



FIRST DISTRICT NEWSLETTER

THE AMERICAN LEGION DEPARTMENT OF MN

FEBRUARY 2024

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IMPORTANT DATES

Feb 3, 2024 Four Chaplains program Mable Post 299, 10:30 AM.

Feb 3, 2024— The Department Sweetheart Rally at Forest Lake Post 225. More info on page 2.

Feb 24, 2024—Educational / informative Rally. More info on page 2

March 2, 2024— Department Appreciation Rally. Montgomery Post 79. More info on page two.

March 16, 2024—First District Jr Conference 9 AM, LeRoy Community Center, LeRoy, MN

March 16, 2024 First District Rally 2PM ,LeRoy MN

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MEDICAL

EQUIPMENT AVAILABLE

Kasson Post 333 has a over supply of medical equipment which includes hospital beds with mattresses, wheel chairs (both regular and electric), motorized scooters and much more. If interested please call Richard Denny at 507—259—2081 for more information.

DEPARTMENT & DISTRICT DATES

FEB 3, 2024-----Four Chaplains Day – Mabel Post 299

114 North Main St, Mabel, MN - 10:30 AM

FEB 3, 2024-----Department Sweetheart Rally --- Forest Lake Post 225

355 W Broadway Ave, Forest Lake , MN. Turn in 11:00 AM,

Lunch 12:00 PM (spaghetti, bread, salad and desert \$15.00 +

\$2.85 service fee) program to follow.

FEB 24, 2024- Educational & Informative Rally - Area 1--446 -Rochester 1215

VFW Rochester, MN--2775 43rd St NW, Rochester, MN---2PM

MAR 2, 2024---Department Appreciation Rally --- Montgomery Post 79

102 Elm Ave SW, Montgomery, MN—time & cost TBA

MARCH 16, 2024 ---First District Jr Conference –LeRoy Community Center

122 W Main St, LeRoy, MN -----9 AM

MAR 16, 2024 -- Educational & Informative Rally -LeRoy Community Center

122 W Main St, LeRoy, MN-----2PM

APR 20, 2024-----Commander & President Testimonial -----Eyota

11 Madison Ave SW, Eyota, MN---5PM social, 6PM dinner, 7PM Program

MAY 4, 2024-----First District SAL Convention ----- Austin Post 91

809 12th St SW, Austin, MN-----9AM

MAY 4, 2024 -----First District ALR Convention ----- Austin Post 91

809 12th St SW, Austin, MN-----1PM

MAY 18, 2024 -First District Legion & Auxiliary Convention-----Austin Post 91

809 12th St SW, Austin, MN-----9:00 AM

!!!!!!! Important !!!!!!!

If anyone has a resolution that will be coming up at the District Convention, it needs to be in the Resolution Chairman's (Jim Kellogg) hands at least thirty (30) days prior to the Convention. So if you have one or plan on writing up one, make sure that you remember that.



FROM YOUR COMMANDER

Well, here we are in February already we have posts and groups starting to gear up for summer activities sons with ditch clean-up riders with their rides. The American legion with veterans' day on the hill. Suicide awareness classes throughout the districts. There will be a signup sheet for those who ever want to be on the Southeast Minnesota suicide coalition committee. We also need a chairperson for the upcoming year for the women's fast pitch so we can keep that going this is open for any American Legion family member. So, if you are interested, please sign up even if you do not think you are experienced, we will help you with that understanding you think you are lacking. Also, this year remember that Congress is in session so call your representative to tell them we need our e-tabs to help our veterans and our communities as we did in the past, if not bring back our e-tabs then make it a top priority for the state to put the veterans needs and that of the families of the veterans the one fought for our rights to vote and the spouses who stayed in the family even when that veteran was paid less then minimum wages who made and who still trying to feed the family with hardly any pay to make ends meet. We owe our active duty and veterans the peace of mind that they count and that what they are going through was worth the sacrifice they do and have made without shame they sure do need our support not just from the veterans' groups but from the state representatives. So, let us remember why we are members to make sure our veterans and their families and the communities they live in will understand them and not shame them, also remember we are the voice to speak up for the veterans and their families and help the veterans regain peace of mind that they are not alone. The American Legion is a team of veterans. And their families, the posts were designed for the veterans and their families to have a place to go if they need to unwind. granted we need to have public customers but that is all they are the veterans' families, and the veterans are our lifeline be the one who gives the welcoming hand. be the hear the help they need be the one to bring a new person to a rally. Those post commanders are the one who sends post representatives to the district rallies so your post can be up on all the new things going on within the American legion system such as suicide prevention the new three-year membership and resources that are coming and all the new ideas coming as we are growing to keep up all the new things that are at our fingertips.

Thank you, First District Commander.

Mark A. Maloney III

Greetings First District, we are already to February, which the first Sunday is Four Chaplains Sunday.

"Have we not all one Father? Hath not one God created us? Why do we deal treacherously every man against his brother, by profaning the covenant of our fathers?" Malachi 2:10. This inscription is at a school in York, PA where Rabbi Goode presided. There is a ceramic tile mural that bears the likeness of all four chaplains, with the identical inscription under each. One in Hebrew, one in Latin, and two in English.

The USAT Dorchester was hit by a torpedo at 1255 AM, 03 February, 1943 and sank in approximately 27 minutes while enroute to Greenland, loaded with troops, civilian workers and supplies. The chaplains were Lt Carl V Poling, Dutch reformed, Lt George L Fox, Methodist, Lt John P Washington, Roman Catholic, and Lt Alexander P Goode, Jewish. Can you imagine the thoughts and actions that took place on the deck. The chaplains moved among the troops, urging calm, stilling the panic, along with helping many people to safely get off the ship. They passed out as many life jackets as were there, then gave their own away to save a few more. Lt John Mahoney forgot his gloves. He later wrote "Chaplain Goode overheard me swearing at myself for my stupidity. When he saw me heading back to my cabin he called after me, 'Don't bother, Mahoney. I have another pair. You can have these.' He pulled off his gloves and gave them to me." He landed in a lifeboat that was awash and lasted for 8 hours. Without the gloves, he would have never made it. Two out of 40 in that lifeboat survived.

"Valor is a gift," Carl Sandburg once said. "Those having it never know for sure whether they have it until the test comes." That night, they passed life's ultimate test, and in doing so became an enduring example of extraordinary faith, courage, and selflessness. On 19 December, 1944, the next of kin were given the posthumous awards of the Distinguished Service Cross and Purple Heart by the commanding general of the Army Service Forces. A special Medal of Heroism, equal to the Medal of Honor and never before given and never to be awarded again, was authorized by the Congress and awarded by the President 18 January, 1961.

In February 1951, the Chapel of the Four Chaplains, an interfaith memorial chapel, was dedicated in Philadelphia PA. The opening was presided over by Reverend Daniel Poling, Chaplain Poling's father with President Truman in attendance. Please support the Chapel of the Four Chaplains if you are able. Their story gives one hope, and their heroism and selfless sacrifice needs to be remembered.

A prayer for the American Legion, O God, our Heavenly Father, as we seek by Your grace to be good Legionnaires, help us to do justice in all our ministrations to the sacred memory of all veterans of all wars, but more especially to give our all to eliminate the necessity of their being in days to come—those greater scourges by which people are beset today: poverty, addiction, disease and indifference toward the things of the Spirit. For we pray in Your holy name. Amen

A final thought, it is said that we make time and assets available for that which we truly value. Get out of your comfort zone, overcome your normalcy bias and make a difference.

Sources: Chapel of the Four Chaplains, Chaplains Handbook. Also No Greater Glory: The Four Immortal Chaplains and the Sinking of the Dorchester in World War II, Dan Kurzman.

Go with God, and God be with you.

Ralph Schneekloth, District Chaplain





The story

Early on Feb. 3, 1943, an enemy torpedo struck the Army transport *Dorchester* as it carried 902 officers and enlisted men, Navy armed guard, merchant seamen and civilian workers in the North Atlantic. The Coast Guard cutter escorts *Comanche* and *Escanaba* rescued 230 men.

As *Dorchester* took on water, four Army chaplains – Lt. George L. Fox (Methodist), Lt. Alexander D. Goode (Jewish), Lt. John P. Washington (Roman Catholic), and Lt. Clark V. Poling (Dutch Reformed) – calmed frightened soldiers, aided the wounded and guided the disoriented toward safety.

On deck, they opened a storage locker and began distributing life jackets. When there were no more available, the chaplains removed their life jackets and gave them to four young men. “It was the finest thing I have seen or hope to see this side of heaven,” said John Ladd, a survivor.

As the ship went down, men in rafts saw the four chaplains, arms linked and braced against the slanting deck, singing hymns and praying.

Congress attempted to confer the Medal of Honor on the chaplains but was prevented by strict requirements of heroism under fire. It authorized a one-time posthumous Special Medal for Heroism, awarded by President Eisenhower in 1961; it was intended to have the same weight and importance as the Medal of Honor.



