

**NANCY HARROLD, PRESIDENT**  
nancy.harrold@yahoo.com  
959 Myers Road Broken Bow, Ne  
68822

**JUSTINA BERKEL, VICE-PRESIDENT**  
P.O. Box 64 North Loup, Ne 68859  
jrbirkel@gmail.com



**DISTRICT 6 June-July 2022**  
**Newsletter**  
**American Legion Auxiliary**  
**Department of Nebraska**

**IMPORTANT DATES**

**12: Grand Island Medical Center  
Picnic**

**D6 Auxiliary & Legion will pay for  
the food, no one can go there to  
help due to covid Regulations**

**JUNE: 5-11 GIRLS STATE**

**14: FLAG DAY**

**U.S. Army Birthday**

**19: Father's Day**

**21: SUMMER Begins**

**23-26 DEPARTMENT CONVENTION  
Columbus**

**JULY: 4 Independence Day**

**August: 21 D6 Picnic Kearney  
CNVH**

**26-30 National Conference  
Milwaukee, Wisconsin**

**OCTOBER: 16 D6 Fall Roundup  
St. Paul Post**

AUXILIARY usually provides salads and desserts for the picnic at Grand Island. This year we aren't allowed to. To cut down on expenses, I'm asking your Units to send a donation to help with the expense of this. If each Unit could donate \$10 it would be appreciated. Send to Sec. Mary Lee and mark check Grand Island Picnic. Thanks

\*\*\*\*\*

**Custer Co. Spring Tea at CNVH**



Seven volunteers helped with Bingo for around 60 members. They were served pie & ice cream after. It was good to visit with them & see all the smiles! Mary Ann Boldt, Custer Co. President



This was from a training sponsored by **NE-ALPA NE**. American Legion Press Association  
**FACEBOOK DO'S & DON'TS**

Don't post pictures that show the American Legion Family drinking alcohol

Don't post rants or criticism of any members or other Organizations

Do promote goodwill and praise your members

Don't create a page for your Unit then not update it. It is an ongoing history of your unit.

Don't over post either. People get tired of seeing too many posts.

Don't post pictures of events without a title. Name the event, your Unit name, number and location. Facebook encompasses all the States and many foreign countries.

Don't forget to smile in your pictures and put your best Auxiliary face forward.

Don't use the site for your personal use-for example- to promote your business.

Do promote Membership and tell why you are a member.

## Are you a Caregiver?

Self-identification as a caregiver is an essential first step towards overcoming the overwhelming responsibilities your role entails. Are you caring for a loved one who belongs to one of the categories below?

- People with disabilities
- People with mental illness
- People who are chronically ill (e.g. diabetes, renal failure)
- Older persons who have difficulty coping with daily living
- People who are terminally ill or suffering from life limiting illnesses

If your answer is 'Yes' to any of the above, that makes you a caregiver.

Caregiving involves time, commitment and sacrifice. While the role as a caregiver seems intimidating, you are not alone and there is always help and support available to walk you through the journey.



<https://bit.ly/37fdncx>

National ALA's President Kathy is focusing on caregivers this year. This is a link to the CAREGIVER SERIES This will have interviews of Caregivers. Hopefully you can benefit from some of the shared ideas. In support of Kathy's caregiver initiative, we recognize youth caregivers also. There is a Youth Caregiver Award that recognizes them. The ALA does have a page on Facebook:

### **American Legion Auxiliary National Headquarters**

This keeps us up to date with what is happening all over. They have links that are helpful to our Units. i just read "Wording NOT to have in your Constitution and Bylaws-very informative!

**District 6 is at 93.51%  
membership. Please pay your  
dues soon or you will be dropped**

You may not always see the results of your kindness but, every bit of positive energy you contribute to the world makes it a better place for us all.

There have been so many fires and disasters in our area. Remember the Auxiliary Emergency Fund. Any Auxiliary member whose dues are paid is eligible to apply.

**Be a member**  
**VOL NTEER**  
*all that's missing is U!*  
**of the American Legion Family**



**June 14th FLAG DAY**  
**July 4 Independence  
Day**



Thanks to my Flintstone family  
for all your efforts getting  
dues paid.

