



Cruisin' News COMMUNIQUE

November 2013 Vol. IV Issue 4



Happy

Thanksgiving

AEF

Constitution
& ByLaws



Captain's Log

A hoy Shipmates! We are now about to embark upon our 4th Shore Excursion, Fall Conference. First I must say congratulations to our Cruise Director Kelli and to all the ship personnel for working so hard to achieve, and exceed our first milestone Port of Call. Therefore we will not be late for the Captain's Cocktail Party at Fall Conference. I had such a wonderful visit with members of the 17th District. Thanks so much to Past District President Eleanor Amato for the great accommodations at her Castle and the historical tours.

District President Chicki and her staff did an outstanding job of keeping me busy. And let's not forget all that food I needed a larger size to camouflage. The visit to Raybon was one of the highlights, a great Veterans Day Program was presented and I also had a chance to get into a simulator and shoot a big gun (forgot the caliber) but I did hit the target of the bad guys the experts said I really nailed it, so I guess I did good! My visit

to the Wellness VA Clinic for our Veterans suffering from all kinds of mental conditions was an eye opener, this put fire under me to do more for our Veterans. I thank all in District 17 for the hospitality and kindness.

I was privileged to ride in the Veterans Day parade sitting on top of a convertible, in Deland, very well attended by the residents that waved the American flags and wished all a Happy Veterans Day! It was a wonderful feeling to hear children asking for flags, makes you very proud to be an American. Now I am off to Orlando anticipating a fun filled and informative conference. Will I see you?

Bon Voyage!!
Captain Bailey

Chaplain's Corner

As this month of November is very special to all of us, let us step back and remember those who have paid the ultimate sacrifice for us to have the freedoms we hold so dear to our hearts. Always remember the Veterans who are precious and remember the POW's and MIA's and all their families during this month. Thank you from a very Grateful Nation to those who have departed, and for those who are still fighting to keep this great country safe and free.

There was an error and an omission in the October Communique and is being corrected in this months. District 6 – Unit 21 Link-Bennett, Mary was not listed and Joyce Broda is from Unit 219, Not Unit 63. For District 16 – Unit 335 – Lauer, Geraldine was not listed.

Deceased List for November 2013

District 3

Unit 383 Massey, Marie

District 4

Unit 155 Crosby, Mary Ellen
Kelly, Francis
Park, Eileen
Park, Kathleen A.

District 5

Unit 250 Clowers, Brenda
Gotto, Joyce
Potts, Alice
Unit 283 Gilleo, Teresa
Lewis, Nancy (Janey)

District 6

Unit 21 Link-Bennett, Mary
Unit 219 Broda, Joyce L.
Unit 286 Brim, Cecellia
Carter, Johanna
Clark, Ruth
McKenzie, Elsie
Myers, Bonnie
Unit 347 Bunce, Patricia
Engle, Marsha
Feller, Wanda
Spille, Susan

District 8

Unit 24 Sarkozy, Judith

District 13

Unit 110 Hickey, Blanche
Marusinski, Noella
Unit 130 Howard, Carolyn

District 14

Unit 31 Van Doren, Mary

District 15

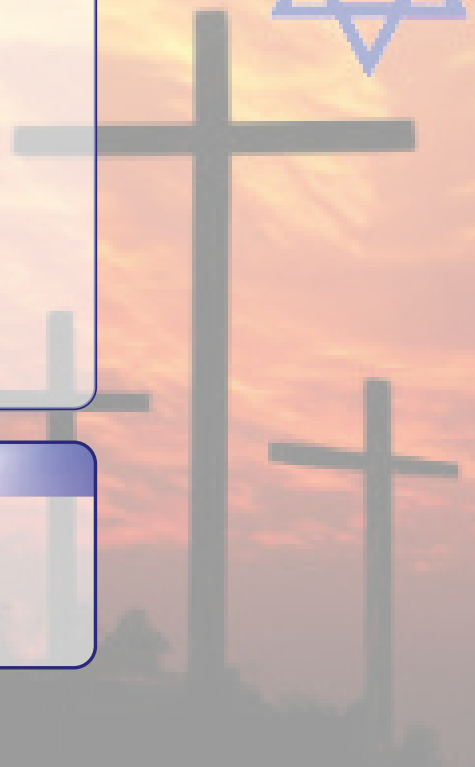
Unit 148 Shepard, Lana

District 16

Unit 173 VanOrden, Ann
Unit 252 Robinson, Sophia
Unit 273 Becker, Elaine
Day, Inge C.
Loeber, Kathleen
Miller, Jean H.
Pollard, Karen
Prokop, Cynthia
Rogers-Bohn, Marilyn
Unit 335 Balsavage, Mary
Lauer, Geraldine

District 17

Unit 120 Vermilya, Lucinda
Unit 127 Wilson, Margaret
Unit 285 Boyd, Patricia
Browe, Dorothy





FROM THE SECRETARY

Fall Conference is over and I hope all in attendance have their sea legs back. If you missed it, you missed a wonderful cruise. I am happy to report we were able to keep the surprise of it from President Gerrie and it was fun to see the look on her face when she was the "Unity Deck" for the first time. Special thanks to all the many people that worked hard to make it a success between the break-outs as well as the presentations during general session. It was wonderful to have Past Department President, Ruth Proctor with us at Fall Conference. She has been missed the last few years.

The power-point from the conflict resolution class will be posted on the Department website along with the power-point from the Constitution & Bylaws class.

An important issue that arose at Fall Conference that needs addressing.

