



FIRST DISTRICT NEWSLETTER

THE AMERICAN LEGION DEPARTMENT OF MN

JANUARY 2024

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IMPORTANT DATES

January 6, 2023—First District Mid-Winter. More information on page two (2) of this newsletter

Jan 13, 2024—Suicide Colla-tion Rally. More info on page two (2) of this newsletter

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

Feb 10, 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

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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

JAN 6, 2024-----District Mid-Winter – LeRoy Post 161

122 W Main St, LeRoy, MN----9AM Exec Boards, 10AM Rally

Oratorical Contest at 1 PM

JAN 13, 2024-----Suicide Collation Rally - VFW Post 1216

2775 43rd ST NE, Rochester, MN - 3PM

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

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

FEB 10, 2024-----Department Sweetheart Rally --- Forest Lake Post 225

355 W Broadway Ave, Forest Lake , MN time & cost TBA

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



FROM YOUR COMMANDER



There have been many conversations on social media and in the local news about the changes proposed to our MN state flag. I am upset by the lack of public input that there seems to be in making this change. I don't like the new design that has been suggested but this has made me realize a couple of things.

One is that I believe, for the most part, that there must be a balance between tradition and keeping up with the current times. I like the idea of virtual meetings for some occasions, live streaming events and electronic mailing of newsletters. I also like the traditions of opening ceremonies, standing for the American flag and a handshake agreement. I believe that the MN state flag is a traditional part of our history and shouldn't be modernized.

Second is that as the membership in the American Legion decreases so does our voice in legislation. We are not recognized and heard as the Veteran organization of years past. Membership is important to our organization to keep it going but it is equally important to keep us heard by our state and national government leaders.

I have decided to run for a 2nd year as First District Commander and have been endorsed by Eyota Post 551. As your Commander I will continue to work hard to get our voices heard. As the leader of the Legion family, I want each one of you to know that I value your input. I am here to help you to the best of my ability. Together we can make a difference in the lives of Veterans, their families and our communities.

Mark a. Maloney III

First District Commander



Pictures on this page are from the
Department Pearl Harbor Rally .



Greetings, First District and happy new year to all! I pray that 2024 will be awesome! It is my fervent hope that all had a great holiday season.

Starting the new year off right with a prayer so here goes: Dear Lord, we thank You for these days wherein we are given the freedom to make decisions for the betterment of our Legion, Auxiliary, SAL and Legion Rider programs- to obtain knowledge and the wherewithal to better care for our veterans. How to combine these efforts for a better America, always being mindful that we are "one nation under God." We pray that this will be our goal, knowing that when we place our trust in You we are assured of Your blessing. We know, Lord, all things are possible with You. Help us to be worthy as we claim this blessing, in Jesus' name we pray, Amen.

Getting back to service to Country: Not only must we prevent national spiritual decay, we must instill in our citizens a spirit of positive Americanism, with respect for the law, reverence for authority, and awareness of our God given rights and freedoms. This, in turn, reaps a spirit of service to community and nation.

Citizenship imposes responsibility. As American citizens, every Legionnaire (or Legion Family member) should provide an example of integrity, self-sacrifice, hard work and a life of faith. Devotion to mutual helpfulness means service to community. No one is an island, each Post and Legion family member should be eager to help their community be a good place to live, and to serve the community.

ISAIAH 59: 20-21 ²⁰"The Redeemer will come to Zion, to those in Jacob who repent of their sins," declares the Lord. ²¹ "As for me, this is my covenant with them," says the Lord. "My Spirit, who is on you, and my words that I have put in your mouth will not depart from your mouth, or from the mouths of your children, or from the mouths of their descendants from this time on and forever," says the Lord.

JOHN 3: 17-19. ¹⁷For God did not send his Son into the world to condemn the world, but to save the world through him. ¹⁸Whoever believes in him is not condemned, but whoever does not believe stands condemned already because he has not believed in the name of God's one and only Son. ¹⁹This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil.

Now, why Isaiah? Some of the greatest prophecies in the Old Testament pointing to Jesus' birth are found here, written 700 some years before his birth. Also, here God's covenant, His announcement says His redeemed people will always have and proclaim divine truth. Now from the book of John, quite simply - God sent His Son to save, not condemn the world. Believe, unbelief damns. But many refuse to hear this message, even today and are content with their unbelief, as too often in the modern world, we are held to be "intolerant and judgmental," if we don't follow the world and its ideas of modern thinking and living.

Again, God bless all and may we have a Happy New Years going forward, also keep those who lost loved ones, and those suffering physical and mental duress in our prayers during these difficult days that they and their families are going through. Upcoming event: Feb 03, 2024 there will be a Four Chaplains Service at Mabel American Legion Post 299. 10:30 AM until complete. Thank you for allowing me to serve as your Chaplain.

Ralph Schneekloth,

MN First District Chaplain

FROM AREA THREE

Was nice weather, back to winter. Went to Paynesville on the 9th of Dec.. Great group there not many 1st Dist. (11)

Then on Dec. 17th went to the First Dist. Christmas Party in Stewartville, lots of food, did not eat supper that night.