Lt. George L. Fox

As a medical corps assistant during World War I, Fox was highly decorated for bravery and awarded the Silver Star, Purple Heart and the French Croix de Guerre.

Fox studied at Moody Institute, Illinois Wesleyan and Boston University School of Theology. He and his wife, Isadore, had two children. While serving as a pastor in Gilman, Vt., he joined Walter G. Moore American Legion Post 41. He also served as the Legion's state chaplain and historian.

Fox went on active duty Aug. 8, 1942, the same day his son Wyatt enlisted in the Marine Corps. He was assigned to the Chaplains School at Harvard and reported to the 411th Coast Artillery Battalion at Camp Davis in Holly Ridge, N.C.



Lt. Alexander D. Goode

Born in Brooklyn, N.Y., in 1911, Goode became a rabbi like his father. He applied to become a Navy chaplain in early 1941, but was not accepted. After Pearl Harbor, he tried again, this time with the Army, and received an appointment on July 21, 1942. He went on active duty on Aug. 9, 1942, and was selected for the Chaplains School at Harvard. He was assigned to the 333rd Airbase Squadron in Goldsboro, N.C. In October 1942, he was transferred to Camp Myles Standish in Taunton, Mass. He and his wife, Theresa, had one daughter.



Lt. Clark V. Poling

Clark attended high school in Poughkeepsie, N.Y., where he was student body president and a football halfback. He was ordained in the Reformed Church in America and served as pastor of First Reformed Church in Schenectady, N.Y. He and his wife, Betty, had a son, Clark Jr. When America entered World War II, he decided to become a chaplain. Talking with his father, who served as a chaplain in World War I, he learned that chaplains in that war had the highest mortality rate of all military personnel. On June 10, 1942, Poling was appointed a chaplain with the 131st Quartermaster Truck Regiment and reported to Camp Shelby in Mississippi. Two months after *Dorchester's* sinking, Betty gave birth to their daughter.



Lt. John P. Washington

Born into a poor immigrant family, Washington took a newspaper route to help support his family. He loved music and sang in the church choir. In seventh grade, he sensed a call to the priesthood.

Washington attended Immaculate Conception Seminary in Darlington, N.J., where he was ordained a priest in 1935. Shortly after the Pearl Harbor attack, he received his appointment as an Army chaplain. In June 1942, he was assigned to the 76th Infantry Division at Fort Meade, Md. In November 1942, he reported to Camp Myles Standish in Taunton, Mass., where he was reunited with Fox, Goode and Poling – his classmates at Chaplains School at Harvard.

How we remember them

Every year, American Legion posts nationwide commemorate the selfless acts of the Four Chaplains on or near Feb. 3, designated Four Chaplains Day by Congress in 1948. Through interfaith services, memorial ceremonies and other solemn events, members of the American Legion Family lead their communities in honoring the

chaplains and 668 other men who died when *Dorchester* sank.

Founded in 1951, the Chapel of Four Chaplains in Philadelphia encourages and supports these observances, and recognizes selfless service to community, nation and humanity through its Legion of Honor award program.



Suggestions for a Four Chaplains Day observance

Four Chaplains Day services vary in length and format, but all should tell the story of the chaplains' supreme sacrifice – and bring together people of diverse backgrounds and creeds in recognition of our common humanity.

- Invite representatives of different faith groups to participate. Clergy representing the faiths of the Four Chaplains is especially fitting.
- Ask your mayor or governor to issue a proclamation designating the first Sunday of February "Four Chaplains Sunday."
- Create a focal point, placing photos of the Four Chaplains, four red roses, life jackets, or four empty seats near the altar or podium.
- Include a candle lighting or wreath laying.
- Have a message that centers on the Four Chaplains and selfless service.
- Spread the word about your program through social media, local newspapers, and radio and TV stations. Encourage reporters to write an advance or follow-up story. Send copies to the Chapel of Four Chaplains for its archives.
- Collect an offering to support the work of the Chapel of Four Chaplains.

For a suggested program, download The American Legion Chaplain's Handbook at legion.org/publications or contact the Chapel of Four Chaplains at chapel@fourchaplains.org.

Chapel of Four Chaplains

1201 Constitution Ave.
The Navy Yard, Building 649
Philadelphia, PA 19112
(215) 218-1943
fourchaplains.org



THE AMERICAN LEGION

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THE AMERICAN LEGION

FOUR CHAPLAINS DAY



A stylized graphic of the American flag, featuring a blue canton with white stars and red and white stripes, rendered in a painterly, textured style.

Thank You

First District American Legion Family,

Being a Veteran and Legionnaire was one of dad's passions, as you can tell by his many accomplishments within the organization. He spent much of his time working on Legion activities at all levels, as well as being a great Husband, Dad and Papa.

Our sincere gratitude to the members who attended his wake and/or funeral as well as Myron Ulrich for bringing the District Colors and to those who acted as Color Guard. Our family is grateful for the support, it meant so much to us.

Thank you all for being a great second family to dad.

**God Bless the USA
The family of William B. Goede**

All the Holidays are over and hope everyone had a good time. I even went on a short Trip to Florida, but now it's back to work. By the membership report area 3 is back in front. Let's see if our area can get the most Posts at GOAL, Plus keep those members. totals up.

Also, we have the Sweetheart Rally coming up, hope someone from the area attends. besides me. Then the Appreciation rally is not too far away. Most should attend this. one to show how much we like the work everyone has done. And the posts at goal should be given their dues for outstanding work, Area 3 keep up your great work!!!

Gary Miller
Area 3 Vice Commander

From Area One

Greetings from Area 1. Membership remains to be an issue for all our Posts. It is especially important that each Commander becomes aware of the membership status and assists in any way possible in attaining and exceeding 100 Percent Post membership. **Membership is the responsibility of all members and not just the Membership Director.** Engage membership assistance by simply asking them too to help. Several posts have met their goals of 100%, and several are close. Call the members that haven't renewed yet and encourage them to renew their membership. You don't have to wait for National to send out additional mailings or reminders. Post visits are moving forward. As you know the American Legion is making changes and it is important to stay informed about the changes. Classes and Training within the 1st District has been great. I encourage all Post leadership as well as members to attend these meetings if possible. Remember that District Leadership is available to assist your post in any way we possible can. If we don't have an answer to your question we will find one for you. Remember that you can BE THE ONE.

Robert Schmidt / Vice Commander / Area 1

Greetings American Legion Family,

This month is filled with quotes that I want to share with you. I hope they make you think.

-We must especially beware of that small group of selfish men who would clip the wings of the American Eagle to feather their own nests. **FDR**

-One cannot and must not try to erase the past merely because it does not fit the present. **Golda Meir**

-If Christianity is valid, why is there so much evil in the world?" To this the famous preacher replied, "With so much soap, why are there so many dirty people in the world? Christianity, like soap, must be personally applied if it is to make a difference in our lives. **B. Graham**

-Patriotism means to stand by the country. It does not mean to stand by the president. **Theodore Roosevelt**

-The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. **Hel-en Keller**

- I no longer listen to what people say, I just watch what they do. Behavior never lies. **Winston Churchill**

-Live simply, love generously, care deeply, speak kindly, leave the rest to God. **Ronald Reagan**

May you have a wonderful February.

BE THE ONE!!!

Mike Parry, Area Two Vice Commander

FROM AREA FOUR

Let's continue to recruit, retain and Be the ONE.

We had a great time at this year's mid-winter rally in LeRoy. We are currently trying to find new ways to get younger members to join our posts and new ways to increase our comradery throughout this great organization. If you have any ideas, please attend these district meetings so we may hear them. These rallies are open to all members of the district, not just the officers, I encourage everyone in Area 4 to try and attend at least 1 of these events you'll learn a lot from them.

Area 4 Vice Commander
Cole Wilcox

VETERANS DAY ON THE HILL 2024

WHEN:
APRIL 17TH, 2024

DAV of MN Presents:
Free Veterans and Supporters Lunch

Doors Open @ 10:00AM FOR COFFEE
LUNCH @ 11:30AM

(One Block from Capitol at 600 Cedar Street, St. Paul)

Veterans March to the Rally @ 1:00pm

(Short Walk from Armory to State Veterans Service Building
20 West 12th St, St. Paul)

CTF, UVLC, and MACVSO Present:
Rally in the Rotunda 1:15-2:00pm



ANY QUESTIONS PLEASE CONTACT-
TRENT@DAVMN.ORG:

**NO MEMBERSHIP IN
ANY ORGANIZATION
REQUIRED.**
**ALL SUPPORTERS ARE
WELCOME!**



Topics Include:

PASSING A CLEAN
VETERANS OMNIBUS
BILL

INCREASING THE
AMOUNT OF THE PROP
TAX VALUE EXCLUSION

NEW THIS YEAR!!

A MINIBUS RUNNING
FROM THE ARMORY TO
THE HOUSE AND
SENATE OFFICE
BUILDINGS 10-1130.