It is unlawful for an auxiliary member to present a sales tax exemption from a Post when making a purchase. An Auxiliary has no legal right to use any exemption a post has. Units must apply for their own sales tax exemption with the State of Florida. Any unit that used a post's exemption form to purchase something from us during Fall Conference will receive a warning letter and an invoice for the tax on the items purchased. The post will also receive a letter informing them of the law regarding the use of this exemption.

Membership . . . We do not have a "go live" date from National yet.

We were asked about separate checks on recaps and my reply was: we would appreciate separate checks for each recap, however, if this is a serious issue for the unit then you may write one check for current dues and one for all back dues. You can't mix current and back dues. It will be returned to you.

Please make sure the checks you send to Department are written neatly as we use a check reader for deposits and it cannot read a check with changes and initials on it.

We have several units that are not listing the names in alpha order on their recap sheets. We must ask that you do so as it results in problems when we go to key your recap if you don't.

Remember, all National targets are based on renewals only. Your focus should be on renewing the members you already have. Contact your current members and ask them to renew. Do not simply rely on the renewal notice. Many members will not pay without personal contact.

Girls State . . . the registration paperwork has been mailed to all units. The fee to register a girl for Girls State is \$350 per delegate. Make sure all potential attendees are aware that no religious accommodations will be made for them at Girls State. The deadline for registration is February 1, 2014 or 300 delegates, which ever comes first.

Remember, to be qualified for participating in Girls State, the unit must be charter strength (10 Sr members paid) and all obligations must be paid.

Delegates and alternates will be required to get all packet material and required forms from our web site at girlsstate.alafl.org. Nothing will be mailed to the girls this year and units are not required to provide this material to them.

Do not select a delegate or alternate until you have the numbered application in your possession and then remember it is your responsibility to complete this paperwork with the student, not the schools.

IRS 990N . . . all units should have completed the 2012 990 N by now and copy of acceptance notice should be on file at Department. Corporations get renewed from January 1 – May 1, 2014.

It is with deep sadness that we report the death of Teresa Gilleo. Teresa served the Department for many years as our Representative to NE Florida State Hospital at MacClenny. Messages of sympathy can be mailed to Teresa's husband Jim at: 1344 Domas Dr, Jacksonville FL 32211.

The Finance Chairman, Maureen Costello, is accepting resumes for the office of Department Secretary-Treasurer for 2014 – 2015. If you are interested in applying for the job mail your resume to Maureen at 1464 SE 7th St, Deerfield Beach FL 33441-5810. Advertising outside our Department will begin in January with the whole process rapping-up in March. My final day will be June 14, 2014 with the close of Department Convention.

Department Headquarters will close at noon on Wednesday, November 25 and remain closed until Monday, November 30th for the Thanksgiving Holiday.

On behalf of your Department Staff, we wish you a warm and wonderful Thanksgiving Holiday with family and friends. Please spend a few moments this holiday counting all your many blessings.

Robin Briere
Secretary-Treasurer



"Digging For Treasure & Opportunities" Cavalcade of Memories

November:

November is for giving Thanks
For the many things we have, including the Cranks.
What have you done in the past for your holiday,
To give others a special day and your many Thanks away?
Did you have a feast and celebrate as the pilgrims did?
Or did you give it to others, even if it was forbid?



Debbie Sviderskas
Cavalcade of Memories Chairman
Department of Florida
cavalcade@alafl.org

2625 Quincy St. S.
Gulfport, FL 33711
727-686-2782

Auxiliary Emergency Fund

Reminder – The Auxiliary Emergency Fund is a benefit for Auxiliary members. As always this fund was established to help our sisters in distress. Please participate to S.O.S. (Save our Sisters). Please send applications directly to the Department Secretary. DO NOT send the applications to me as this will delay the process.

This program is a two part program. One is to help a member who is having financial problems and the other is to raise money in order to have resources to help the member. Every penny counts! No matter what the donation is we are happy to receive it.

The department has received several applications for help. Let's make sure we can help our sisters.

Thanks to all who participated in the Basket Raffle at Fall Conference. Thanks to units who have contributed to their district's baskets, to all who have purchased tickets, those who have sold the tickets and to A.E.F. chairman and District Presidents who promote this program with the utmost enthusiasm.

If you need help or information, please feel free to contact me.

For God and Country,
Eleanor Amato
A.E.F. Chairman, Department of Florida
amatoellie@aol.com
emergencyfund@alafl.org
386-4 27-1168.

AEF Basket Raffle Results

District	# of Tix	Winner
1	418	Holly Heitz
2	No Entry	No Entry
3	92	Perone
4	233	Joan Post 63
5	No Entry	No Entry
6	157	Gunner
7	82	Gary Decker
8	No Entry	No Entry
9	No Entry	No Entry
11	138	Perone
12	No Entry	No Entry
13	343	Tammy Flannigan
14	No Entry	No Entry
15	253	Perone
16	2190	Mark Bloomer
17	502	June Hanor

**Department Chairman Eleanor Amato & her
teams efforts raised a total of \$2300.00**



Homeless Veterans Initiative

It was a great time at Fall Conference and I can't thank everyone enough for their generous donations for our homeless heroes! These donations have already made a difference in the lives of our homeless heroes as the American Legion Riders of Post 74 filled their vehicles with items to bring to The Veteran's Closet (a project of the Sebring ALR) and spearheaded by Iraqi Combat War

Veteran Danielle Wood. They have teamed up with our 8th District President Pat Stiles to work together to keep that closet full. I'm sure we'll be hearing more from Pat about that!! These items will be distributed to homeless veterans throughout Brevard, Orange, Volusia, Osceola, Indian River and St. Lucie Counties. Thank you ladies for a job well done!!!!