I took some chili to the party had some the next day and froze a little for latter. But good time by all that came.

Area 3 is doing a great job on membership we are at 86.15 % in first place in the District, keep up the good work.

I just got all the life members checks out to the Posts in area 3. Good luck to all the Posts in the 2024 year. May you all make goal. I will be trying to get to most of the Posts, if you are having a special meeting or anything going on at the Post give me a call and will try to be there.

Gary Miller
Area 3 Vice Commander

From Area One

Greetings and Happy New Year, 2023 seemed to go by too quickly. The fall and winter weather so far has been good and helped shorten the winter season. Membership is going well but as always; we still need to seek out younger veterans to join this great organization. Thanks to all the members that have helped in the 1st District throughout 2023. Without your help and assistance, we could not accomplish what we have been able to. Remember to be kind and courteous to other members and Be The One. Wishing you all the best for 2024.

Robert Schmidt
Vice Commander
Area 1

FROM AREA TWO

Blessings to you in 2024!

A few years ago I enrolled in a seminar put on by the Positive Energy Guy, Brandon William Johnson. I was part of the Class #473. There were about 30 of us from all around the country. I made many new friends and many I stay in contact with. I want to share a December Blog from the Positive Energy Guy: "What I have Learned."

I have learned that Christmas music adds positive energy into this world.

I have learned that doing the right thing is always the right thing.

I have learned that a person's level of success is equal to their level of curiosity.

I have learned that almost every accusation by a politician is actually a confession.

I have learned that happy people live longer and healthier lives.

I have learned that I didn't need more time, what I needed was less distractions.

I have learned that a person's behavior is a language.

I have learned that lowering standards helps no one and actually harms everyone.

I have learned that it is important to not waste other people's time.

I have learned that choosing to take the time, energy and resources to learn about personal and family finances is one of the best and most impactful decisions a person can make.

I sent Brandon my "What I have Learned in 2023. So here it is: I have learned that my Rock 'N Roll has become my Reading 'N Recliner."

Here's hoping that you find many Positive Things in 2024!

BE THE ONE!!

Mike Parry, Area Two Vice Commander

FROM AREA FOUR

Greetings Area 4,

Happy New Year

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

Just because it's a new year doesn't mean our mission has changed. Let continue our great work together in the new year.

Cole Wilcox
Area 4 Vice Commander

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 MN presents
BENEFITS
PROTECTION



FROM YOUR ORATORICAL CHAIRMAN

**DON'T FORGET ABOUT THE FIRST DISTRICT ORATORICAL CONTEST BEING HELD AT
THE FIRST DISTRICT MID-WINTER.**

**IT WILL BE HELD IN THE LEROY COMMUNITY CENTER (122 WEST MAIN ST, LEROY,
MN AT 1 PM ON JANUARY 6, 2023. (During the First District Mid-Winter)**

PLEASE COME AND SUPPORT THESE CONTESTANTS.



**MN AMERICAN LEGION
FIRST DISTRICT**

MID-WINTER RALLY

Saturday, January 6, 2024

Exec Board meeting at 9am
General Session at 10am

LeRoy American Legion Post 161
LeRoy Community Center
204 West Main St

**Auxiliary will be hosting a hot cocoa &
hot cider bar with proceeds going to
the Auxiliary Emergency Fund.**

**Make a Change in the Life of a Veteran!
We will be collecting your coins &
loose change to donate too!**



Make sure you check this spreadsheet out as it is the FINAL one for the 2022—2023 membership year. Pages 12, 13 and 14 are the current membership report for 2024.

The American Legion, Dept of MN, First District 2023 Membership Report for January 1, 2024

Dist	Post	Location	New 2023	PUFL 2023	Online 2023	Trad 2023	Paid 2023	HQ Trans 2023	Total Membr 2023	Goal 2023	% of Goal
1	9	Winona	15	35	0	419	469	8	477	477	100.00%
1	90	Lewiston	3	10	0	65	78	2	80	80	100.00%
1	190	St Charles	1	16	0	93	110	0	110	140	78.57%
1		Winona County	19	61	0	577	657	10	667	697	95.70%
1	50	Wabasha	8	46	0	153	207	0	207	207	100.00%
1	110	Lake City	14	16	0	146	176	1	177	201	88.06%
1	179	Plainview	4	26	0	114	144	0	144	147	97.96%
1	546	Kellogg	0	8	0	48	56	0	56	60	93.33%
1	573	Elgin	0	3	0	23	26	0	26	27	96.30%
1	579	Millville	0	20	0	83	103	0	103	109	94.50%
1	588	Mazeppa	5	8	0	51	64	0	64	64	100.00%
1		Wabsha County	31	127	0	618	776	1	777	815	95.34%
1	92	Rochester	18	93	0	587	698	13	711	784	90.69%
1	119	Byron	2	18	0	92	112	1	113	127	88.98%
1	164	Stewartville	18	25	0	235	278	2	280	285	98.25%
1	446	Rochester	0	2	0	9	11	0	11	12	91.67%
1	551	Eyota	13	23	0	150	186	0	186	185	100.54%
1		Olmsted County	51	161	0	1073	1285	16	1301	1393	93.40%
1		Area One	101	349	0	2268	2718	27	2745	2905	94.49%
1	295	West Concord	1	7	0	32	40	0	40	43	93.02%
1	330	Hayfield	7	18	0	149	174	1	175	162	108.02%
1	333	Kasson	15	31	0	199	245	4	249	242	102.89%
1	384	Dodge Center	2	9	0	58	69	0	69	76	90.79%
1	422	Claremont	1	3	0	25	29	0	29	30	96.67%
1		Dodge County	26	68	0	463	557	5	562	553	101.63%
1	52	Blooming Prairie	1	16	0	66	83	0	83	85	97.65%
1	77	Owatonna	6	57	0	310	373	1	374	407	91.89%
1	296	Ellendale	3	3	0	29	35	0	35	34	102.94%
1		Steel County	10	76	0	405	491	1	492	526	93.54%