MAKE YOUR
APPOINTMENTS TO SEE
YOUR LAWMAKERS!



DAV
OF MINNESOTA
**BENEFITS
PROTECTION**



Attention Minnesota Legion Family: Minnesota Legion College Needs You!

We need your help spreading the word about the upcoming Minnesota American Legion College, April 25-28, 2024, at Camp Ripley. Despite the immense value Legion College provides, the response has been underwhelming so far. With open registration ongoing, we need a major push to fill the limited slots available. Advertise this opportunity to suitable candidates in your posts and communities. We rely on word-of-mouth recommendations to reach worthy Legion Family members. With your support, we can make the 2024 Legion College the most successful yet!

Legion College builds knowledge and skills for both new and experienced Legionnaires that they can bring back to better serve their posts and communities. The structured curriculum covers Legion history, programs, parliamentary procedure, leadership strategies, and more through impactful workshops, activities, and networking.

Graduates leave motivated and equipped to take on leadership roles in the Legion Family at all levels. They gain connections with Legionnaires across the state along with lifelong friends. This training pays dividends for both the attendees and their posts for many years to come.

The \$200 registration fee should not be a barrier for interested candidates. Often posts or districts cover this cost, understanding the value of a more knowledgeable, skilled member and mentor. For those needing financial assistance, just reach out.

This is a call to all Legion posts and leaders. Encourage qualified members in your post to apply. Tap that talented individual you know who could become an asset to your leadership team. Share this opportunity with Legion Family in neighboring posts as well. Let's make sure every open spot gets filled!

Invest in your post and the Legion by sending participants to the 2024 Minnesota American Legion College. Graduates will return energized to take on post and district responsibilities. Join us by applying today at <https://mnlegion.org/legion-college/> – your Legion needs you!

ENDORSEMENTS AND OR REQUESTS

Mark Maloney - Commander 24—25 - from Post 551

Myron Ehrich - Commander 24—25—from Post 295



BREAKING: 3-year American Legion memberships now available, even if you already renewed for 2024!



Multi-Year Membership is Now Available!

ST. PAUL — The multi-year membership is now live on the national website for our members who have paid and are current in their 2024 membership dues.

This means those members who paid their 2024 dues prior to 4 December 2023 are now eligible to purchase a multi-year membership at today's dues rate. When a multi-year membership is purchased, your membership will be paid up for the next three years — the 2025–2026–2027 membership years.

RENEW FOR MULTIPLE YEARS TODAY BEFORE DUES GO UP THIS SUMMER

The multi-year membership can only be purchased on the national website or through an active MyLegion.org account.

Please be patient as the site maybe slow due to high traffic because our members are taking advantage of this opportunity to save. We anticipate this program is going to be extremely popular due to the annual membership dues increase effective 1 July 2024.

For our members who are still to renew their 2024 dues, the opportunity to purchase a multi-year membership is still available and has not changed. Please spread the word to all our members in The American Legion Department of Minnesota.

If you have any questions or concerns, please reach out to us. Thanks

THE AMERICAN LEGION DEPARTMENT OF MINNESOTA

The American Legion, Dept of MN, First District 2024 Membership Report for January 24, 2024

Di st	Post	Location	New 2024	PUFL 2024	Online 2024	Trad 2024	Paid 2024	HQ Trans 2024	Total Membr 2024	Goal 2024	% of Goal	HQ Trans 2024	Last yr at this date
1	9	Winona	6	32	0	375	413	3	416	466	89.27%	0	0
1	90	Lewiston	5	10	0	51	66	1	67	79	84.81%	0	0
1	190	St Charles	0	15	0	78	93	0	93	109	85.32%	0	0
1		Winona County	11	57	0	504	572	4	576	654	88.07%	0	0
1	50	Wabasha	5	39	0	135	179	1	180	206	87.38%	0	0
1	110	Lake City	9	14	0	119	142	1	143	177	80.79%	0	0
1	179	Plainview	0	25	0	85	110	0	110	145	75.86%	0	0
1	546	Kellogg	0	7	0	46	53	0	53	57	92.98%	0	0
1	573	Elgin	0	3	0	23	26	0	26	27	96.30%	0	0
1	579	Millville	0	19	0	83	102	0	102	105	97.14%	0	0
1	588	Mazeppa	1	8	0	48	57	0	57	65	87.69%	0	0
1		Wabsha County	15	115	0	539	669	2	671	782	85.81%	0	0
1	92	Rochester	7	92	0	505	604	0	604	705	85.67%	0	0
1	119	Byron	0	18	0	60	78	0	78	112	69.64%	0	0
1	164	Stewartville	5	21	0	229	255	1	256	279	91.76%	0	0
1	446	Rochester	0	2	0	3	5	0	5	12	41.67%	0	0
1	551	Eyota	1	23	0	134	158	0	158	187	84.49%	0	0
1		Olmsted County	13	156	0	931	1100	1	1101	1295	85.02%	0	0
1		Area One	39	328	0	1974	2341	7	2348	2731	85.98%	0	0
1	295	West Concord	2	6	0	30	38	0	38	41	92.68%	0	0
1	330	Hayfield	2	16	0	158	176	0	176	174	101.15%	0	0
1	333	Kasson	6	31	0	179	216	1	217	249	87.15%	0	0
1	384	Dodge Center	1	7	0	51	59	0	59	70	84.29%	0	0
1	422	Claremont	2	3	0	22	27	0	27	30	90.00%	0	0
1		Dodge County	13	63	0	440	516	1	517	564	91.67%	0	0
1	52	Blooming Prairie	2	16	0	54	72	0	72	84	85.71%	0	0
1	77	Owatonna	2	51	0	245	298	0	298	372	80.11%	0	0
1	296	Ellendale	1	4	0	28	33	0	33	36	91.67%	0	0
1		Steel County	5	71	0	327	403	0	403	492	81.91%	0	0
1	75	New Richland	1	9	0	33	43	0	43	45	95.56%	0	0
1	228	Waseca	2	21	0	227	250	0	250	276	90.58%	0	0
1	281	Janesville	0	5	0	65	70	0	70	86	81.40%	0	0
1	587	Waldorf	0	0	0	19	19	0	19	20	95.00%	0	0
1		Waseca County	3	35	0	344	382	0	382	427	89.46%	0	0
		Area Two	21	169	0	1111	1301	1	1302	1483	87.80%	0	0

1	13	40	Lanesboro	5	13	0	82	100	0	100	106	94.34%	0	0
1		68	Spring Valley	0	8	0	50	58	1	59	64	92.19%	0	0
1		81	Harmony	0	1	0	15	16	1	17	23	73.91%	0	0
1		94	Rushford	1	9	0	80	90	1	91	88	103.41%	0	0
1		166	Preston	2	13	0	32	47	0	47	52	90.38%	0	0
1		197	Chatfield	0	2	0	33	35	0	35	38	92.11%	0	0
1		299	Mabel	2	29	0	93	124	0	124	145	85.52%	0	0
1		369	Wykoff	0	0	0	16	16	1	17	17	100.00%	0	0
1		400	Canton	1	0	0	19	20	0	20	24	83.33%	0	0
1		492	Fountain	0	0	0	9	9	0	9	11	81.82%	0	0
1		526	Peterson	0	4	0	25	29	0	29	35	82.86%	0	0
1		544	Ostrander	0	2	0	15	17	0	17	20	85.00%	0	0
1		637	Whalan	0	0	0	10	10	0	10	11	90.91%	0	0
1			Fillmore County	11	81	0	479	571	4	575	634	90.69%	0	0
1		191	Caledonia	0	13	0	104	117	0	117	130	90.00%	0	0
1		249	Spring Grove	1	11	0	108	120	1	121	133	90.98%	0	0
1		423	Houston	0	9	0	85	94	0	94	98	95.92%	0	0
1		498	Hokah	0	1	0	18	19	0	19	22	86.36%	0	0
1		595	LaCrescent	0	41	0	169	210	0	210	239	87.87%	0	0
1			Houston County	1	75	0	484	560	1	561	622	90.19%	0	0
1			Area Three	12	156	0	963	1131	5	1136	1256	90.45%	0	0
1		56	Albert Lea	5	34	0	359	398	2	400	455	87.91%	0	0
1		264	Glenville	1	8	0	48	57	1	58	61	95.08%	0	0
1		266	Hartland	0	1	0	12	13	0	13	14	92.86%	0	0
1		317	Emmons	0	3	0	35	38	0	38	46	82.61%	0	0
1		404	Alden	1	3	0	59	63	0	63	86	73.26%	0	0
1		552	Freeborn	0	5	0	23	28	0	28	32	87.50%	0	0
1			Freeborn County	7	54	0	536	597	3	600	694	86.46%	0	0
1		91	Austin	4	47	0	303	354	0	354	396	89.39%	0	0
1		105	Lyle	0	8	0	62	70	0	70	83	84.34%	0	0
1		140	Grand Meadow	0	3	0	29	32	0	32	36	88.89%	0	0
1		146	Adams	1	21	0	128	150	0	150	153	98.04%	0	0
1		161	LeRoy	1	4	0	36	41	0	41	50	82.00%	0	0
1		570	Austin Spam	0	0	0	10	10	0	10	12	83.33%	0	0
1			Mower County	6	83	0	568	657	0	657	730	90.00%	0	0
1			Area Four	13	137	0	1104	1254	3	1257	1424	88.27%	0	0
1		1111	Dakota	0	0	0	0	0	0	0	0	0.00%	0	0
1			District Totals	85	790	0	5152	6027	16	6043	6894	87.66%	0	0