This is just some of the donations!



I love how much our members have stepped up for our homeless heroes. Here are just some of the things our units have been doing:

Unit 16, Gainesville had a "Blessing of the Buckets Day" They took 5 gallon buckets (which our veterans use to store food so the raccoons can't get it, wash their clothes and dishes) and through donations from the community filled them with much needed items for our homeless heroes. Veterans were brought in for a nice lunch and an afternoon of socializing. These veterans filled their duffel bags, swung them over their shoulder and had a big smile on their faces. I heard one of them claim "Just like old times". Thank you for including me in this fantastic day. They were also seen on the local news station: www.wcjb.com/local-news/2013/11/blessing-buckets-homeless-veterans

There was also a single dad there with his 2 kids who just got into housing through the VA – this awesome group of ladies "adopted" this family and insured that their home was fully stocked and decorated – they will also be insuring a Happy Holidays for them.



Unit 163 Eau Gallie, began a "Project Suds" program where they collect quarters in a laundry jug and then once a week they meet our homeless heroes (my guys :)) at the Laundromat so they can wash their clothing. They also have coffee and Danish for them. These guys are so thrilled as they've said to me "wow I finally have clean clothes and feel human again". They will be starting this project in another part of Brevard County very soon. These wonderful "laundry ladies" have also held a coat drive which has been a great hit when the temps dropped the past few weeks. Their eyes lit up. It's the little things that make these guys so happy.



Unit 125 donated two toasters, charcoal grill, bug zapper, blender, 150 rolls toilet paper, 200 assorted canned goods to Liberty manor for homeless veterans

Unit 318 Port St. Lucie is working with their Rider group to form search&rescue and outreach teams in St. Lucie County.

Unit 275 Dunedin voted to budget funds for 5 Homeless Veteran's "backpacks" this year.

Unit 110 held their Homeless Vet program at their post. Along with CCVA, and several other Veterans groups. Approximately 30 vets were given, clothing, personal hygiene products, food to go, and haircuts. A drawing for bicycles, and gift cards was held. Also a luncheon was provided.

Unit 219 in Fruitland Park has donated 150 pairs of reading glasses and \$300 so additional needed items could be purchased & passed out for the Orlando stand down. They are also donating to the Homeless Veterans home in Eustis with monetary and in-kind donations for the home and their thrift store

I know many of the members of the 6th District helped out at the Orlando Stand down.

I know there is plenty more going on out there for our homeless heroes – please send me your reports, invite me to come and participate – you all know how this is my passion and I love to be involved in helping our homeless heroes. I'm also available to come and visit your unit or district meeting to speak more about it and work with you to plan a stand down, search and rescue program and outreach.

So far for the coming months I will be at the 13th District Meeting and Barefoot Bay in January and several others have invited me at Fall Conference so please ladies email me with some dates so we can "Git er done". Does that work the same way with a Brooklyn accent?

One last thing – you all know I can go on and on about this but this is pretty serious stuff – please don't forget about our veterans both homeless and homebound yet alone during the holidays. I know my Christmas' haven't been the same since my kids have grown; that is until I started spending Christmas with "my guys" It is the most rewarding feeling in the world to watch a homeless veteran get tears in his eyes because he just opened a gift containing a \$2.00 pair of gloves.



Out of all those who attended this event 10 of them are in housing, 3 are now going to school through the VA program and 1 has finally received his VA benefits after 40 years – and all because someone cared enough about them to help – it's team work!!!!

Check us out on Facebook: <https://www.facebook.com/AlaDeptOfFlHomelessVeteransInitiative>

Wishing everyone a very Happy and Healthy Thanksgiving

For God & Country

Dorothy Walsh
Director, Homeless Veterans Initiative
homelessvets@alafl.org
(321) 426-6736



VA Medical Center Needs

West Palm Beach -- Looking for donations to pay for monthly birthday/pizza party on PTSD wing. Cost of each party is \$70.00. Also looking for donations to help purchase fleece sweatpants for residents of the Community Living Center to present during Hospitalized Veterans Week in February. Need 80 pair of pants @ approximately \$5.00/pair. Contact Linda Makel at lindamakel@yahoo.com.

ALL DONATIONS MUST BE MADE THROUGH DEPARTMENT HEADQUARTERS

Constitution & ByLaws

Last month some of the changes to the Constitution and Bylaws that were made during the National Convention in Texas were addressed. This article will concentrate on some fundamentals for Constitution/Bylaws/and Standing Rules, before proceeding with changes. There will be ample time to change the Unit C&BL; however some basic items need to be attended to first.

When sending updated C&BL for approval, send 2 copies, in its entirety, to Department Chairman at her home address. Please do not send a partial C&BL. Be sure to include return address. Do not send the C&BL to any place other than Department Chairman for approval, as this will only delay the process, and ends up costing excess postage. Upon review, the C&BL will either be returned approved or returned for corrections. If Department does not have a current address, and there is no return address, the C&BL may not reach the proper destination. This has happened this year. A copy of the updated Unit C&BL should be kept in the Unit file until a signed, approved C&BL has been received from the Department Chairman. The Department Chairman does not keep copies.



The yearly Unit Dues Information form that is sent the first of each year denotes the dues for the Unit for the upcoming year. This amount must match the Unit's Constitution & Bylaws on file at Headquarters, which is then submitted to National. Constitution/Bylaws/and Standing Rules are NOT sent to National.