1	75	New Richland	2	8	0	35	45	0	45	44	102.27%
1	228	Waseca	5	23	0	246	274	4	278	275	101.09%
1	281	Janesville	4	5	0	76	85	0	85	86	98.84%
1	587	Waldorf	0	0	0	19	19	0	19	22	86.36%
1		Waseca County	11	36	0	376	423	4	427	427	100.00%
		Area Two	47	180	0	1244	1471	10	1481	1506	98.34%
1	40	Lanesboro	5	14	0	86	105	0	105	107	98.13%
1	68	Spring Valley	0	8	0	55	63	1	64	67	95.52%
1	81	Harmony	0	1	0	21	22	1	23	27	85.19%
1	94	Rushford	2	9	0	77	88	2	90	94	95.74%
1	166	Preston	3	15	0	33	51	0	51	51	100.00%
1	197	Chatfield	1	1	0	35	37	0	37	38	97.37%
1	299	Mabel	5	30	0	113	148	2	150	147	102.04%
1	369	Wykoff	1	0	0	15	16	0	16	17	94.12%
1	400	Canton	2	0	0	21	23	0	23	22	104.55%
1	492	Fountain	0	0	0	10	10	0	10	12	83.33%
1	526	Peterson	0	4	0	30	34	0	34	39	87.18%
1	544	Ostrander	0	2	0	18	20	0	20	22	90.91%
1	637	Whalan	0	0	0	10	10	0	10	8	125.00%
1		Fillmore County	19	84	0	524	627	6	633	651	97.24%
1	191	Caledonia	4	15	0	110	129	0	129	132	97.73%
1	249	Spring Grove	3	12	0	118	133	1	134	138	97.10%
1	423	Houston	2	7	0	87	96	1	97	100	97.00%
1	498	Hokah	1	1	0	19	21	0	21	22	95.45%
1	595	LaCrescent	3	45	0	187	235	3	238	247	96.36%
1		Houston County	13	80	0	521	614	5	619	639	96.87%
1		Area Three	32	164	0	1045	1241	11	1252	1290	97.05%
1	56	Albert Lea	12	38	0	410	460	5	465	487	95.48%
1	264	Glenville	1	8	0	52	61	0	61	67	91.04%
1	266	Hartland	0	1	0	12	13	0	13	14	92.86%
1	317	Emmons	1	3	0	41	45	0	45	52	86.54%
1	404	Alden	1	4	0	81	86	0	86	77	111.69%
1	552	Freeborn	3	5	0	25	33	0	33	31	106.45%
1		Freeborn County	18	59	0	621	698	5	703	728	96.57%

1	91	Austin	12	49	0	337	398	0	398	456	87.28%
1	105	Lyle	3	8	0	71	82	0	82	85	96.47%
1	140	Grand Meadow	2	3	0	30	35	0	35	37	94.59%
1	146	Adams	7	20	0	126	153	0	153	175	87.43%
1	161	LeRoy	2	4	0	43	49	0	49	47	104.26%
1	570	Austin Spam	2	0	0	9	11	0	11	12	91.67%
1		Mower County	28	84	0	616	728	0	728	812	89.66%
1		Area Four	46	143	0	1237	1426	5	1431	1540	92.92%
1	1111	Dakota	0	0	0	0	0	0	0	0	0.00%
1		District Totals	226	836	0	5794	6856	53	6909	7241	95.41%

		Vice Commanders									
		Area One	101	349	0	2268	2718	27	2745	2905	94.49%
		Area Two	47	180	0	1244	1471	10	1481	1506	98.34%
		Area Three	32	164	0	1045	1241	11	1252	1290	97.05%
		Area Four	46	143	0	1237	1426	5	1431	1540	92.92%

