and abroad. Any day that you can volunteer your time, resources, or words of encouragement, your effort is appreciated. We welcome the support!

### **VOLUNTEERS ARE SPECIAL PEOPLE**

Volunteers are special people with a highly developed sense of responsibility. While pessimists and optimists argue whether a glass is half-empty or half-full, the Volunteer sees a glass of water and starts looking for someone who might be thirsty.

Valuable treasures like you make us beam  
Outstanding is the help you lend to our team,  
Loyal is your tireless efforts all year,  
Upbeat and always full of good cheer,  
Notable for your compassionate touch,  
Thoughtful in ways that mean so much,  
Ever prepared with a welcoming smile,  
Eager to go the extra mile,  
Reaching out to those in need,  
Supportive in every word and deed.

### **THANK YOU FOR VOLUNTEERING**

#### **VOLUNTEER PAY**

Volunteers don't get paid, not because they are worthless,  
But because they are priceless!



**.Volunteer Work**

“Volunteers give time today to make life better tomorrow.”

### **WHY BE A VOLUNTEER?**

IT'S NOT FOR MONEY: IT'S NOT FOR FAME.

IT'S NOT FOR ONLY PERSONAL GAIN,

IT'S JUST FOR LOVE OF FELLOWMEN.

It's JUST TO LEND A HELPING HAND.

It's JUST TO GIVE A LITTLE SELF.

THAT'S SOMETHING YOU CAN'T BUY WITH WEALTH.

IT'S NOT FOR MEDALS, WORN WITH PRIDE.

IT'S JUST FOR THE FEELING DEEP INSIDE.

IT'S THAT REWARD DEEP IN YOUR HEART.

IT'S FEELING THAT YOU'VE BEEN A PART

OF HELPING OTHERS FAR AND NEAR.

THAT MAKES...**A VOLUNTEER.**

## **VOLUNTEER**

### ***You can make a difference!***

**Community Service:** The Auxiliary's Community Service program is based on the premise that no organization has a right to exist within the community without giving something to that community in return. Community service helps to make our communities better places in which to live. Auxiliary members study community needs, recommend projects, raise funds, and donate their time to accomplish their specific objectives. When someone performs an action that benefits his or her community, it is known as community service. Examples:

- Making a difference by contributing something that is of value to you - money, skills, time, advice.
- Helping without expecting something in return
- Motivating someone to make a difference
- Taking steps to fulfill the urge or sense of obligation to stand for something bigger than yourself.

### **Volunteer Work**

I don't receive a check each week or monthly; this is true.

But knowing I am helping - get paid??? Of course I do!

The warm Hellos, the sad goodbyes, the hugs and kisses too,

You ask, "Do I get benefits?" Oh yes - of course I do!

If you could know the joy I feel, the warm glow in my heart,

You wouldn't ask if I got paid. You'd have known it from the start.

So let me share a little love, one hour at a time,

And maybe someone else like me will pass it down the line.

**"Volunteers give time today to make life better tomorrow."**

Happy Friday:  
*Give yourself  
grace.*

You've made it through  
the week—maybe not  
perfectly, but powerfully.  
Progress is still progress.

Be kind to others, but  
be gentle with YOU.

Let grace lead the way  
today.



.....

# ALA Girl State Newsletter



## **Build Leadership and Skills**

Through service projects, meetings, and the **Junior Patch Program**, you'll develop leadership, organization, and civic responsibility skills. Patches cover areas like Americanism, community service, leadership, and veterans affairs, giving you hands-on experience in multiple fields

Learn About Americanism and Citizenship

The Junior Auxiliary instills patriotism, respect for the American flag, and a sense of duty to uphold democratic values. This is especially meaningful if you're inspired by the legacy of veterans and service members.

The ALA Junior Activities Handbook has details for organizing and directing a program for Junior members, as well as information on eligibility, ceremonies for initiations, installations and graduations, contests, meetings, and programs.

---

THIS WEEK'S  
TOP STORIES

"No matter where we come from or what walk of life we represent, we have proven that we can come together as young adults to support one another and work toward a common purpose. We are the future, and our future needs our voices, our ideas, and our commitment to make a difference.



"As you conclude your Girls State journey, I want to wish each of you success and happiness in all your future endeavors. Thank you for your dedication, leadership, and service. May the knowledge, friendships, and experiences you've gained here inspire you to make a positive difference in your communities. Safe travels, and best wishes for a bright and successful future."