The first page of the C&BL should have the Unit's proper name, number, address, ALA, Department, and date. Example:

Constitution/Bylaws/and Standing Rules of
John Q. Public, Inc., Unit #00
City, State Zip code
American Legion Auxiliary
Department of Florida
Date

There are some Units that do not have Standing Rules. When all the changes are made and all C&BL's are revised and updated, all Units will have Standing Rules.

The Constitution/Bylaws/and Standing Rules MUST be read, voted on and approved at a regular Unit meeting. This must be included in the minutes for that meeting. The C&BL must contain the following sentence:

The Constitution, Bylaws, and Standing Rules were read, voted on and approved at our regular meeting on (date of regular meeting).

It must have the signature of the Unit President, Unit Constitution and Bylaws Chairman, and/or Unit Secretary and the date approved. It should have a place for the Department C&BL Chairman and approval date.

Pat Devine
Department Constitution & Bylaws Chairman

Legislative News

The following information was sent to me by the American Legion Department Legislative Chairman, Paul Martel. He states, "I feel it is important to show support for the proposed legislation to provide in state tuition for veterans in Florida.... This looks like the year where it might become a reality and the American Legion can help make it happen".

Message from USF President, Dr. Judy Genshaft publicly supporting in-state tuition for veterans!
"As we observe this Veterans Day, the University of South Florida thanks its student veterans for their service to our country and their ongoing contributions to our campuses and our community.

For the 1,700 USF student veterans, the important next step in their journey is earning their degree. That's why USF strongly supports the proposed state legislation that grants every honorably discharged veteran the right to pay the Florida resident rate tuition at our public colleges and universities.

Our nation's veterans deserve our support in ensuring their success. Florida benefits from the leadership skills, maturity and perspective veterans bring to the classroom and to the workplace.

We thank all the members of the Florida Legislature who are advancing this important legislation and specifically two Tampa Bay area legislators, Senator Jack Latvala and Representative Kathleen Peters, who are the primary sponsors of this legislation.

USF was proud to be the first university in the nation to partner with the Department of Veterans of Affairs in providing veterans extended services under the new G.I. Bill. And we're proud of our standing as one of the nation's most veteran friendly universities and home to one the nation's largest veteran student populations. The USF System will continue to do whatever it can to ensure the educational success of all our veterans.

Thank you for your support. And to our veterans, we truly appreciate and value your sacrifices."

Judy Genshaft
President, University of South Florida System

Instate tuition is an issue that has a direct impact on Veterans, active duty military and their families. You can support this issue by contacting your state representatives. A handful of other states have already passed such legislative policies. Make Florida be one of them.

Be sure to submit your midterm reports by Dec. 15th. Information is available in the plan or action on the Department website. Please contact me if you have questions.

Wishing everyone a blessed Thanksgiving!

For God and Country,
Nancy Anderson
Department Legislative Chairman

Double Layer Pumpkin Cheesecake



Ingredients

Original recipe makes 8 servings

- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed

Directions

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
3. Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
4. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

Stuffing of Champions



Ingredients

Original recipe makes 6 cups

- 1 1/2 (1 pound) loaves white bread
- 2 tablespoons butter
- 1 bunch celery, diced
- 2 onions, chopped
- 1 (1 ounce) package sage seasoning mixture

Directions

1. Allow the bread to become stale overnight. Break stale bread into pieces and place in a large bowl.
2. Melt the butter in a medium saucepan over medium-low heat. Slowly cook and stir the celery and onions until the onions are soft. Transfer to the bowl with bread and mix by hand until well blended.
3. Sprinkle the mixture with sage seasoning and use to stuff the bird.

Grieving During the Holidays is Difficult.



Especially the first Holiday cycle after the passing of a loved one.

Whatever your age, whatever the cause of death, holidays lived in the absence of a Loved One can be a very difficult time. Customary routines are ended, never to be repeated in quite the same way. Easy-going laughter, once flowing so naturally, may become awkward or even altogether missing. Gift-giving, once so filled with fun, may seem somehow empty and sad. Familiar songs, once so comforting, may catch in your throat or bring tears to your eyes.

All this happens against a backdrop of significant questions you may find yourself asking: What exactly is happening to me? Can I possibly survive this, and do I even want to? How long will this turmoil last? Is what I am feeling normal? Am I losing touch with my sanity?

The holiday period itself adds its own share of questions: How can I make it through all the events of the holidays while missing so desperately the one I love? Would I be better off to ignore the holidays this year? Should I act as if everything were normal? Should I make major changes in my holiday rituals?

If you're like most people in grief, you will have many questions. It's important for you to know at the outset that there are few universal "right" and "wrong" answers. There may be various answers, depending upon the unique factors of your situation: who you are as a person, what your family is like, who it was who died, when and how they died, what your relationship with the departed was, and the role that person played in your holiday rituals, to name only a few. It's also important to remember that not all your questions will have ready answers. Sometimes you must learn by doing, and then learn even better by trying it another way.

Keeping in mind there has never been a loss precisely like yours, there are still some general guidelines bereaved people have found helpful through the years. I will propose twelve of them. I hope you will treat them as suggestions rather than as prescriptions. Use them as ideas you can expand upon. Shape them to fit your distinct circumstances and to serve your personal needs. Above all else, remember that others, many others, have faced something similar to what you're facing right now. They have learned what it is like to endure and to survive and often even to grow through their experience. What they have learned is what you can learn, too. The ways they have persevered are ways you can adopt as well.

Most of all, I hope you'll choose to believe this: your holidays can still be a significant time for you. They will be different, but they can still be meaningful. They may hurt, but they can also hold hope -- even great hope.