THE AMERICAN LEGION DEPARTMENT OF MINNESOTA 2023 FINAL DISTRICT MEMBERSHIP REPORT

Dist	Rank										
1	4th	Mary Hanson	226	836	0	5794	6856	53	6909	7241	95.41%
2	6th	Pam Krill	108	607	0	4562	5277	43	5320	5651	94.76%
3	3rd	Gary Richardson	332	1576	0	7612	9,520	212	9,732	10,185	95.55%
4	8th	Dave Dahl	60	274	0	1359	1693	33	1726	1,840	93.80%
5	10th	Lynne Nottage	22	300	0	1197	1519	18	1537	1704	90.20%
6	1st	Karen O'Bar	288	1096	0	7916	9300	193	9,493	9,870	96.18%
7	9th	Karen Welander	106	670	0	4214	4990	41	5031	5,376	93.58%
8	5th	Larry Pocrnich	142	320	0	2616	3078	52	3130	3285	95.28%
9	2nd	Terry Buaas	110	541	0	4596	5247	69	5316	5534	96.06%
10	7th	William Gordon	245	953	0	6158	7356	179	7535	8024	93.91%
99			17	218	0	1595	1830	0	1830	3121	57.71%
To-			1656	7391	0	47,619	56,666	893	57,559	61,831	93.09%

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The American Legion, Dept of MN, First District 2024 Membership Report for January 3, 2024													
Dist	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
1	9	Winona	5	32	0	364	401	2	403	466	86.48%	0	0
1	90	Lewiston	5	10	0	52	67	1	68	79	86.08%	0	0
1	190	St Charles	0	15	0	78	93	0	93	109	85.32%	0	0
1		Winona County	10	57	0	494	561	3	564	654	86.24%	0	0
1	50	Wabasha	5	39	0	134	178	1	179	206	86.89%	0	0
1	110	Lake City	9	14	0	118	141	0	141	177	79.66%	0	0
1	179	Plainview	0	25	0	84	109	0	109	145	75.17%	0	0
1	546	Kellogg	0	7	0	42	49	0	49	57	85.96%	0	0
1	573	Elgin	0	3	0	21	24	0	24	27	88.89%	0	0
1	579	Millville	0	19	0	77	96	0	96	105	91.43%	0	0
1	588	Mazeppa	1	8	0	44	53	0	53	65	81.54%	0	0
1		Wabsha County	15	115	0	520	650	1	651	782	83.25%	0	0
1	92	Rochester	7	92	0	495	594	0	594	705	84.26%	0	0
1	119	Byron	0	18	0	60	78	0	78	112	69.64%	0	0
1	164	Stewartville	5	21	0	222	248	1	249	279	89.25%	0	0
1	446	Rochester	0	2	0	3	5	0	5	12	41.67%	0	0
1	551	Eyota	1	23	0	127	151	0	151	187	80.75%	0	0
1		Olmsted County	13	156	0	907	1076	1	1077	1295	83.17%	0	0
1		Area One	38	328	0	1921	2287	5	2292	2731	83.93%	0	0
1	295	West Concord	2	6	0	28	36	0	36	41	87.80%	0	0
1	330	Hayfield	2	16	0	158	176	0	176	174	101.15%	0	0
1	333	Kasson	6	31	0	170	207	1	208	249	83.53%	0	0
1	384	Dodge Center	1	7	0	48	56	0	56	70	80.00%	0	0
1	422	Claremont	2	3	0	22	27	0	27	30	90.00%	0	0
1		Dodge County	13	63	0	426	502	1	503	564	89.18%	0	0
1	52	Blooming Prairie	2	16	0	50	68	0	68	84	80.95%	0	0
1	77	Owatonna	2	51	0	244	297	0	297	372	79.84%	0	0
1	296	Ellendale	1	4	0	28	33	0	33	36	91.67%	0	0
1		Steel County	5	71	0	322	398	0	398	492	80.89%	0	0
1	75	New Richland	1	9	0	31	41	0	41	45	91.11%	0	0
1	228	Waseca	1	21	0	225	247	0	247	276	89.49%	0	0
1	281	Janesville	0	5	0	64	69	0	69	86	80.23%	0	0
1	587	Waldorf	0	0	0	19	19	0	19	20	95.00%	0	0
1		Waseca County	2	35	0	339	376	0	376	427	88.06%	0	0
		Area Two	20	169	0	1087	1276	1	1277	1483	86.11%	0	0

1	13	40	Lanesboro	5	13	0	81	99	0	99	106	93.40%	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	78	88	1	89	88	101.14%	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	92	123	0	123	145	84.83%	0	0
1		369	Wykoff	0	0	0	16	16	0	16	17	94.12%	0	0
1		400	Canton	1	0	0	19	20	0	20	24	83.33%	0	0
1		492	Fountain	0	0	0	8	8	0	8	11	72.73%	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	474	566	3	569	634	89.75%	0	0
1		191	Caledonia	0	12	0	103	115	0	115	130	88.46%	0	0
1		249	Spring Grove	1	11	0	106	118	1	119	133	89.47%	0	0
1		423	Houston	0	8	0	83	91	0	91	98	92.86%	0	0
1		498	Hokah	0	1	0	18	19	0	19	22	86.36%	0	0
1		595	LaCrescent	0	41	0	165	206	0	206	239	86.19%	0	0
1			Houston County	1	73	0	475	549	1	550	622	88.42%	0	0
1			Area Three	12	154	0	949	1115	4	1119	1256	89.09%	0	0
1		56	Albert Lea	4	34	0	348	386	1	387	455	85.05%	0	0
1		264	Glenville	1	8	0	45	54	1	55	61	90.16%	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	58	62	0	62	86	72.09%	0	0
1		552	Freeborn	0	5	0	23	28	0	28	32	87.50%	0	0
1			Freeborn County	6	54	0	521	581	2	583	694	84.01%	0	0
1		91	Austin	4	47	0	293	344	0	344	396	86.87%	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	121	143	0	143	153	93.46%	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	551	640	0	640	730	87.67%	0	0
1			Area Four	12	137	0	1072	1221	2	1223	1424	85.88%	0	0
1		1111	Dakota	0	0	0	0	0	0	0	0	0.00%	0	0
1			District Totals	82	788	0	5029	5899	12	5911	6894	85.74%	0	0