DISTRICT VICE COMMANDER STANDINGS

	Vice Commanders											
	Area One	39	328	0	1974	2341	7	2348	2731	85.98%	0	0
	Area Two	21	169	0	1111	1301	1	1302	1483	87.80%	0	0
	Area Three	12	156	0	963	1131	5	1136	1256	90.45%	0	0
	Area Four	13	137	0	1104	1254	3	1257	1424	88.27%	0	0

The American Legion Department of Minnesota 2024 District Membership Report

Dist	Rank												
1	8th	Mark Maloney	85	790	0	5152	6027	16	6043	6894	87.66%		
2	4th	James Olson	83	574	0	4189	4846	23	4869	5403	90.12%		
3	2nd	Rod Reifsteck	181	1549	0	6943	8,673	99	8,772	9,609	91.29%		
4	3rd	Teresa Ash	44	256	0	1241	1541	11	1552	1,711	90.71%		
5	9th	Dick Ward	28	287	0	1014	1329	5	1334	1536	86.85%		
6	1st	Anthony Koop	218	1065	0	7403	8686	70	8,756	9,430	92.85%		
7	5th	Jan Ekert	70	629	0	3813	4512	13	4525	5,044	89.71%		
8	7th	Jennifer Havlick	64	306	0	2381	2751	16	2767	3128	88.46%		
9	10th	Steve NaSalle	60	525	0	4036	4621	14	4635	5339	86.81%		
10	6th	Matthew Berens	142	917	0	5504	6563	65	6628	7466	88.78%		
99			18	202	0	1509	1729	0	1729	2654	65.15%		
Totals			993	7100	0	43,185	51,278	332	51,610	58,214	88.66%		

FROM YOUR MEMBERSHIP DIRECTOR

Legionnaires,

We are in 8th place in membership. We need to improve this as soon as possible. If we go much lower, it will be hard to claw our back up. Start calling the members that were lost last year.

If you are sitting on membership, please get them in!

We are in 6th place for the membership challenge.

Our next goal is 85% for President's Day. Currently, we have 39 posts at 85% or higher.

We now have 3 posts at 100% or higher. Congratulations to Hayfield, Rushford and Wykoff.

Thank you,
Mary Hanson



Auxiliary Contacts

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Secretary

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Membership

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Treasurer

Tonia Betterman
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507-456-2315
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FROM THE PRESIDENTS DESK

Hello 1st District Auxiliary members, hope you are all doing well. I have been enjoying the mild winter the snow we did get is almost gone.

Thank you everyone that attended the Mid-Winter on January 6th. Big thank you do the LeRoy Post 161 for setting up for us. The Auxiliary Ladies provided us with a wonderful lunch as always. Thank you to Department President Sharon Cross, Department 1st Vice President Judy Ackerman, Department 2nd Vice Robin Dorf and Linda Kelly who is a candidate for Department 2nd Vice for the year 2024-2025 for attending and joining in on some of activities.

An update on the Unit Annual Report Forms for 2023 – 2024

Please follow all instructions and due dates provided to your Unit by the Department office!!! Following are some of the questions included on your 2023-2024 Unit Community Service annual report form...

*What Community Service projects did individual members of your Unit participate in to promote community awareness of the ALA and who was served by these projects?

*Total number of hours volunteered, money donated, and miles driven by individual members?

*What Community Service projects did your Unit participate in promote community awareness of the ALA and who was served?

*Total numbers of Unit hours volunteered, and money donated?

*Did your Unit participate in ALA suggested days of service and who was served? (9/11 National Day of Service, Martin Luther King Jr Day of Service, etc.)

*What did your Unit do to promote American Legion Family Day?

I encourage individual members and Units to be keeping track of your Community Service projects and who was served, hours volunteered, money spent, miles driven, etc. throughout the year. Also, please note that National has added a new Community Service Unit award this year- "Best Promotion of American Legion Family Day", awarded to one Unit in each division

If there is not a chairman for 1st District for the report you are submitting please send them to me so we are able to award certificates to the deserving units.

The 1st District will be holding our Junior Conference on March 16th in LeRoy, MN. Bring your junior members and join us. The juniors are out future.

In this is newsletter there is a copy of the 2025 Unit Dues Form, it was also including the February Unit Mailing. These should be filled out and return to Department by March 15, 2024.

Till we meet again, let us remember that our obligation to our Country

can be fulfilled only by the faithful performance of all duties of citizenship. Let service to the community, state and nation be ever a main objective

of the American Legion Auxiliary and its members. Let us ever be watchful

of our organization and ourselves, that nothing shall swerve us from the path of Justice, Freedom, Loyalty and Democracy.



CALL TO THE FIRST DISTRICT AMERICAN LEGION AUXILIARY JUNIOR CONFERENCE

The annual Junior Conference of the First District American Legion Auxiliary is hereby called to be held on Saturday, March 16, 2024 at The LeRoy Community Center located at 204 W Main St, LeRoy, MN for the purpose of:

1. Presentations and judging of awards.
2. Reports from the Unit Junior Presidents.
3. Election of officers.
4. Election of Delegates to the Department Junior Conference.
5. Other business for the good of the Junior Auxiliary group.

Registration will start at 9:00 AM. The registration fee is five (5) dollars per Junior or Senior member with a maximum of ten (10) dollars per family. Lunch will be served at the cost of five (5) dollars per lunch. There will be an Executive Board meeting for Junior and Senior officers at 9 AM. Honorary District Junior President Bailey Anderson will call the conference to order immediately following the Executive Board meeting.

To compete for the District Junior trophies or awards, a copy of the Unit Activities Annual Report and a written narrative of their activities must be in the hands of the District Junior Activities Chairman, Sharon Hammon by the time of the First District Junior Conference. You may bring them with you that day.

CLASSES

Class I ----- Ages 6 years and under

Class II ----- Ages 7 – 12 years

Class III ----- Ages 13 – 18 years

AWARDS

1ST Place ----- \$5.00 cash award for each class

2nd Place ----- \$3.00 cash award for each class

(Refer to the First District Junior Standing Rules)

2024 Department Poppy Contest entries may be brought the day of the conference.

1. Poppy Centerpiece Contest

To the Junior member in each class with the Poppy Centerpiece using Honorary Department Junior President Taylor's theme "A companion for our comrades" Her symbol is a camouflaged paw print. All white tags must be removed from the poppies.

2. Poppy Corsage/Boutonniere Contest

To the junior member in each class with the beat Poppy corsage or boutonniere using Honorary Department Junior President Taylor's theme "A companion for our comrades." Her symbol is a camouflaged paw print. All white tags must be removed from the poppies

3. Poppy Memorial Day Wreath

To the Junior member in each class with the best Poppy Memorial Day Wreath with the poppy as the focus of the wreath.

If you received trophies last year, please bring them to the conference so they can be awarded to the winners.

District Colors will be posted, if your unit would like to bring their individual colors, they will be posted.

I would like to extend a special invitation to all Junior members, even if they don't belong to an organized Unit. Come for a day of fun and learning! Juniors are the future of the American Legion Auxiliary

Sharon Hammon – First District Activities Chair.

INFORMATION ON “BE THE ONE MISSION”

We know ALA members are playing a big role in supporting the Be the One mission. However, tying the phrase into a theme is diminishing the power of the words *Be the One*. We understand the tradition of having themes and we are not pointing fingers, punishing anyone, or assigning blame. However, our members may want to step back from using Be the One as a theme. Remember: This serious topic is not just an ALA focus, but an American Legion Family mission.