1. Accept the likelihood of your pain.

When you're facing your first holiday without the one who has been so close to you, a good starting point is with this awareness: chances are it will be a painful time. You may wonder how you will ever make it through. This may or may not comfort you, but it is true: your pain is a sign you have been blessed to draw very close to another. You have loved and you have been loved. The hurt you feel is an indication of your wonderful humanness, your sensitivity, your openness. It is a proof that another has touched you deeply, even as you have touched them. While you may wish you did not hurt as much as you do, you dare not forget that your pain is none other than the result of your joy.

Even so, you may feel you would like to bypass the entire holiday period and not participate in it at all. That's a common response. During the final two months of the calendar year, however, holiday reminders are visible almost everywhere you look and audible in almost everything you hear. It's impossible to avoid the impact of this season. The energy you would spend evading what is going on all around you will be more creatively spent adapting to the reality of what this particular season holds for you.

Similarly, it is probably unwise to pretend everything is perfectly normal, and that this year's festivities will be no different than any other year's. The death of this important person in your life has created a conspicuous void. You may feel that, of course, any time of the year. But this is especially the case during the holidays. You expect to include those you love in our holiday celebrations -- with the cards you write, the gifts you give, the meals you share, the rituals you re-enact.

The Loved One who has died, however, cannot be included, at least in the way you wish. And you're reminded of this time after time in the way families are portrayed on television, in the way loved ones are referred to in holiday songs, in the idealistic images everyone carries inside about these special times. Remember this: few holidays are as picture-perfect as we'd like to believe. It may help to admit that from the start.

"The holiday period itself adds its own share of questions: How can I make it through all the events of the holidays while missing so desperately the one I love? Would I be better off to ignore the holidays this year? Should I act as if everything were normal? Should I make major changes in my holiday rituals?"

It is equally important not to decide in advance that the approaching holidays will necessarily be horrendous. While it may have its difficult moments, the approaching holiday time does not have to be an absolute catastrophe. More often than not, people report that the experience itself did not turn out to be as trying as they feared. Chances are good that can be your experience, too. Yes, you will probably feel pain. Yes, you may wish this year's calendar would skip over November and December. But, no, it does not have to be awful. There are things you can do to help.

2. Feel whatever it is you feel.

You may be learning what many others have learned: some people will try to hurry you through your grief. Some may insist on continually cheering you up. Others may give you advice about what you should and shouldn't do or how you should and shouldn't feel.

Whatever else you do this holiday time, do your best to claim your own feelings.

As much as you are able, own up to the fact that something terribly important has happened in your life, that this naturally causes a reaction within you. You're not a robot -- you're a responsive human being who is capable of all sorts of emotions.

No one else will feel what you do, in the same way, at the same time, with the same intensity. But some of the general feelings people in your situation often report include these:

- **Sadness.** It's sad to think about what you've lost, what can never happen again, what you'll have to learn to live without. It's doubly sad to experience this at such a happy time of the year.
- **Depression.** More than feeling glum, you may feel desolate or despairing. You may feel depleted of all energy, listless and alone. You may find doubt you'll ever feel any better.
- **Anxiety.** You may feel nervous and jittery, ill at ease and full of uncertainty.
- **Fear.** You may be afraid of how you'll cope, what you'll do, even if you'll survive.
- **Anger.** Being mad is a common response -- mad at people who don't understand you or support you, angry about how the death happened and who was involved, even provoked at the Loved One who died. You may be upset with yourself, or with God, or with the whole world.
- **Guilt.** You may dwell upon what you did or didn't do while the Loved One was alive. You may feel guilty you're living or that you have moments of happiness in the midst of your grief.
- **Apathy.** You may find that you experience almost no feelings at all. You may feel numb and impassive. Or you may feel confused and disoriented.

There are many other feelings, of course: relief, respect, pride, joy, compassion, and love all come to mind as well. Whatever it is you're feeling these days, remind yourself that feelings are normal, whatever they happen to be. They're a sign that you're human, that you care deeply, and that whatever you feel today, you can feel differently tomorrow.

Your feelings seldom lead you astray. They usually lead you to yourself.

3. Take charge where you can.

There is much in your life, of course, that has moved beyond your command. The loss you've experienced and the resulting inescapable changes have robbed you of a power you may have taken for granted. Yet there are some actions

you can take and some decisions you can make that are within your authority. Begin to take control of your life in specific ways, even if those ways seem small.

If the death you've experienced isn't too recent, this may be a good time to evaluate the holiday traditions you've established through the years. Which ones are meaningful, ones you want to keep? Which ones have outgrown their usefulness? Which ones might you forego for a year or two, and which ones are so important to you that you must perform them, even if it's hard to do? Which ones can you adapt to fit this year's circumstances?

Generally speaking, this is usually not the best time to make drastic changes, like starting life over in a new town, or celebrating the holidays in a faraway place among people who do not appreciate what has happened to you. But some changes can be healthy and even important to make. It might make sense to change your holiday meal routine, by dining out at a restaurant rather than at home, or by having the main meal in another's home. Changes might be made in how holiday decorations are done. Or how gifts are given out, or when, or where. Consider designing new rituals -- ones that will include opportunities to remember the past while acknowledging that the present has changed.

Keep in mind there are other ways for you to assume some control over your life. Eating healthful and drinking wisely is a good start. Maintain your exercise program, or begin one if you've not been in the habit. Research has demonstrated this will help you feel better, mentally as well as physically. A brisk walk each day is one of the best exercises you can perform, especially if you can do it out of doors. Consult your physician if you have any questions. Another action you can take is to try to get your proper amount of sleep. Go to bed early enough to get the rest you need. If you're sleeping too much, limit your time in bed. It's not unusual, however, for your sleep patterns to change for awhile, even a long while.