DISTRICT VICE COMMANDER STANDINGS

		Vice Commanders											
		Area One	38	328	0	1921	2287	5	2292	2731	83.93%	0	0
		Area Two	20	169	0	1087	1276	1	1277	1483	86.11%	0	0
		Area Three	12	154	0	949	1115	4	1119	1256	89.09%	0	0
		Area Four	12	137	0	1072	1221	2	1223	1424	85.88%	0	0

THE AMERICAN LEGION DEPARTMENT OF MINNESOTA DISTRICT MEMBERSHIP REPORT

The American Legion Department of Minnesota 2024 District Membership Report

Dist	Rank												
1	6th	Mark Maloney	82	788	0	5029	5899	12	5911	6894	85.74%		
2	5th	James Olson	76	574	0	4008	4658	15	4673	5403	86.49%		
3	3rd	Rod Reifsteck	165	1547	0	6694	8,406	84	8,490	9,609	88.35%		
4	2nd	Teresa Ash	38	256	0	1216	1510	5	1515	1,711	88.54%		
5	10th	Dick Ward	27	285	0	961	1273	3	1276	1536	83.07%		
6	1st	Anthony Koop	198	1062	0	7188	8448	65	8,513	9,430	90.28%		
7	4th	Jan Ekert	64	628	0	3705	4397	11	4408	5,044	87.39%		
8	9th	Jennifer Havlick	57	304	0	2265	2626	12	2638	3128	84.34%		
9	8th	Steve NaSalle	55	524	0	3933	4512	10	4522	5339	84.70%		
10	7th	Matthew Berens	123	916	0	5260	6299	60	6359	7466	85.17%		
99			16	202	0	1454	1672	0	1672	2654	63.00%		
Totals			901	7086	0	41,713	49,700	277	49,977	58,214	85.85%		

FROM YOUR MEMBERSHIP DIRECTOR

Greetings from your Membership Director

I hope everyone had happy holidays and is looking forward to 2024.

I put both the final membership report for the 2022-2023 Year (pages 9, 10 and 11) and the current membership report for 2023—2024 membership year (pages 12,13 and 14). Please check the both out especially the 2022—2023 one for the amount of goal posts. Congratulations to all the posts who made goal last year.

Mary Hanson—First District Membership Director





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FROM THE PRESIDENTS DESK

Hello Members of the 1st district,

Happy New Year. I hope you all had a wonderful holiday. I'm looking forward to seeing you all at our District Mid-Winter on January 6th 2024. It will be starting at 10 am at the LeRoy American Legion Post 161, LeRoy Community Center 204 West Main St. We will be doing fund raising for the Auxiliary Emergency Fund.

- This year the AEF grant has been increased from \$2,400 to \$3,000.
- The National Executive Committee (NEC) approved an increase for the Auxiliary Emergency Fund (AEF) grants. This grant fund is for ALA members who have been affected by a natural disaster or other crisis and need urgent financial assistance. member for at least three consecutive years, with current year paid. This increase is the result of the rising cost of living and inflation.
- The updated applications can be found on the ALA website: <https://member.legion-aux.org>, under the forms section. Once filled out the form can be sent either by email or direct mail to National. Outdated applications will no longer be accepted.

Membership is going great we are currently 4th as of 12/19/2023 with no units on the goose egg. Remember always to ask, I know that is I how I got involved someone asked if I was eligible. Remember to ask the wives and daughters of your post members.

I have sent via email or mail to all the Unit Presidents the most recent copies of our standing rules and the junior standing rules. Information on the Annual Reports has been sent also please check out the changes. If you have any questions please reach out. Not all the chairman positions have been filled so the reports can be sent to me. If anyone is interested in a chairman position let me know.

Thank you for all you do for our veterans and active duty and their families.

Respectfully
Michelle Weaver
1st District Auxiliary President
608-304-8773

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.



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.



Right— The Department of Minnesota Auxiliary Membership Team for the 2023—2024 membership year at the Pearl Heart Rally.



Left—Austin American Legion Post 91 donates Five Thousand (5,000) dollars to toys for tots program

Right—LeRoy Unit 161 serving breakfast to the LeRoy—Ostrander School employees during American Education week.