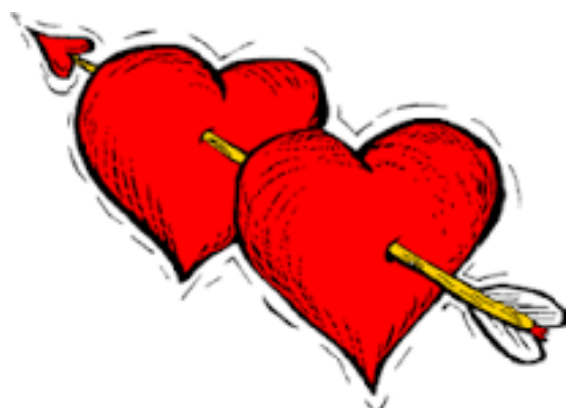
- Be the One is about suicide prevention and awareness.
- It originated as be the one to save one. It's estimated that between 17 and 22 veterans or servicemembers take their own lives each day.
- It's not a catchphrase. It's not a campaign. The American Legion is now calling it a mission.
- It's a mission to destigmatize asking for mental health support, provide peer-to-peer support and resources, and educate everyone on how they can Be the One.
- The American Legion Auxiliary and Sons of The American Legion joined The American Legion to promote the Be the One mission. So, ALA members should follow the guidelines from The American Legion. Go to BetheOne.org to learn more.
- The words “Be the One” should not be use as part of a lighthearted theme, to invite someone to a meeting, or to pay their dues. Uses other than suicide prevention/awareness diminish its power.
- Use of “Be the One” should be reserved for topics related to suicide prevention and awareness.
- The No. 1 issue facing the veteran community is suicide.
- The approved logos for Be the One are subject to the same usage rules as The American Legion landmark.
- Think of Be the One as a standalone phrase such as “Just Do It” and “Got Milk”.

How can you Be the One?

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when you think a veteran might be struggling.
- Increase awareness about the veteran and military suicide epidemic.
- Have a list of resources in your area for veterans who may be struggling.
- Spread the word about the Veterans Crisis Line at 988.

AUXILIARY MEMBERSHIP REPORT**1/22/24**

Unit	Location	Goal	Previous	Turn	Total	Precent	Left
9	Winona	125	80	12	92	73.60%	33
90	Lewiston	36	15	9	24	66.67%	12
190	St Charles	12	4	0	4	33.33%	8
50	Wabasha	104	93	3	96	92.31%	8
110	Lake City	71	33	2	35	49.30%	36
179	Plainview	128	92	1	93	72.66%	35
573	Elgin	15	1	6	7	46.67%	8
579	Millville	46	34	1	35	76.09%	11
588	Mazeppa	38	26	5	31	81.58%	7
92	Rochester	131	95	6	101	77.10%	30
119	Byron	23	13	0	13	56.52%	10
164	Stewartville	165	140	2	142	86.06%	23
551	Eyota	103	69	8	77	74.76%	26
Pod One Total		997	695	55	750	75.23%	247
295	West Concord	34	19	1	20	58.82%	14
330	Hayfield	176	126	5	131	74.43%	45
333	Kasson	143	93	10	103	72.03%	40
384	Dodge Center	58	47	5	52	89.66%	6
422	Claremont	22	3	16	19	86.36%	3
52	Blooming Prairie	93	57	16	73	78.49%	20
77	Owatonna	104	71	13	84	80.77%	20
75	New Richland	42	26	3	29	69.05%	13
228	Waseca	226	199	5	204	90.27%	22
587	Waldorf	20	14	0	14	70.00%	6
Pod Two Totals		918	655	74	729	79.41%	189



40	Lanesboro	96	82	1	83	86.46%	13
68	Spring Valley	47	39	7	46	97.87%	1
81	Harmony	54	35	0	35	64.81%	19
94	Rushford	47	35	8	43	91.49%	4
197	Chatfield	27	17	0	17	62.96%	10
299	Mabel	121	82	1	83	68.60%	38
369	Wykoff	20	17	0	17	85.00%	3
526	Peterson	50	39	2	41	82.00%	9
544	Ostrander	13	6	1	7	53.85%	6
637	Whalen	19	13	0	13	68.42%	6
191	Caledonia	72	60	1	61	84.72%	11
249	Spring Grove	95	46	15	61	64.21%	34
423	Houston	117	100	0	100	85.47%	17
498	Hokah	19	4	13	17	89.47%	2
595	LaCrescent	161	125	1	126	78.26%	35
Pod Three Totals		958	700	34	750	78.29%	208
56	Albert Lea	266	175	4	179	67.29%	87
264	Glenville	97	65	11	76	78.35%	21
404	Alden	43	15	8	23	53.49%	20
552	Freeborn	59	48	3	51	86.44%	8
91	Austin	123	47	13	60	48.78%	63
105	Lyle	53	30	0	30	56.60%	23
140	Grand Meadow	67	58	2	60	89.55%	7
146	Adams	131	107	3	110	83.97%	21
161	Leroy	50	25	1	26	52.00%	24
Pod Four Totals		889	570	45	615	69.18%	274
Total		3762	2620	2684	2845	75.62%	917

FROM YOUR MEMBERSHIP CHAIRMAN

First I would like to wish thank everyone for the good work. We have no more Units on the goose egg, but we still have a few with very few members turned in. That we need to work on. Don't forget to wear your auxiliary apparel when out are out and around and promote your unit through the media when ever you can.

Sharon Hammon—First District Membership Chairman.



Public Relations Insider Northwestern Division

PRESS RELEASES AND WHY THEY MATTER

Do you think that press releases are a thing of the past? Have you written off newspapers and moved to digital versions? Press releases are still a vital role in sending detailed information on upcoming events, holidays, and important news so don't write them off! Newspapers may not be showing up at your doorstep, but they are online! And there is a growing movement for more online local news. Don't count out television. Television stations have websites that often contain additional stories that may not have been used on-air. Continue sharing them with your local news outlets, posting them to your social media accounts, and sharing them with your communities.

Press releases are important. They provide the who, what, when, where, and why. Viewed as trusted sources of information, press releases allow you to build credibility with outside sources, thus resulting in news from the ALA being viewed by more and more over time.

There are a plethora of tools and resources that will help guide you in creating your press releases, but did you know that the ALA provides many press release templates that will make your job much easier? The PR toolkit on <https://www.alaforveterans.org> is a great starting point for anyone who needs a little nudge in the right direction! There are templates for holidays such as Veterans Day, Memorial Day, and National Poppy Day®. They are available for you to customize to your units and departments so utilize them and send them in time for the news to be read and shared.



Press releases allow you to promote the American Legion Auxiliary through branding as you will include the ALA landmark or emblem when submitting the release to your media outlets. You will want to include photos related to the release or note that photos will be available after the event. Do you have an upcoming ceremony planned and want to draw the viewers attention? Include photos! Most of us are visual readers when looking at a printed paper or scrolling through social media. Pictures grab our attention and draw us in, resulting in us reading the article or release associated with the photos.

Be sure to include a line or two describing the American Legion Auxiliary (ALA) in the closing of your press release. You can use what the ALA provides in the templates at www.ALAforVeterans.org and as shown below.

The American Legion Auxiliary (ALA) is a community of volunteers serving veterans, military, and their families. Our members also support the mission of The American Legion in improving the quality of life for our nation's veterans. Proud sponsor of ALA Girls Nation, National Poppy Day® and recognized for advocating for veterans on Capitol Hill, the more than 550,000 ALA members across the country volunteer millions of hours annually and raise millions of dollars in service to veterans, military, and their families. Founded in 1919, the ALA is one of the oldest patriotic membership organizations in the U.S.A. To learn more and to volunteer, join, and donate, visit www.ALAforVeterans.org.

An important note about the press release templates on the ALA website. ALA National Headquarters is refreshing the press release templates! The above boilerplate is also getting a makeover! Before you write a press release, keep checking back to the website to see if the new releases are posted.

Want to grow your relationship with the media beyond the press release? Send them invites to all your events and always send pictures after events. Remember, reporters are busy. They may not be able to come to every event, so don't be offended if they don't come. Keep inviting them and sharing information.

2025 UNIT DUES FORM

Please print neatly - forms not legible will be returned

I understand that the dues amount listed below will be printed on the 2025 Membership Renewal Notices that will be mailed to each Senior member of our Unit next September. Below is the address to be printed on each Renewal Notice showing where our members are to mail their dues for this Unit.

It is understood that no change in the dollar amount of dues or the address to which the dues are to be sent can be made after a deadline which Department Headquarters will establish based on the requirements of National Headquarters. **When determining your dues amount, please make sure that the amount charged is at least \$30.00 for Senior members and \$6.00 for Junior members amounts that are sent to the Department office.**

DEPARTMENT OF MINNESOTA

UNIT NUMBER _____ DISTRICT _____

UNIT LOCATION _____

2025 SENIOR DUES OF THE UNIT ARE

(Amount each Senior member pays to your Unit) \$ _____

Dues sent to Department per Senior = \$30.00

2025 JUNIOR DUES OF THE UNIT ARE

(Amount each Junior member pays to your Unit) \$ _____

Dues sent to Department per Junior = \$6.00

Name of individual in the Unit to receive membership dues

Address (Please be certain it is the current/correct address)

☐ Check Box if this is the
Legion Post address.

City State Zip Code

() _____
Area Code Telephone Number E-mail address

Name of Membership Chairman

“LEADERSHIP IS THE CAPACITY TO TRANSLATE VISION INTO REALITY” Warren Bennis

copied from Leadership e Newsletter.