In general, choose life in all the ways you can. Be among people who offer you vitality. Practice those disciplines that bring you energy. Do those things that give you satisfaction. Take charge in little ways and you'll find they're not so little -- they're important.



Membership

We did it!!! We made it to our first Port of Call. It was close we almost missed it but with your persistence we were able to make the 55%. The water is getting high and the next Port of Call is around the corner along with the holidays. Renew your membership now. With the holiday's right around the corner, shorely you will be busy and you don't want your membership to lapse.

November brought us Fall Conference. If you were there I do not need to tell you what an exciting cruise we had. I want to say thanks to the Curley Temples that helped Captain Gerrie's cruise to be successful. Irma Wherli, Barbara Fields, Marge Reed and LaDonna Stoval were very entertaining and are always around to help support their areas. Thanks again, ladies.

As promised, it is that time to introduce you to some members in the Auxiliary.

Linda Hall of Unit 323 in Lehigh Acres has been a member for 34 years. She has three (3) children and enjoys plain M & M's. She is cheering on membership down in the 13th District.

Over to the west of Linda is Diann Dircz in North Ft. Myers. She has been a member since 1986. Diann is serving as the 13th District President. She must be a Tom Hanks fan because her favorite movies are Green Mile and Forrest Gump and she loves chocolate. Momma always said Life was like a box of chocolates.

Way down south in Miami is Beverly Evans. She has been a member 42 years. She is a Past National Chaplain. She has two (2) children and wears a 6 ½ flip flop. She is currently serving as the 14th District President.

Did you notice the years of service these ladies have? A total of 103 years of service. Wow, that is something to be PROUD of. Thanks ladies for your years of service. Our veterans and their families count on us.

With the holidays approaching, now is the perfect time to renew a friend or family member's membership. Do it for a gift. Not only would you be renewing and giving them another year of membership but more so now than ever a gift that can really be appreciated. Have you seen ALL the BENEFITS your membership gives you? Way too many to mention but here is how you can find them out.

It's easy! Online at www.ALAforVeterans.org (go to Resources > Member Benefits), you can learn about a greatly expanded array of benefits through our partnership with Gallagher Benefit Services Inc. and their associated companies, for American Legion Auxiliary members and their family members – including to receive and compare quotes from competing companies.

I want to wish you a Happy and Safe Thanksgiving.

Kelli Becraft
Department of Florida Membership Chairman



Statistical

*All Membership through 11/21/2013 has been
keyed*

DISTRICT 1					
UNIT	NAME	GOAL	NOW	CURRENT %	NEEDED 100%
75	CRESTVIEW	176	99	56.25%	77
78	MILTON	47	33	70.21%	14
121	JAY	15	0	0.00%	15
193	PENSACOLA	134	58	43.28%	76
221	NICEVILLE	68	36	52.94%	32
235	FT.WALTON BCH	193	122	63.21%	71
240	PENSACOLA	284	133	46.83%	151
296	DESTIN	70	54	77.14%	16
340	PENSACOLA	289	120	41.52%	169
356	LYNN HAVEN	181	113	62.43%	68
375	SOUTHPORT	79	32	40.51%	47
378	GULF BREEZE	18	4	22.22%	14
382	NAVARRE	134	91	67.91%	43
392	PANAMA CITY	137	112	81.75%	25
District		1825	1007	55.18%	818

DISTRICT 4					
UNIT	NAME	GOAL	NOW	CURRENT %	NEEDED 100%
16	GAINESVILLE	67	41	61.19%	26
27	OCALA	36	28	77.78%	8
56	STARKE	19	11	57.89%	8
58	DUNNELLON	56	31	55.36%	25
77	INVERNESS	62	40	64.52%	22
91	TRENTON	21	11	52.38%	10
149	NEWBERRY	27	9	33.33%	18
155	CRYSTAL RIVER	328	199	60.67%	129
210	OCALA	18	0	0.00%	18
225	FLORAL CITY	22	15	68.18%	7
230	HAWTHORNE	39	31	79.49%	8
236	WILLISTON	14	1	7.14%	13
237	BEVERLY HILLS	98	58	59.18%	40
284	BELLEVUE	169	111	65.68%	58
314	STARKE	18	16	88.89%	2
District		994	602	60.56%	392

DISTRICT 2					
UNIT	NAME	GOAL	NOW	CURRENT %	NEEDED 100%
13	TALLAHASSEE	101	73	72.28%	28
82	LANARK VILLAGE	77	47	61.04%	30
84	HAVANA	24	13	54.17%	11
100	MARIANNA	70	46	65.71%	24
114	CRAWFORDVILLE	30	0	0.00%	30
172	HOSFORD	16	0	0.00%	16
217	QUINCY	61	35	57.38%	26
241	SNEADS	75	58	77.33%	17
272	BLOUNTSTOWN	14	0	0.00%	14
District		468	272	58.12%	196

DISTRICT 3					
UNIT	NAME	GOAL	NOW	CURRENT %	NEEDED 100%
49	MONTICELLO	21	23	109.52%	-2
57	LAKE CITY	265	195	73.58%	70
107	LIVE OAK	37	28	75.68%	9
131	GREENVILLE	37	0	0.00%	37
215	JASPER	47	25	53.19%	22
224	MADISON	28	19	67.86%	9
291	STEINHATCHEE	168	94	55.95%	74
383	OLD TOWN	153	82	53.59%	71
District		756	466	61.64%	290