FROM YOUR DEPARTMENT HONORARY JR PRESIDENT

My name is Taylor McElroy, I am the past 1st District Honorary Jr Auxiliary President and the current Department of Minnesota ALA Honorary Jr President. I am reaching out because of the 1st District ALA Convention that I had the honor to attend. At that convention, I spoke out regarding the Auxiliary and the pattern of events that I have seen over the last eight years.

Every year is the same thing, one president steps down and practically no one wants to step up. That goes for all positions. We have been lucky to have people willing to step into president but the future as of right now, from what I see, won't continue for much longer.

Each year we talk about getting the junior members involved and that they are the future of our organization, but we don't talk about how the Auxiliary is the juniors' lifeline. We are taught to lead by example our whole lives but a good example hasn't been set. If you are a mother, grandma, aunt, uncle, grandpa, father, brother, or sister and you aren't taking offices in order to keep the organization alive, it's likely that your young junior will do the same.

At some point, someone will need to step up. There are positions and offices that still are not filled in the First District. Enough is enough.

Some look at me and are proud of how involved I am and my willingness to help but the truth is... I am the product of two senior members who have loved this organization for longer than I have been alive. They lend a helping hand, take positions even if they didn't want to, and help to be the backbone of the First District without asking for anything in return. That's the kind of person I strive to be and the kind of person I hope you too want to be after reading this article.

With The Utmost Respect and Gratitude,
Taylor McElroy



POPPY PROGRAM



As the season of giving is upon us, it is my hope all units have discussed giving to the District Presidents project as well to the Honorary Junior District Presidents project. These projects have been overlooked for the past few years! It is every unit's obligation to support the efforts of our President projects.

This year both Presidents have chosen the "Believe it" dog projects for our Veterans. I messaged our Department Parliamentarian, and she stated these projects donations can come from our Poppy funds! This is great news because the donations do not have to be taken from the general account! Please pass this on to your Post, SAL, and Riders because our poppy program needs the support from the whole Legion family! I believe gambling funds can be used for this also. The check may need to be written directly to the "Believe it" organization and not the auxiliary! The gambling manager can check with the compliance review for the answer.

Can or will this be the year Units in the First District do a turn around and donate to such a worthy cause? All donations should be either given to the President when she visits or mail the donation to the district treasurer Tonia Betterman. Please earmark what the donation is for---district president project or district honorary junior president project.

One other note---do you have any Veterans in your Post or unit who would love to do a hobby? The department is looking for Veterans who may want to make our poppies. Poppies are only made by the Veteran! It would be a shame if we needed to start ordering these from some company who have no idea of the real meaning of our poppy! Veterans are paid a small stipend for making each poppy. They are easy to make once you learn how to make them. Please contact our department Poppy chairman Marsha Bible or the Department office. She has all the details and will help get the Veteran set-up---there is no cost out of pocket to make them! "Lest we forget!" If I were a Veteran, I would love to have a past time through our winter months. They can be made while you are sitting, watching TV! Let's see what or who from the First District would help our department, in this much needed, Poppy program!

As I stated, the season of giving is approaching! May you all have a beautiful and Blessed



Christmas!

God Bless our troops and God Bless America

Sandra Fredrickson
First District Auxiliary Poppy Chairman



AUXILIARY MEMBERSHIP REPORT 11/27/23

12/19/23

Unit	Location	Goal	Previous	Turn In	Total	Precent	Left
9	Winona	125	80	0	80	64.00%	45
90	Lewiston	36	14	1	15	41.67%	21
190	St Charles	12	4	0	4	33.33%	8
50	Wabasha	104	89	4	93	89.42%	11
110	Lake City	71	2	31	33	46.48%	38
179	Plainview	128	68	22	90	70.31%	38
573	Elgin	15	1	6	7	46.67%	8
579	Millville	46	33	1	34	73.91%	12
588	Mazeppa	38	26	5	31	81.58%	7
92	Rochester	131	93	2	95	72.52%	36
119	Byron	23	13	0	13	56.52%	10
164	Stewartville	165	126	7	133	80.61%	32
551	Eyota	103	60	6	66	64.08%	37
Pod One Total		997	609	85	694	69.61%	303
295	West Concord	34	1	0	1	2.94%	33
330	Hayfield	176	121	3	124	70.45%	52
333	Kasson	143	91	2	93	65.03%	50
384	Dodge Center	58	40	7	47	81.03%	11
422	Claremont	22	3	0	3	13.64%	19
52	Blooming Prairie	93	57	16	73	78.49%	20
77	Owatonna	104	66	5	71	68.27%	33
75	New Richland	42	26	0	26	61.90%	16
228	Waseca	226	184	1	185	81.86%	41
587	Waldorf	20	14	0	14	70.00%	6
Pod Two Totals		918	603	34	637	69.39%	281
40	Lanesboro	96	82	0	82	85.42%	14
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	73	7	80	66.12%	41
369	Wykoff	20	17	0	17	85.00%	3
526	Peterson	50	39	0	39	78.00%	11
544	Ostrander	13	0	6	6	46.15%	7
637	Whalen	19	13	0	13	68.42%	6
191	Caledonia	72	59	1	60	83.33%	12

