

# Excuse Busters 101

## 1. I'm too tired!

- Better nutrition: In the heat of the summer, choose fresh fruits and veggies ...stay away from heavy meals and fried foods! (your Doctor will thank us!)
  - Get more sleep...take time out for exercise...walk every day! You'll feel energized!
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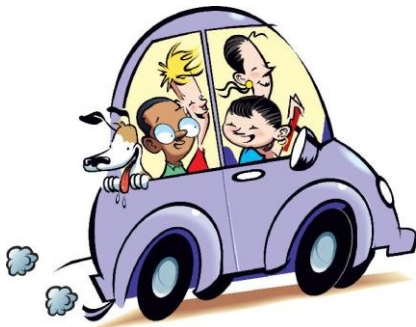
## 2. I'm too old!

*Meet 83-year-old Bette Calman of Australia. She's a yoga professor. If you don't believe me, Google it! Age truly is a state of mind!*

- Seriously...hook up with a younger, more mobile friend...it gets everyone out of the house and gives you both an opportunity to enjoy some companionship! Or get a group together ...there's strength in numbers!
  - Don't ever stop living. Every day is truly a gift. Sometimes just getting out in the fresh air or sunshine, can make you feel wonderful! Look at the birds, look at nature...a natural endorphin!
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## 3. I'm too Busy!

- Prioritize non-essential activities. Hopefully the American Legion Auxiliary is within your top 5! (Family, Friends, Livelihood, Faith, Auxiliary...everything else comes after that (...Jayhawk Basketball...etc!))
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## 4. I Don't Drive at Night/Too Far to Drive!

- Carpool! Hook up with friends and go together! It's fun to go with a friend...saves fuel...and helps out the environment at the same time! It's also a GREAT time to chat about Auxiliary ideas!
  - Make Time. Be Honest. If you really don't want to go, that's cool, but make sure you find some way to help and support the team in another way when you're feeling more in the mood.
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## 5. My Husband Won't Let Me!

- Hey...this is 2011! How about a compromise? This is important to me - you go bowling...I'll go to the meeting...I'll make it up to you later! (Cook favorite dinner of course!)
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## 6. The Weather is Bad!

- OK...good excuse! But...if you can't attend an event due to the weather, take that time and put it to good use for the Auxiliary at home. Work on a project...call prospective members...help out by getting a renewal member back on board. Write a letter to the editor...draft a press release...and don't forget to report this time and effort when reporting time comes around!
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## 7. Unexpected Guests Came Over!

- Bring your female guests with you to the meeting or event!
  - Are they eligible? Tell them about your activities. Do they have a new idea or input. Even if they can't join, learn from them!
  - Sign them up...Excuse Buster Extra Credit: I couldn't make the meeting because unexpected guests came over, but I signed up a new member! All is forgiven!
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## 8. Got to Get Up Early/Out Too Late!

- Oh gosh: Remember the good old days? The all nighters...partying until 1-2-3am at the Legion Hall! How about New Year's Eve? Who made it to midnight last year? (not me)?
  - Plan ahead...if you know you have an important event, try to take some down time, relax, take care of yourself. Plan ahead.
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## 9. It's Too Expensive...Cost Prohibitive!

- These are tough times...we all know it, and we all can appreciate it. But think about it...you can't put a price on how good it feels to help out someone else...especially a veteran. Volunteering is the cheapest "feel good" around, and belonging to the American Legion Auxiliary is the best value around!
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## 10. I'll Miss Wheel of Fortune!

- DVR IT
- TAPE IT
- Who cares...it will be on reruns soon enough...or catch it on YouTube anyway!

Let's face it...you can see Vanna White five nights a week. These are the best times of our lives. We're with our friends, we're helping each other...and we're making a difference in our communities, for our youth...and most importantly veterans and their families. Look around...we miss and feel the loss of members who were so active and would have been with us here today if illness or death had not taken them from us. Honor them by continuing our good work and on behalf of those from whom we gained our eligibility "Honor their Service" by keeping our organization strong, vital and relevant by helping out the membership cause!

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**- Is there an excuse we missed? -**  
**Get out your ammo...let's bust it!**

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