

# UNIT 484

# HAPPENINGS

*Meetings are held on the 2<sup>nd</sup> Tuesday of the Month*

**October 2022**

## **PRESIDENT'S MESSAGE**

**Debbie Holden**

**513-400-7485**

Most of the members from Unit 484 know the history behind the Auxiliary. For our newest members, here is how the Auxiliary got started:

With the cessation of World War I, the men and women of the armed forces banded together in The American Legion to carry forward their services to the country in peacetime. It was only natural that the women of their families should desire to continue to serve with them. The result was the American Legion Auxiliary, the world's largest women's patriotic organization.

The establishment of an Auxiliary to The American Legion was provided for by the first National Convention of The American Legion in 1919. By the time of the 1920 National Convention, 1,342 local units of this Auxiliary had been formed; intensive organizational efforts were authorized. The first National Convention of the Auxiliary was held in Kansas City, Missouri, in 1921. At that time, the Name "American Legion Auxiliary" was adopted, and the first national officers elected.

The Auxiliary grew from a first-year enrollment of 121,000 to approximately 500,000 at the beginning of WWII. After the women of WWII families became eligible, enrollment rose rapidly to a record of 1,001,545 in 1955.

The American Legion Auxiliary is incorporated in and headquartered in the state of Indiana as a nonprofit organization classified by the Internal Revenue Service (IRS) as a 501(c)(19) Veterans Service Organization (VSO) because our purpose as an organization is to serve veterans, servicemembers, and their families.

The founding purposes of the Auxiliary encompassed rehabilitation of veterans, children & youth activities, community service, disaster relief, peace, and security, which continue today.

The Auxiliary organization (i.e., local, state, and national) parallels that of The American Legion. Auxiliary National Headquarters is located in Indianapolis, Indiana.

Hope to see you soon.

Debbie



**POPPY**

**Debbie Holden**

**513-400-7485**

An activity was planned for this month, but we have great speakers planned for our regular meeting on October 11. The committee is hoping to start in November, but for sure in December.



**BREAKFAST BUFFET Tricia Oehler 513-476-8597**

**October 9– 9am- Noon**

Buffet is all you can eat. Adults \$10, children \$5. We hope to see your smiling face!

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**VA & R**

**Liz Castle 513-232-5648**

At this time, we do not have anything scheduled at the Cincinnati VAMC. I know that I have said this before, but we hope someday, to be able to visit again.

We donated \$150.00 of personal care items to the Cincinnati VAMC for the hospitalized veterans.

On Friday, November 11 Veterans Day we will be going to Mt. Washington Care Center to honor the veterans who reside there. We will have a short ceremony, pass out certificates to the veterans and have cake and ice cream. If anyone would like to come and join us, please let me know.

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**COMMUNITY SERVICE**

**Liz Castle 232-5648**

We are always looking for ways to help our community. In September with the Quarter Auction's donation and ours we donated \$50.00 and nonperishable food items to SEM Food Pantry. If anyone would like us to donate to a cause or something in the community, please let me know.

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**MEMBERSHIP Vicki Monroe 513-231-3572**

We are off to a great start!! We are at 37% of our goal. Please take a minute and send in your dues to me at 7988 Asbury Hills Dr. Cincinnati, OH 45255. If you send in your dues now you will be an "Early Bird" and you will be eligible to win \$25.00 on **November 11, 2022**. The renewal notices have been mailed. If you have not received yours, please give me a call.

If you would prefer, you can pay your dues online or by phone! Go to [www.ALForveterans.org](http://www.ALForveterans.org) and click on the Login button. Enter your username and password to access your My Auxiliary account. Click on pay dues. If you do not have an account, click on the Log in button and click on create account. Visa and Mastercard credit and debit are accepted. You can print your membership card and a receipt will be mailed to you. You can also pay by phone by calling 317-569-4570. A live representative will help you through the process.

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**JUNIOR GIRLS - Chairman needed**

**NATIONAL SECURITY - Need a chairman**

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**LEGISLATIVE  
Chairman needed**

Many of you are familiar with who to contact about the upcoming election- but since we will soon be facing a barrage of election ads... thought the following would be of service to all!

Hamilton County Board of Elections: 513.632.7039 -  
Clermont County Board of Elections: 513.732.7275

Please contact your board of elections for where to vote, the voting process, an absentee ballot or address changes.

The Ohio Secretary of State, Mr. Larose, oversees the legality and security of state elections; his phone number is 877.767.6446. He also has a great comprehensive website! Other organizations have links for the voter to investigate:

ballotpedia.org, allows users to enter their address and see a sample ballot: opensecrets.org, details how money is raised and spent by candidates: vote411.org, is from the League of Women Voters, a nonpartisan organization which supports active participation in government, and votesmart.org, where you can enter a candidate's name and find out their voting record, past speeches, and funding sources! Never take our freedom for granted... always exercise your right to VOTE!