22	249	Spring Grove	95	42	4	46	48.42%	49
	423	Houston	117	100	0	100	85.47%	17
	498	Hokah	19	4	13	17	89.47%	2
	595	LaCrescent	161	89	17	106	65.84%	55
Pod Three Totals			958	644	48	707	73.80%	251
	56	Albert Lea	266	166	9	175	65.79%	91
	264	Glenville	97	64	1	65	67.01%	32
	404	Alden	43	15	0	15	34.88%	28
	552	Freeborn	59	48	0	48	81.36%	11
	91	Austin	123	47	13	60	48.78%	63
	105	Lyle	53	30	0	30	56.60%	23
	140	Grand Meadow	67	48	0	48	71.64%	19
	146	Adams	131	97	2	99	75.57%	32
	161	Leroy	50	25	0	25	50.00%	25
Pod Four Totals			889	540	25	565	63.55%	324
Total			3762	2396	2474	2603	69.19%	1159

FROM YOUR MEMBERSHIP CHAIRMAN

First I would like to wish everyone a Happy New Year and keep up 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 and around.

Sharon Hammon—First District Membership Chairman.

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 profit program that's goal is to provide disabled veterans with



about this



non-fully trained service dogs, free of charge. you would like to learn more pro-

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



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Greetings First District American Legion Family,

Happy New Year to one and all. I hope everyone had an enjoyable Christmas and New Years. 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 next rally is in Leroy on Saturday January 6th. It is a combined event with the Legion, Auxiliary and Riders.

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



SAL membership awards given out at the Pearl Harbor Rally



FROM YOUR SAL MEMBERSHIP DIRECTOR

Greetings SAL members,

Well winter is here and it's been a mild one thus far. Hoping everyone had a great Christmas and Happy New Year.

A few messages I would like to share regarding membership.

The 1st District is currently in 8th place out of 10 and sitting at 59.30%. We still have two goose eggs we MUST get off of. Thanks to all who have renewed and placed new memberships. Let's keep the momentum going, and get off the goose eggs, and then be the district that hits 100% first.

Remember why you joined or maybe why you should recruit others to join? Membership in the Sons of The American Legion is important for various reasons. It allows individuals to honor and preserve the legacy of their ancestors who served in the U.S. military. Additionally, it provides opportunities for community service, patriotic activities, and fosters a sense of camaraderie among members who share a common commitment to supporting veterans and their families.

Now in regards to actually getting those memberships turned in and documented. This past year getting packets out to the Squadrons was a struggle as we did not have an east or west vice commander. Chuck and I took it upon ourselves to get packets delivered to the 30 plus squadrons. No small task, if you take into consideration the distant between Legions and then arriving when the Legions are open.

Turning in membership packets 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.

I would like to see more SAL members from the respective Squadrons present at the District meeting where packets are handed out from Detachment. Packets can then in turn get back to the respective local Squadron in a much timelier manner. I don't think it's too much of a commitment to have at least one member at the meeting to pick up your Squadrons packet. Ideally the member attending would in turn have an officers list and at least one renewal that can be turned in at that meeting.

If for some reason a member can't be present I think it would be more efficient to mail the packet to the SAL Commander at their given American Legion.

I welcome feedback, and other ideas on streamlining this process. Please feel free to call me direct, email or text.

Respectively,

Greg Lemmer

SAL District One Membership Director

1st District

Sqdrn.	Location	2023 Results (6/30/2023)	2024 Goal	Total at Dept		Grand Total	% of Goal	Date Goal Reached
9	Winona	139	140	118	0	118	84.29%	
40	Lanesboro	65	66	7	0	7	10.61%	
50	Wabasha	27	28	20	0	20	71.43%	
52	Blooming Prairie	35	36	1	0	1	2.78%	
56	Albert Lea	108	109	94	0	94	86.24%	
75	New Richland	0	1A	0	0	0	#VALUE!	
77	Owatonna	100	101	22	0	22	21.78%	
90	Lewiston	46	47	43	0	43	91.49%	
91	Austin	66	67	5	0	5	7.46%	
92	Rochester	79	80	67	0	67	83.75%	
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	12	0	12	30.77%	
164	Stewartville	105	106	77	0	77	72.64%	
166	Preston	42	43	41	0	41	95.35%	
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	107	0	107	86.99%	
249	Spring Grove	0	1A	0	0	0	#VALUE!	
264	Glennville	49	50	43	0	43	86.00%	
266	Hartland	11	12	11	0	11	91.67%	
281	Janesville	7	8	1	0	1	12.50%	
299	Mabel	17	18	6	0	6	33.33%	
317	Emmons	25	26	2	0	2	7.69%	
330	Hayfield	38	39	37	0	37	94.87%	
333	Kasson	41	42	6	0	6	14.29%	
384	Dodge Center	5	6	0	0	0	0.00%	
400	Canton	0	1A	0	0	0	#VALUE!	
404	Alden	54	55	42	0	42	76.36%	
423	Houston	15	16	1	0	1	6.25%	
446	Rochester	26	27	22	0	22	81.48%	
546	Kellogg	12	13	0	0	0	0.00%	
551	Eyota	38	39	16	0	16	41.03%	
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	46	0	46	60.53%	
637	Whalan	0	1A	0	0	0	#VALUE!	
1111	Dakota	0	1A	0	0	0	#VALUE!	
1st District Totals		1646	1683	998	0	998	59.30%	