UNIT MEMBER OF THE YEAR

Does your Unit have a member who stands out in making a significant impact on the accomplishments of the Unit? Who consistently exemplifies the values and ideals of the ALA?

Here are just a few attributes of prior recipients of this award:

- volunteers to help with whatever needs doing
- steps up to serve on a Unit committee
- enthusiastically takes on a task
- participates in many Units projects
- is always a team-player
- keeps a positive attitude
- is excited about Unit activities
- welcomes new and returning members

It is never too soon to look within your Unit to identify your

Unit Member of the Year nominee.

Eligibility criteria and submission requirements:

- Open to Senior members only.
- A nominee must not currently hold, nor have previously held, an elected or appointed position higher than Unit President.
- A narrative of not more than 1,000 words describing the nominee's accomplishments and activities contributing to the Unit and to its activities must be submitted to the Department Leadership.
- Each Department will select one Member of the Year to submit who will be recognized at the American Legion Auxiliary National Convention.

Department of MN Unit Member of the Year

1. Submit only one entry per unit. Entry is due April 20th **Mailed to Karla Otterness 239 Westgate DR Winsted MN 55395**
2. Open to senior members who are not currently, nor have ever been, in an elected or appointed leadership role higher than unit president.
3. Units: may submit a narrative of 1000 words or less

LEADERSHIP GOLDEN RULES

Have a Vision and Plan

Vision is what differentiates a leader from a follower. A good leader comes with a clear vision and persuades others to believe in it as well with the same passion. Having a vision will not guarantee you success until you have a solid plan and strategy to turn your vision into reality. As Benjamin Franklin put it, **“If you fail to plan, you are planning to fail.”** Combine your vision with a plan of action and you will get one-step closer to converting your vision into reality.

**Be an inspirational Leader
for the ALA!**



**Karla Otterness,
Department Leadership Chairman**

2023-2024

Any donations to my project during my time as 1st district President will be divided between Believet and The Armed Forces Service Center.

Believet provides highly trained service dogs, free of charge, to disabled veterans, helping them lead more productive, independent lives. The dogs are specially-trained to perform mobility and psychiatric tasks. They can wake a veteran from a nightmare, ease their anxiety in a crowded place and provide comfort through companionship and physical contact. The dogs are custom-trained, the cost is around \$30,000 from start to finish and again no cost to the veteran.

The armed Forces Service Center is an “all-free” stop located at the Minneapolis/St. Paul International Airport for active-duty military personnel and their dependents, Reservists, National Guardsmen and Military Retirees and their dependents. It is supported by a volunteer workforce and contributions. They are not affiliated with the USO, and do not receive funds from the US Government. Since opening on November 22, 1970, over 1 million active-duty military personnel, dependents and retirees have passed through the Armed Forces Service Center.

FROM YOUR HONORARY AUXILIARY JR PRESIDENT

My name is Bailey Anderson. I am the 1st District Junior Auxiliary president. I wanted to introduce myself and tell you a little about my project. I am 14 years old, and I am a freshman at Lourdes High School in Rochester, MN. I enjoy spending time with my friends, dance, and softball. I have been an active member of the Stewartville American Legion for 11 years. My favorite thing that we do in the junior auxiliary group is when we go to the nursing home and visit the veterans there. I also enjoy being a role model and mentor to the younger kids that are in juniors. For my project, I plan to raise money and support the organization called “Believet”. “Believet” is a non-profit program that’s goal is to provide disabled veterans with fully trained service dogs, free of charge. If you would like to learn more about this program, please visit believet.org. If you are interested in donating, please feel free to email me at bailey.anderson@rcsedu.org



FROM YOUR HONORARY JR AUXILIARY PRESIDENT

SOME INFORMATION ON BELIEVET SERVICE DOGS

OUR PROGRAM

The Need

The U.S. Department of Veterans Affairs conducted a broad survey of recent veterans to gain better insight on their overall health. In raw numbers, it is estimated that a sobering 500,000 troops from the Gulf Wars alone have been diagnosed with PTSD, according to Miriam Reisman ("PTSD Treatment for Veterans: What's Working, What's New, and What's Next," U.S. National Library of Medicine, 2016).

PTSD can be described as a mental health condition that may result from experiencing or witnessing trauma. Symptoms include flashbacks, nightmares, severe anxiety, depression, and confusion. This condition—often accompanied by major depression and/or traumatic brain injury (TBI)—can make it difficult, if not impossible, to meet the normal demands of daily life. According to the Department of Veterans Affairs, 20 deployed veterans die by suicide every day in the United States (Office of Suicide Prevention, "Suicide Among Veterans and Other Americans, 2001–2014," 2016).

Our Response

Trained service dogs can provide an essential source of security, affection, and connection for our veterans. Believet™ dogs are custom-trained for mobility and psychiatric tasks. They can wake a veteran from a nightmare, ease their anxiety in a crowded public place, and provide comfort through companionship and physical contact. Our dogs also help keep veterans on a schedule because the dogs need care and attention on a regular basis.

There is a growing body of research and clinical evidence supporting the value of service dogs. Despite this, neither the Veterans Health Administration nor most private insurers pay for or provide reimbursement for psychiatric service dogs for people diagnosed with PTSD.

Believet™ provides highly trained service dogs, free of charge, to disabled veterans, helping them to lead more productive, independent lives. A service dog provides a sense of security, greater independence, non-judgmental acceptance, affection, physical assistance, and peace of mind.

Our Dogs

Believet™ service dogs transform the lives of veterans and their families. The dogs come from shelters, rescue groups, and generous individuals. The training process for the service dogs is as follows:

1. Over the course of 18 months, Believet™ cares for and trains our service dogs to become ADA-approved and certified. During this time the dogs live with a foster family.
2. Believet™ matches a veteran with a service dog and provides additional training tailored to the veteran's individual needs. Together, the veteran and service dog participate in 120 hours of training, including public access training and testing. Believet™ provides all equipment free of charge.
3. Graduation! Once training is complete, the dog and veteran graduate. The Believet™ service dog goes to live with the veteran.

Our Facility

Believet™'s training facility is located on 12 acres just 3 miles outside of Northfield, Minnesota, (45 minutes south of Minneapolis). Our facility is heated and air-conditioned, and includes indoor and outdoor training spaces, and fenced outdoor airing yards. We can accommodate a maximum of 25 dogs at capacity.

For more information check out their website at: believet.org



SONS OF THE AMERICAN LEGION NEWS

COMMANDER

Chuck Stone
1625 Crestview Lane, Owatonna, MN 55060
Phone - 507—213—7517
EMAIL - castoney@hotmail.com

ADJUTANT

EAST SIDE VICE COMMANDER

WEST SIDE VICE COMMANDER

MEMBERSHIP

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FINANCE OFFICER

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JUDGE ADVOCATE

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CHAPLAIN

Sgt at ARMS

Tim Weaver
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Phone - 608-304-6532
EMAIL - saltimweaver@gmail.com

Greetings First District American Legion Family,

I have received a few calls questioning dues. The Legion is raising their dues, but the SAL is NOT, I repeat is NOT raising their dues. Now is the time to make a few phone calls or knock on a few doors for membership.

Our annual convention is just over four months away. Look to your squadrons and ask yourself if there is anyone you would like to see as a district officer? If the answer is yes invite, then to the next district rally.

The Detachment of Minnesota has four awards they like to give out each year at the Fall Conference. They are 1 - Legionnaire of the year, 2 - Auxiliary member of the year, 3 - SAL member and of the year, 4 - ALR Rider of the year. If you have any questions on the awards please ask me and I can assist you with the nomination process.

If you squadron and has an event coming up be sure to get the word to myself or Wayne and we will get it in the monthly newsletter.

Chuck Stone



²⁶
The 1st District SAL has following District Leadership positions open for the 2024-2025 Year:

West Vice Commander

Chaplin

Sgt at Arms

Parliamentarian

Adjutant

Historian

No experience is required . Training will be provided. Specific Job descriptions can be obtained by contacting the undersigned .

Questions about any of these positions can be addressed to the undersigned.

Thank You.

Brian Medinnus

minnkid58@gmail.com/1-507-219-7188

1st District SAL Advisor

2023-2024

SAL 1st District

Membership Summary as of 1/18/24

The 1st District remains in 7th place out of 10 Districts sitting at 78.02%. We have surpassed the Feb 14th goal, but don't let up. We need to hit that 100% goal sooner than later.