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**EDUCATION Sandy Pennington. 513-231-6697**

Children and Youth: I have heard from the brand-new contact person at Mt. Washington Elementary School, Nikki Marksberry. We had a great conversation and look forward to working together to see what programs or needs we can assist with in the coming school year. Also, I will be contacting Guardian Angels, Mt. Washington, and Sands Montessori schools, and ask if there are children of actively serving military families who we may help. I hope to have more information on that later this year. Thanks as always to all of you who support our children's programs



**CHILDREN AND YOUTH  
Sandy Pennington. 513-231-6697**

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## CRAFT BOUTIQUE Vicki Monroe 513-231-3572

Our 35th Annual Craft Boutique will be on [Saturday, October 15th](#). We hope you will put it on your calendar and invite all your friends, relatives and neighbors to come down and see the items for sale by a wide variety of crafters. Our Unit will be having a Bake Sale and we would appreciate any donations you may be willing to give us. Arlene Potter and Jackie Ruzsa will be chairing the Sale. We will also be having a Basket Raffle. If you can donate any new baking or cooking items, please let Arlene Potter know. You can bring them to the September or October meeting. Liz, Debbie, and Tricia will be manning the kitchen, offering great lunch options.



**Welcome to The Inspiration Box!**

**Sandy Pennington.  
513-231-6697**

Something different this month!

Hoping we are enjoying the incredible fall weather that has come our way! I don't know about all of you, but my energy sure changes with the seasons. Found these recommendations in an old Readers Digest from 2021. "Boost your energy in a minute or less" - well here goes for some simple quick fixes!

- 1) Pour some peppermint tea - Peppermint has been shown to reduce fatigue- go ahead and pour yourself a cup!
- 2) Open the blinds - it is amazing what a change in light can do! Exposing yourself to sunlight may reduce melatonin, which can make you sleepy.
- 3) Take a few deep breaths - Deep breathing through the nose, and holding your breath a few seconds can be invigorating.
- 4) Chew a piece of sugar-free gum - The simple act of chewing gum can increase alertness. There are many flavors out there so give it a try!
- 5) Sing along to a song - Happy chemicals like serotonin and oxytocin are released when you're singing out loud- you are doing deeper breathing when you sing, and this is a happy way to increase your energy! Hope this helps to put some zip in your step!



## QUARTER AUCTION Vicki Monroe 231--3572

Now is the time to have some fun and win some great items. Our next Quarter Auction on [October 20th](#). Doors open at 6:00 and the Auction begins at 7:00. We have lots of great vendors with lots of great items up for bid. The Auxiliary also has items for bid. Have your dinner with us from That Guys BBQ. They have lots of menu items for you to choose from. Come on down for a great time.

## TURKEY RAFFLE

October 10 @ 7pm there will be an "envelope stuffing" meeting. If you are able to help, please join us.

The turkey raffle will be held on November 18 from 7 – 10 pm.

## TURKEYS – HAMS - PORK -- LOINS

Pre-sale tickets will be available after the envelope stuffing tickets have been mailed out to Legion Family Members.

Thanks!

Turkey Raffle Committee





# October

## DATES TO REMEMBER

### OCTOBER EVENTS

- 5<sup>th</sup> Executive Board Meeting 7 pm
- 8<sup>th</sup> Spaghetti Dinner 4:00-8:00
- 9<sup>th</sup> Breakfast 9:00 am to 12:00 pm
- 10<sup>th</sup> Indigenous Peoples' Day
- 10<sup>th</sup> Columbus Day
- 11<sup>th</sup> Auxiliary Meeting 7:00 Social Time 7:30 mtg
- 15<sup>th</sup> Sweetest Day
- 15<sup>th</sup> Craft Boutique
- 20<sup>th</sup> Quarter Auction 6:00 Doors open 7:00 auction
- 31<sup>st</sup> Halloween

### OCTOBER BIRTHDATES

- 4<sup>th</sup> JoAnne Wolfinger
- 7<sup>th</sup> Debbie Newsome
- 7<sup>th</sup> Bonnie Rossi
- 8<sup>th</sup> Beverly Benzing
- 12<sup>th</sup> Annabelle Franz
- 12<sup>th</sup> Ginger Teeterst
- 13<sup>th</sup> Becky Bush
- 16<sup>th</sup> Rose Davin
- 23<sup>rd</sup> Rebecca Daeger
- 26<sup>th</sup> Shannon Harwood
- 30<sup>th</sup> Mary Nash

### OCTOBER ANNIVERSARIES

- 7<sup>th</sup> Karen & Richard Leonard
- 11<sup>th</sup> Lizanne & Chuck Castle
- 20<sup>th</sup> Gaynell & Scott Homan

### **NOTE FROM THE EDITOR PAM YOUNG 232-5084**

Please send articles or information to [pjyoung@fuse.net](mailto:pjyoung@fuse.net) before the 15<sup>th</sup> of the month. Please continue to send email addresses or updates to Jackie at [jmederruzsa@ERSLIFE.ORG](mailto:jmederruzsa@ERSLIFE.ORG) or call her at 474-6710.

Thanks to everyone for sending articles for the newsletter!