DISTRICT 5					
UNIT	NAME	GOAL	NOW	CURRENT %	NEEDED 100%
9	JACKSONVILLE	41	16	39.02%	25
37	ST. AUGUSTINE	123	64	52.03%	59
54	FERNANDINA BCH	249	141	56.63%	108
88	JACKSONVILLE	129	45	34.88%	84
129	JACKSONVILLE BCH	339	102	30.09%	237
137	JACKSONVILLE	576	326	56.60%	250
174	FERNANDINA BEACH	15	0	0.00%	15
194	ST. AUGUSTINE	18	22	122.22%	-4
197	JACKSONVILLE	36	3	8.33%	33
202	KEYSTONE HGTS	80	41	51.25%	39
233	PONTE VEDRA BCH	152	67	44.08%	85
244	SO. JACKSONVILLE	55	45	81.82%	10
250	MIDDLEBURG	376	146	38.83%	230
283	JACKSONVILLE	278	185	66.55%	93
316	ATLANTIC BCH	419	252	60.14%	167
373	ORANGE PARK	28	20	71.43%	8
District		2914	1475	50.62%	1439

Happy Thanksgiving!!!

	DISTRICT 6				
				CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
10	KISSIMMEE	310	150	48.39%	160
19	ORLANDO	194	99	51.03%	95
21	UMATILLA	41	19	46.34%	22
35	MOUNT DORA	113	48	42.48%	65
41	EUSTIS	9	14	155.56%	-5
52	LEESBURG	20	15	75.00%	5
53	SANFORD	207	95	45.89%	112
55	CLERMONT	150	96	64.00%	54
63	WINTER GARDEN	42	17	40.48%	25
76	TAVARES	23	16	69.57%	7
80	ST. CLOUD	298	202	67.79%	96
101	BUSHNELL	149	81	54.36%	68
109	OCOE	43	35	81.40%	8
112	WINTER PARK	21	16	76.19%	5
183	ALTAMONTE SPR	144	78	54.17%	66
219	FRUITLAND PARK	256	162	63.28%	94
242	ORLANDO	191	90	47.12%	101
286	PINE CASTLE	331	163	49.24%	168
330	LEESBURG	54	42	77.78%	12
331	ORLANDO	82	11	13.41%	71
347	LADY LAKE	1,057	791	74.83%	266
	District	3735	2240	59.97%	1495

	DISTRICT 7				
				CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
3	BARTOW	79	63	79.75%	16
4	LAKELAND	121	70	57.85%	51
8	WINTER HAVEN	688	179	26.02%	509
34	HAINES CITY	78	49	62.82%	29
71	LAKE WALES	36	42	116.67%	-6
72	MULBERRY	162	77	47.53%	85
118	ZEPHYRHILLS	37	2	5.41%	35
201	FLORENCE VILLA	46	36	78.26%	10
213	MOULTRY-CRAFT	11	0	0.00%	11
339	CRESTHAVEN	48	39	81.25%	9
	District	1306	557	42.65%	749

	DISTRICT 8				
				CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
11	ARCADIA	33	14	42.42%	19
24	BRADENTON	422	297	70.38%	125
25	LAKE PLACID	381	221	58.01%	160
30	SARASOTA	62	47	75.81%	15
69	AVON PARK	334	209	62.57%	125
74	SEBRING	97	48	49.48%	49
113	ROTANDA WEST	426	241	56.57%	185
159	VENICE	858	510	59.44%	348
254	NORTH PORT	106	49	46.23%	57
266	FRUITVILLE	125	57	45.60%	68
309	PALMETTO	254	150	59.06%	104
312	ONECO	256	147	57.42%	109
325	ELLENTON	58	30	51.72%	28
	District	3466	2,020	58.28%	1446

	DISTRICT 9				
				CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
36	FT. LAUDERDALE	102	69	67.65%	33
92	HOLLYWOOD	124	93	75.00%	31
142	POMPANO BEACH	296	220	74.32%	76
157	MARGATE	344	223	64.83%	121
162	DEERFIELD BEACH	309	197	63.75%	112
180	PLANTATION	125	67	53.60%	58
209	DANIA	25	5	20.00%	20
222	FT. LAUDERDALE	92	43	46.74%	49
287	DEERFIELD BEACH	20	10	50.00%	10
304	DANIA	229	157	68.56%	72
310	HALLANDALE	37	25	67.57%	12
321	COOPER CITY	168	62	36.90%	106
	District	1871	1171	62.59%	700

	DISTRICT 11				
				CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
20	BELLE GLADE	60	30	50.00%	30
47	LAKE WORTH	142	92	64.79%	50
62	STUART	124	92	74.19%	32
64	OKEECHOBEE	131	68	51.91%	63
65	DELRAY BEACH	69	45	65.22%	24
141	WEST PALM BCH	93	59	63.44%	34
164	BOYNTON BEACH	189	93	49.21%	96
188	DELRAY BEACH	18	12	66.67%	6
199	WEST PALM BCH	51	25	49.02%	26
258	GREENACRES	28	22	78.57%	6
268	RIVIERA BEACH	144	36	25.00%	108
269	LANTANA	21	2	9.52%	19
271	JUPITER	185	133	71.89%	52
277	BOCA RATON	110	76	69.09%	34
288	BOYNTON BEACH	71	61	85.92%	10
367	ROYAL PALM BCH	47	31	65.96%	16
399	PALM CITY	19	6	31.58%	13
	District	1,502	883	58.79%	619

