

AMERICAN LEGION AUXILIARY

A Community of Volunteers Serving Veterans, Military, and their Families

December 2025

Issue # 4

FROM THE 2025-2026 NATIONAL CHAIR OF THE VA&R PROGRAM

Upcoming Events

2025-2026 ALA Mission Training & National Junior Meetings

January 31: Las Vegas
January 31: Indianapolis
February 7: Atlanta

Register at <https://www.legion-aux.org/Meetings/Mission-Training>

Honor Flight

Submitted by MaryAnn Paul
Southern Division VA&R Chair

What happens when American heroes board a plane full of gratitude? You don't just get a flight...you get a flying celebration of courage, laughter, and living history.

This incredible organization has been dedicated to honoring our nation's heroes. They have successfully completed numerous trips, transporting many veterans to Washington, D.C. to pay their respects at the memorials dedicated to their service and sacrifice.

On every Honor Flight, veterans swap war stories for joy stories –

Smiles replace helmets,

High-fives replace salutes,

And instead of marching, they're escorted with honor, love, and cheering crowds.

(continued on page 2)

How can you participate with Buddy Checks?

Submitted by Gwen Schroeder-Zulch
Central Division VA&R Chair



Image from Legion.org

Buddy checks have been vital in the winter months especially, when focus shifts to mental health and well-being during the holidays and shorter days. Here are a few ways to get involved:

- Gather up a team to call, or if possible, personally visit members and former members of the American Legion Auxiliary to make that Buddy Check. Sometimes that personal touch is all that is needed to lift their spirits.
- Make a list of local resources that includes services like financial aid, employment opportunities, veterans' services, home and auto repair, caregiver services and any other known benevolent resources for veterans and their families.

Go to the next page for a sample phone script from The American Legion. Feel free to use it with Buddy Checks in your area.

(continued on page 2)



Member Spotlight

This month we are spotlighting Mary “Peggy” Magahay, a 42 year member of Unit 48 in the Department of Virginia. She is the ALA Representative at the Hampton VA Medical Center and has logged over 5335 volunteer hours. She is currently on-site at least once a week helping her husband coordinate poppy-making by the veterans, as well as processing, packing, and shipping orders, and making sure the veteran poppy-makers get paid. In Virginia, all poppies are handmade by hospitalized veterans at that location so it is a busy job! She stands ready to assist with whatever is necessary to enhance the lives of veterans at the facility.

Send us your nominee and their picture for the next Member Spotlight!

(continued from page 1)

Honor Flight

Each seat on that plane holds a story that shaped our nation – Stories of bravery, brotherhood, courage, sacrifice, and yes...even some mischief and humor from their service days!

These veterans didn't just serve history – they ARE history, and today, they get to relive it surrounded by appreciation, respect, and the kind of welcome home they've always deserved.

Honor Flight isn't just a trip, it's a THANK YOU, a HOMECOMING, a CELEBRATION.

Submitted by MaryAnn Paul

Chairman's Corner

Submitted by Lisa Chaplin

There are many ways to get involved with Honor Flight, from donating to fundraising to volunteering. Post families located near Washington, DC host events providing meals and fellowship for veterans and their guardians after a day of visiting monuments. But what about those of us located elsewhere? We can contact local hubs for information about participating in *Send-off* or *Welcome Home* events, or for deadlines to send letters for *Mail Call* where veterans on Honor Flights are given letters and cards from the public expressing gratitude for their service and sacrifice. There is a way for every one of us to get involved.

*On behalf of the VA&R Committee, we wish you
the very best of the holiday season!*



(continued from page 1)

Sample Buddy Check Phone Script

Hello, my name is [INSERT YOUR NAME] and I'm calling to see if there is anything that your American Legion Family can assist you or your family with. I may be able to direct you to resources that aid in critical matters such as health care, counseling, financial assistance, and VA claims if you need them, or know someone who does. It is my honor to continue serving this nation by serving those who served, so if you ever need anything from The American Legion Family, do not hesitate to ask. We may not personally be able to solve your problem, but we can get you to the right resources. Thanks again for your service. If you need anything, call me anytime at [PHONE NUMBER] or email me at [EMAIL ADDRESS] Let's stay in touch!

The 2025-2026 VA&R Committee

Dr. Lisa Chaplin, Chair (VA)
lisachaplin@lexacom.net

Pat Kranzow, Vice Chair (IL)
pkranzow@att.net

Darlene Allen, Committee Member (NM)
da_abq@yahoo.com

Gwenda Shroeder-Zulch
Central Division Chair (OH)
gweniesue@yahoo.com

Lauren Lloyd
Eastern Division Chair (DC)
laurenloyd@gmail.com

Chris Harvey
Northwestern Division Chair (CO)
harvett@yahoo.com

MaryAnn Paul
Southern Division Chair (TX)
mapminmol@gmail.com

Elaine Roach
Western Division Chair (WA)
livehappy73e@gmail.com

Chrystal Daulton, Director of Programs
VA&R Liaison (IN)
CDaulton@ALAforVeterans.org
VAR@ALAforVeterans.org