Q: What did George Washington use as false teeth?

A: PresiDENTURES

Q: Where do polar bears vote?

A: The North POLL.

---

*After a long day in session, time for our Citizens to just  
relax and enjoy each other*





---

**Sutton,AK**

Fri 05  
**72° / 50°**  
Mostly Sunny  
4%  
12 mph



Department of  
**ALASKA**





Gus is a 7-year-old (lab/retriever?) living at Alaska's Healing Hearts Campground. He spends his days moseying around the property; swimming in the lake, rolling in the sand, and ensuring the chickens and roosters stay in line. Gus makes an occasional appearance in the (main lodge thingy) to clean up food scraps off the floor and, of course, get lots of attention from the citizens of ALA Girls State. Sometimes he'll pick up a rock in his mouth or want one of his numerous toys to be thrown, but he gets disinterested pretty quickly. He's very low-key. We will all miss Gus when we leave, and hope he will continue to serve as the guard dog for the camp.

Thursday was not only warm and sunny, but also election day at ALA Girls State! Following our early rise, raising the flag, and breakfast, many girls had their interviews for Girls Nation while Grace and I worked on our city map. At 11:15, we listened to speeches from girls running for state positions in the general election and why they would be a good candidate for Girls Nation. Afterwards, we had lunch with our guests, former Lieutenant Governor and State House Representative, Loren Leman, and his wife Carolyn Leman. As all the citizens participated in our General Election for State Positions (we all voted for the first time!), we moved to gavel in for our third legislative session at [time], in which we introduced three bills and assigned them to their respective committees. There were two bills in second reading that we had extensive debate over. Following a recess from the legislative session, Loren Leman was introduced before the Election results were announced, and the new State positions were inaugurated by Mr. Leman. Cooleen Howard as Treasurer, Grace Acker as Supreme Court Justice, Georgia DeBaun as Attorney General and Chief Supreme Court Justice, Claire Burke as Lieutenant Governor, and Sarah Dallaire as Governor. We resumed the session again and split into committees to consider new bills. Fun and relaxation followed adjournment until 6 p.m., when we had dinner until 6:30. Following that, we had a productive floor debate for about 45 minutes over bill No.3 in Public Testimony. In the

General Assembly to end the day, we continued work on our city fair, which will be held on Friday afternoon, and all shared something we have enjoyed throughout the week.

Gus is a 7-year-old (lab/retriever?) living at Alaska's Healing Hearts Campground. He spends his days moseying around the property; swimming in the lake, rolling in the sand, and ensuring the chickens and roosters stay in line. Gus makes an occasional appearance in the (main lodge thingy) to clean up food scraps off the floor and, of course, get lots of attention from the citizens of ALA Girls State. Sometimes he'll pick up a rock in his mouth or want one of his numerous toys to be thrown, but he gets disinterested pretty quickly. He's very low-key. We will all miss Gus when we leave, and hope he will continue to serve as the guard dog for the camp.

Thursday was not only warm and sunny, but also election day at ALA Girls State! Following our early rise, raising the flag, and breakfast, many girls had their interviews for Girls Nation while Grace and I worked on our city map. At 11:15, we listened to speeches from girls running for state positions in the general election and why they would be a good candidate for Girls Nation. Afterwards, we had lunch with our guests, former Lieutenant Governor and State House Representative, Loren Leman, and his wife Carolyn Leman. As all the citizens participated in our General Election for State Positions (we all voted for the first time!), we moved to gavel in for our third legislative session at [time], in which we introduced three bills and assigned them to their respective committees. There were two bills in second reading that we had extensive debate over. Following a recess from the legislative session, Loren Leman was introduced before the Election results were announced, and the new State positions were inaugurated by Mr. Leman. Cooleen Howard as Treasurer, Grace Acker as Supreme Court Justice, Georgia DeBaun as Attorney General and Chief Supreme Court Justice, Claire Burke as Lieutenant Governor, and Sarah Dallaire as Governor. We resumed the session again and split into committees to consider new bills. Fun and relaxation followed adjournment until 6 p.m., when we had dinner until 6:30. Following that, we had a productive floor debate for about 45 minutes over bill No.3 in Public Testimony. In the General Assembly to end the day, we continued work on our city fair, which will be held on Friday afternoon, and all shared something we have enjoyed throughout the week.