Districts	2023 Results	2024 Goal	Current at Dept.	Percentage	Placing
1st District	1646	1683	1313	78.02%	7
2nd District	1150	1187	1043	87.87%	1
3rd District	2059	2095	1697	81.00%	4
4th District	348	354	304	85.88%	3
5th District	308	315	274	86.98%	2
6th District	1580	1611	1256	77.96%	8
7th District	869	889	629	70.75%	10
8th District	536	546	429	78.57%	6
9th District	882	902	715	79.27%	5
10th District	1593	1624	1192	73.40%	9
Totals	10971	11206	8852	78.99%	

National Goal Milestones



2024 National Membership Target Dates			
1 September 13, 2023	10%	6 ♥ February 14, 2024 ♥	75%
2 October 18, 2023	25%	7 March 13, 2024	80%
3 November 15, 2023	35%	8 April 10, 2024	90%
4 December 13, 2023	45%	9 May 15, 2024	100%
5 January 18, 2024	60%	10 July 24, 2024 (DSTG)	105%

FROM YOUR SAL MEMBERSHIP DIRECTOR

Greetings SAL members,

Squadron Summary

Congratulations to the seven Squadrons who are at or above goal at this time. This is up from four Squadrons last month. Job well done, and an example for all of us to follow.

Thank you to Squadrons Dodge Center and Kellogg who got themselves off the goose egg. Appears there may have been a reporting delay at Detachment. Thanks to Brian Tomashek for following up. There are 4 Squadrons at a single digit percentage level that can bring our numbers up quickly. Please review where your Squadron is at.

See our District membership detail in the reports following this summary. How is your Squadron Doing, and are you OK with your status? If not please take action or reach out to me for some help.

Turning in memberships in a timely manner is crucial for efficient record-keeping, maintaining accurate membership data, and ensuring members receive timely information about events, benefits, and updates.

Now let's talk about how you can impact our District at a leadership position. Holding a leadership position in the Sons of the American Legion (SAL) can offer various benefits. It provides an opportunity to develop strong leadership skills, foster a sense of community, and contribute to the organization's mission of supporting Veterans and the Legion family. Additionally, it allows you to help build, and make a positive impact within the SAL through volunteer work and support for Veterans. Please consider one of these openings, or nominate someone within your Squadron that you feel would be interested, but may need a slight nudge. There are openings in the following areas.

**West Vice Commander
Chaplin
Sgt. Of Arms
Parliamentarian
Adjutant
Historian**

Are you ready to step up and be part of the success of our District? If you need more information please feel free to reach out to Brian Medinnus or myself.

Brian Medinnus minnkid58@gmail.com 507-219-7188 1st District SAL Advisor

Greg Lemmer gslemmer@hbci.com Cell 507-312-2222 1st District Membership Director

Sincerely,

Greg Lemmer

**Respectively,
Greg Lemmer**

SAL District One Membership Director

Sqdrn.	Location	2023 Results (6/30/2023)	2024 Goal	Total at Dept		Grand Total	% of Goal	Date Goal Reached
9	Winona	139	140	127	0	127	90.71%	
40	Lanesboro	65	66	68	0	68	103.03%	1/18/2024
50	Wabasha	27	28	20	0	20	71.43%	
52	Blooming Prairie	35	36	38	0	38	105.56%	1/18/2024
56	Albert Lea	108	109	100	0	100	91.74%	
75	New Richland	0	1A	0	0	0	#VALUE!	
77	Owatonna	100	101	60	0	60	59.41%	
90	Lewiston	46	47	44	0	44	93.62%	
91	Austin	66	67	6	0	6	8.96%	
92	Rochester	79	80	76	0	76	95.00%	
94	Rushford	32	33	16	0	16	48.48%	
105	Lyle	31	32	1	0	1	3.13%	
119	Byron	25	26	19	0	19	73.08%	
140	Grand Meadow	0	1A	0	0	0	#VALUE!	
146	Adams	107	108	77	0	77	71.30%	
161	Leroy	38	39	32	0	32	82.05%	
164	Stewartville	105	106	91	0	91	85.85%	
166	Preston	42	43	42	0	42	97.67%	
179	Plainview	12	13	1	0	1	7.69%	
190	St Charles	3	4	3	0	3	75.00%	
191	Caledonia	6	7	7	0	7	100.00%	9/18/2023
228	Waseca	121	123	129	0	129	104.88%	1/11/2024
249	Spring Grove	0	1A	0	0	0	#VALUE!	
264	Glenville	49	50	47	0	47	94.00%	
266	Hartland	11	12	11	0	11	91.67%	
281	Janesville	7	8	7	0	7	87.50%	
299	Mabel	17	18	17	0	17	94.44%	
317	Emmons	25	26	4	0	4	15.38%	
330	Hayfield	38	39	43	0	43	110.26%	1/18/2024
333	Kasson	41	42	7	0	7	16.67%	
384	Dodge Center	5	6	4	0	4	66.67%	
400	Canton	0	1A	0	0	0	#VALUE!	
404	Alden	54	55	47	0	47	85.45%	
423	Houston	15	16	10	0	10	62.50%	
446	Rochester	26	27	32	0	32	118.52%	12/28/2023
546	Kellogg	12	13	12	0	12	92.31%	
551	Eyota	38	39	31	0	31	79.49%	
552	Freeborn	23	24	25	0	25	104.17%	12/21/2023
573	Elgin	0	1A	0	0	0	#VALUE!	
579	Millville	23	24	2	0	2	8.33%	
595	La Crescent	75	76	57	0	57	75.00%	
637	Whalan	0	1A	0	0	0	#VALUE!	
1111	Dakota	0	1A	0	0	0	#VALUE!	
1st District Totals		1646	1683	1313	0	1313	78.02%	

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**DIRECTOR - SUNSHINE MILLER
MALONEY**

Phone - 507-459-5962
EMAIL - sunshine1alr@gmail.com

VICE DIRECTOR - CHUCK STONE
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Owatonna, MN 55060
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845 54th Avenue, Apt E
Winona , MN 55987
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EMAIL - markmaloney1962@gmail.com

CHAPLAIN - JILL REED

HISTORIAN - TRICIA PETERSON

ROAD CAPTAIN



Hello All-

Due to a scheduling conflict the District ALR meeting has been changed from Saturday, Feb 24 to Saturday, March 16th. Please try to attend or send a representative from your chapter on Saturday, March 16 at 1pm in LeRoy, MN at the Community Center. We will have a brief meeting to discuss the changes to the Dept Constitution & Bylaws', updates on the Tour of the 1st District Ride and accept nomination of 2024-2025 officers.

Plans of the Tour of the 1st District event on Saturday, July 20th are underway. This event is open to ALL Legion Family members. We take a scenic tour of the 1st District - stopping at Posts, VFWs, and Veterans Memorial Parks. Because of the routes & times that places are open or available, we sometimes schedule stops at area family-owned businesses. We try very hard to make our stops at Veteran supported establishments. Rochester Post 92 has offered to be our end stop this year with a burger night. We will also be making a stop at the new VA Home in Preston. If your Post is interested in being a stop please let me know. I have also included a letter asking for donations to MN Fund 85 &/or Believets Canine Services. All donations to MN Fund 85 will be presented during the Dept Ride the following weekend on behalf of the First District.

**Together We Can Make A Difference -
Sunshine Miller Maloney, District Director**

30
Mark your calendars for the 2024 Tour of the First District on Saturday, July 20, 2024

To Post Commander, Unit President, Squadron Commander:

Again this year the First District American Legion Riders are hosting a **Tour of the First District Day**. This event not only brings the First District American Legion Family together but raises awareness to our communities on the good things that each member of the American Legion does for others in need.

I am personally inviting all of you to join us on **Saturday, July 20, 2024**. If you are not able to attend, I ask that you please consider donating to one or both causes that we have chosen to support this year. By sending your most generous gift, we can continue to provide comfort and care to these heroic U.S. service members and their families who are so highly deserving of everything we can possibly do for them.

The **Minnesota Veterans Assistance Fund** falls under our Veterans Affairs and Rehabilitation (VA&R) pillar. Through MVAf, it provides help to maintain the basic needs of a Veteran, Deployed Serviceman's family, or to assist surviving minor children, (applicant), of eligible Veterans. The purpose of the grant is to maintain a stable environment for the applicant by helping them meet the costs of shelter, food, utilities, transportation, and medical expenses. Donation checks can be made out to the **Minnesota American Legion Foundation and place Fund 85 in the memo line.**

Believet™ provides highly trained service dogs, free of charge, to disabled veterans, helping them to lead more productive, independent lives. Trained service dogs can provide an essential source of security, affection, and connection for our veterans. Believet's dogs are specially trained to perform mobility and psychiatric tasks. They can wake a veteran from a nightmare, ease their anxiety in a crowded public place, and provide comfort through companionship and physical contact. Our dogs also help keep veterans on a schedule because the dogs need care and attention on a regular basis. A service dog provides a sense of security, greater independence, non-judgmental acceptance, affection, physical assistance, and peace of mind. Donation checks can be made out to **BELIEVET.**

Since 2014 the First District American Legion Riders have continually worked to ease the burdens facing our veterans, military, and their families. We step up every year and collectively provide our assistance to our veterans and communities.