	DISTRICT 12				
				CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
1	TITUSVILLE	310	207	66.77%	103
22	COCOA	107	23	21.50%	84
39	VERO BEACH	197	99	50.25%	98
40	FORT PIERCE	235	107	45.53%	128
81	MELBOURNE	152	85	55.92%	67
117	PALM BAY	415	219	52.77%	196
126	JENSEN BEACH	206	134	65.05%	72
163	EAU GALLIE	353	261	73.94%	92
171	FORT PIERCE	40	0	0.00%	40
177	COCOA	12	0	0.00%	12
189	SEBASTIAN	103	54	52.43%	49
191	MELBOURNE	140	94	67.14%	46
200	SATELLITE BEACH	102	70	68.63%	32
318	PORT ST LUCIE	377	249	66.05%	128
332	KENNEDY SPACE CT	32	23	71.88%	9
348	CAPE CANAVERAL	171	69	40.35%	102
358	FORT PIERCE	62	36	58.06%	26
359	PORT ST JOHN	257	137	53.31%	120
366	BAREFOOT BAY	89	52	58.43%	37
394	PALM BAY	50	27	54.00%	23
	District	3410	1,946	57.07%	1464

	DISTRICT 13			CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
38	FORT MYERS	93	68	73.12%	25
90	CAPE CORAL	179	73	40.78%	106
103	PUNTA GORDA	353	196	55.52%	157
110	PORT CHARLOTTE	528	305	57.77%	223
123	SANIBEL	103	33	32.04%	70
130	LABELLE	200	116	58.00%	84
135	NAPLES	408	243	59.56%	165
136	PINE ISLAND	444	266	59.91%	178
192	FORT MYERS	24	20	83.33%	4
274	FORT MYERS BCH	581	356	61.27%	225
303	BONITA SPRINGS	400	222	55.50%	178
323	LEHIGH ACRES	473	269	56.87%	204
336	N. FORT MYERS	273	125	45.79%	148
351	FT MYERS SHORES	105	41	39.05%	64
388	BONITA SPRINGS	11	0	0.00%	11
	District	4175	2333	55.88%	1842

	DISTRICT 16			CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
7	CLEARWATER	432	225	52.08%	207
14	ST. PETERSBURG	155	109	70.32%	46
79	NEW PORT RICHEY	319	197	61.76%	122
104	PINELLAS PARK	265	158	59.62%	107
119	LARGO	380	252	66.32%	128
125	GULFPORT	406	242	59.61%	164
158	TREASURE ISLAND	146	104	71.23%	42
173	HOLIDAY	286	151	52.80%	135
238	SAFETY HARBOR	275	169	61.45%	106
252	CROSS BAYOU	572	533	93.18%	39
273	MADEIRA BEACH	2,168	1299	59.92%	869
275	DUNNEDIN	344	211	61.34%	133
305	ST. PETE BEACH	177	106	59.89%	71
335	HUDSON	246	127	51.63%	119
	District	6171	3883	62.92%	2288

	DISTRICT 14			CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
28	KEY WEST	83	48	57.83%	35
29	MIAMI	19	16	84.21%	3
31	MIAMI	147	105	71.43%	42
43	HOMESTEAD	59	43	72.88%	16
67	NORTH MIAMI	100	52	52.00%	48
98	CORAL GABLES	42	1	2.38%	41
133	PERRINE	88	59	67.05%	29
154	MARATHON	173	83	47.98%	90
168	KEY WEST	33	0	0.00%	33
333	KEY LARGO	86	55	63.95%	31
346	MIAMI	32	14	43.75%	18
374	KEY BISCAYNE	71	52	73.24%	19
	District	933	528	56.59%	405

	DISTRICT 17			CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
6	DELAND	130	73	56.15%	57
17	NEW SMYRNA BCH	305	218	71.48%	87
45	PALATKA	39	27	69.23%	12
115	BUNNELL	62	5	8.06%	57
120	HOLLY HILL	243	201	82.72%	42
127	LAKE HELEN	28	20	71.43%	8
204	DAYTONA BEACH	41	32	78.05%	9
255	DELTONA	38	25	65.79%	13
259	DEBARY,ORANGE CT	33	27	81.82%	6
267	ORMOND BEACH	159	86	54.09%	73
270	PORT ORANGE	154	109	70.78%	45
285	EDGEWATER	274	140	51.09%	134
293	INTERLACHEN	118	1	0.85%	117
361	SOUTH DAYTONA	189	112	59.26%	77
	District	1813	1076	59.35%	737

	DISTRICT 15			CURRENT	NEEDED
UNIT	NAME	GOAL	NOW	%	100%
5	TAMPA	43	31	72.09%	12
26	PLANT CITY	38	6	15.79%	32
99	BROOKSVILLE	38	21	55.26%	17
111	TAMPA	56	36	64.29%	20
138	PORT TAMPA CITY	361	263	72.85%	98
139	TAMPA	162	127	78.40%	35
147	ODESSA	47	27	57.45%	20
148	RIVERVIEW	228	146	64.04%	82
152	TAMPA	311	210	67.52%	101
167	TAMPA	16	0	0.00%	16
186	SPRING HILL	364	220	60.44%	144
248	WEST TAMPA	19	16	84.21%	3
334	TAMPA	38	35	92.11%	3
389	RUSKIN	26	12	46.15%	14
	District	1747	1150	65.83%	597

Congratulations!!! Florida made 55% with National!!!

Membership keyed as of 11/21/2013

<i>District</i>	<i>%</i>
15	65.83
16	62.92
9	62.59
3	61.64
4	60.56
6	59.97
17	59.35
11	58.79
8	58.28
2	58.12
12	57.07
14	56.59
13	55.88
1	55.18
5	50.62
7	42.65

*The 2013 Department Membership Goal is **37,464***

*As of 11/21/2013 **21,801** have been processed*

*We are currently at **58.19%***