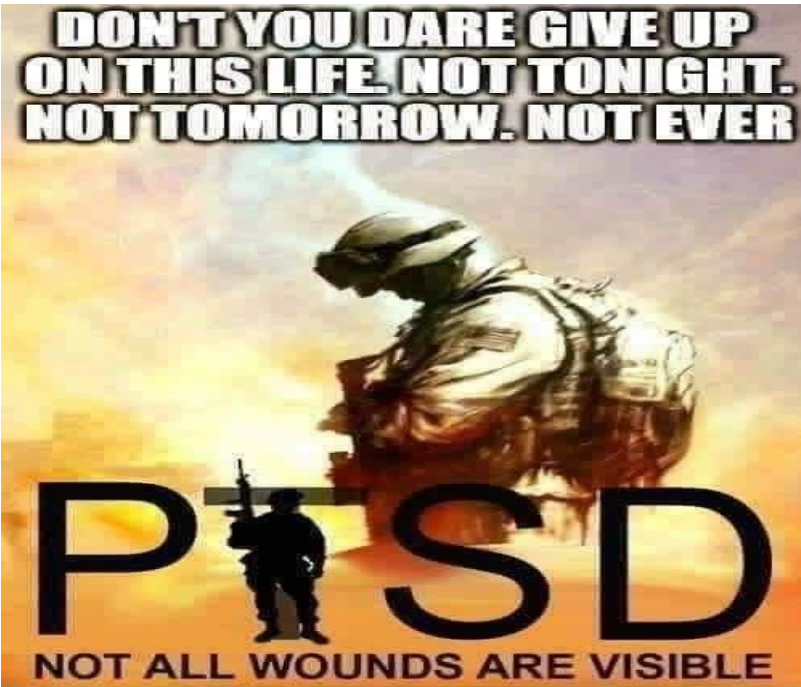
Fulfilling our obligations to veterans whose needs go far beyond the treatment they receive in the VA health care system is an expensive task, so we must rely on the generosity of our loyal supporters to continue our goal.

Thank you for your consideration of supporting our veterans and their families.

Karla "Sunshine" Maloney
First District Legion Riders Director
(507) 459-5962

845 54th Avenue, Apt E
Winona, MN 55987

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~ **SUNSHINE MILLER MALONEY** ~



An app for on line mental health

<https://>

www.facebook.com/1000190404830

[31/posts/1054342938543712/?](https://www.facebook.com/1000190404830)

[sfnsn=mo&mibextid=LROouL](https://www.facebook.com/1000190404830)

Veterans in crisis now eligible for free care nationwide

<https://www.google.com/amp/s/>

www.kttc.com/2023/01/17/veterans-crisis-now-eligible-free-care-

New resources are available for American Legion Family members to use in support of the **[“Be the One” initiative](#)** to reduce the rate of veteran suicide.

The web page (**betheone.org**) has been updated with a variety of resources. Among them:

A set of brochures available for download. One brochure is a PDF that can be used to educate agencies with mental health services, community partners, local government leaders and others about Be the One. The other brochure is a Word document that can be downloaded and customized for posts to use at suicide awareness events. The entire back page of the trifold is intentionally left blank (other than directions, which can be deleted) so that posts can fill it with local resources.

Branding materials: A variety of approved American Legion Be the One promotional materials that posts can use to promote the initiative.

Content, including the special two-part magazine series on Be the One. The series includes stories and snippets about how American Legion members and posts are actively participating in events geared toward reducing the stigma associated with mental health counseling.

Video links: Vimeo playlist includes videos that can be downloaded and played while offline. They can be shared on social media, posted to the web and played at post events. Additionally, headquarters staff has created **[a QR Code](#)** for the Be the One page. This can be used to direct others to find information and resources related to the campaign.

How to scan a QR code:

1. Open the Camera app on your phone.
2. Make sure you are using the rear facing camera.
3. Hold your device so the QR code appears in the viewfinder in the Camera app.
4. Once steady, your device will recognize the QR code and show a notification.
5. Tap the notification to open the link.

ADAMS AMERICAN LEGION POST 146 Chicken, Pork, Fish, & Steak Fry Schedule



Serving Time: 5:30-7:30 p.m.*

*(*Unless Noted)* (507) 582-3266



January & 2024 SCHEDULE

BURGER NIGHT EVERY MONDAY - Serving 5 to 8 p.m.

Chicken & Pork Fry, Legion	January 20
Chicken & Pork Fry, Legion	February 3
Fish Fry, SAL	February 16
Fish Fry, Auxiliary	March 1
Steak Fry, Sportsmen	March 9
Chicken & Pork Fry, Legion	April 6
Chicken & Pork Fry, Legion Baseball	April 20
Windsor Chops, Legion	May 4
Chicken & Pork Fry, Trap Shoot	May 18
Dairy Days Steak Fry, Legion, *4:00-7:00 p.m.	June 8
Dairy Days Chicken & Pork Fry, *4:00-8:00 p.m.	June 9

~ E-Tabs & Bingo Available ~

***** MUSEUM OPEN 6-8 P.M. EVERY FRY *****

www.adamslegionpost146.com

• Facebook - visit: Adams Post 146

CHICKEN & PORK FRY WORKERS

Saturday, January 20, 2024

4:45 pm to 7:30 pm

Ron & Shelly Kiefer
Jim & Brenda Kellogg
*Dale & Sandy Bissen

Bob & Dawn Gilles
Tom & Carrie Schneider

Gene & Jeanine Kiefer
Tony & Karen Emanuel
John & Rebecca Wolterman

AUSTIN LEGION RIDER'S BREAKFAST

FIRST SUNDAY OF THE MONTH

DECEMBER—MARCH

SERVING 9AM—12PM

\$10.00

**(SCRAMBLED EGGS, SAUSAGE, BISCUITS & GRAVY, MILK, OJ, COFFEE &
ALL YOU CAN EAT PANCAKES)**

AUSTIN AMERICAN LEGION, POST 91

(December 3, January 7, February 4, March 3)

*Plan on spending Mother's Day with us also for an extra
special start to the day for those MOMS*



Winona Chicken Q Dates

January 6 th	SAL Chicken Q
February 10 th	Event Sponsor is Winona Chiefs Baseball Team. They will sell tickets and serve the meals. SAL will grill the chicken.
March 9 th	Event Sponsor is Pickwick Mill Inc. They will sell tickets and serve the meals. SAL will grill the chicken.
April 6 th	SAL Chicken Q
May 11 th	Event Sponsor is Kids Sport. They will sell tickets, grill the chicken, and serve the meals.
September 7 th	SAL Chicken Q
October 5 th	Event Sponsor is Winona Cotter HS Speech Team. They will sell tickets and serve the meals. SAL will grill the chicken.

All events offer dine in or carry out. We would hope you dine in, and experience the great family environment at the Winona American Legion.



**AMERICAN LEGION POST #90
LEWISTON, MN**

**NEW YORK STRIP STEAK
BENEFIT DINNER FOR
MARK SMITH**

**SATURDAY FEBRUARY 17TH, 2024
SERVING 4PM-GONE**

**\$20.00 PER MEAL, TICKETS AVAILABLE AT THE BAR
OR AT THE DOOR**

**MEAL INCLUDES NEW YORK STRIP STEAK,
SCALLOPED POTATOES,
VEGETABLE AND A ROLL**

**HAPPY HOUR DRINK PRICES 2PM-6PM
SILENT AUCTION OPENS AT 2PM AND
CLOSES AT 5PM**

Mark is a veteran, an active member of the Legion Post #90 and serves as the Sergeant of Arms. He has recently been battling stomach cancer. Mark is a hard working mechanic at Sugar Loaf Ford. Having to take Chemo before his stomach surgery has slowed him down and unable to work every day. Please join us in supporting this veteran.



**Silent Auction donations need to be at the Legion by Friday,
February 16th.**

If you need a donation picked up, please call 507-951-7105.

WAYNE BREITBARTH MEMORIAL BOCKFEST

Wayne was a Waseca County Dispatcher who passed away unexpectedly in August at the age of 40.



Saturday – March 2, 2024

Waseca American Legion

700 South State Street, Waseca, MN

4:00 pm – 10:00 pm

4:00 – 8:00

Food Served

4:00 – 8:00

Silent Auction & Tastings

8:00 – 10:00

Music by Los Tequileros

Proceeds to go to the Invisible Wounds Project



The invisible Wounds Project provides therapy services and other resources to Minnesota's military, first responders, front-line medical staff, corrections, dispatch and their families relating to mental health, PTSD and suicide issues.

MENU:

Gyro Sandwich

Chips

Dessert

EVENTS:

Silent Auction

Beer & Wine Tastings

Beer Poking

Live Music

COST:

General Admission

\$25 at the door

Includes meal and tasting

Must be 21

First Responders & Veterans

\$15 at the door

Includes meal and tasting

First responders and Veterans must show proof of ID

Anyone Under 21

\$15 at door

Includes meal

HOSTED BY:

The Fermentals

The South Central Minnesota
Amateur Home Brewing Club