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CHAPLAIN - JILL REED

HISTORIAN - TRICIA PETERSON

ROAD CAPTAIN



Hello All & Happy New Year-

1st District Mid-Winter Conference will be hosted by the LeRoy Post at the LeRoy Community Center on Saturday, Jan. 6, 2024. If I have not been to your Chapter meeting yet I can share the information about our department SOP changes. I will also bring copies of our District Constitution & By-Laws for you & your members.

Please check the newsletter for Riders Chapters throughout the District who are hosting winter fundraising events & support one another.

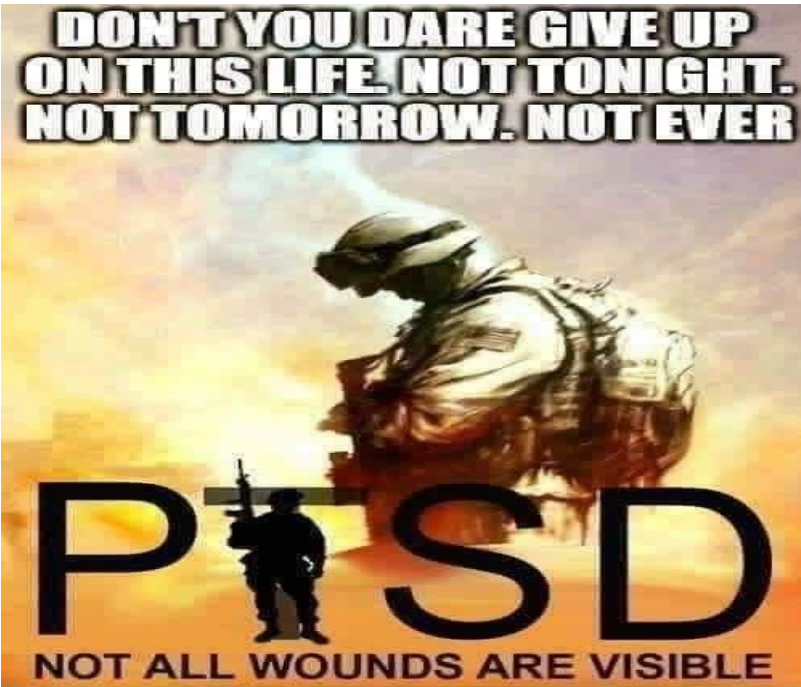
Dates to remember in 2024:

Spring Convention on Saturday, May 4th at 1pm in Austin. This is when we will have annual elections of District Officers.

Tour of the 1st District on Saturday, July 20th

Remember that together we can make a difference,
Sunshine Maloney, 1st District ALR Director





An app for on line mental health

[https://](https://www.facebook.com/100019040483031/posts/1054342938543712/?sfnsn=mo&mibextid=LROouL)

[www.facebook.com/1000190404830](https://www.facebook.com/100019040483031/posts/1054342938543712/?sfnsn=mo&mibextid=LROouL)

[31/posts/1054342938543712/?](https://www.facebook.com/100019040483031/posts/1054342938543712/?sfnsn=mo&mibextid=LROouL)

[sfnsn=mo&mibextid=LROouL](https://www.facebook.com/100019040483031/posts/1054342938543712/?sfnsn=mo&mibextid=LROouL)

Veterans in crisis now eligible for free care nationwide

[https://www.google.com/amp/s/](https://www.google.com/amp/s/www.kttc.com/2023/01/17/veterans-crisis-now-eligible-free-care-)

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

Don't wait. Reach out.

VA.GOV/REACH

Suicide Prevention Training

S.A.V.E.: Teaching communities how to help Veterans at risk for suicide

S.A.V.E. will help you act with care and compassion if you encounter a Veteran who is in suicidal crisis.

- **S**igns of suicidal thinking should be recognized
- **A**sk the most important question of all
- **V**alidate the Veteran's experience
- **E**ncourage treatment and Expedite getting help

Who: American Legion family and community members

What: VA S.A.V.E. Suicide Prevention training

Where: V.F.W. Post1215 2775 43rd St. Nw. Rochester MN.

When: Saturday, January 13th, 2024 3 pm

Bonus: You will have the option to buy an adult beverage at the bar.

Everyone has a role to play in preventing suicide

ADAMS AMERICAN LEGION POST 146

Chicken, Pork, Fish, & Steak Fry Schedule

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

(Unless Noted) (507) 582-3266

2023 SCHEDULE

Chicken & Pork Fry, Legion	September 9
Chicken & Pork Fry, Swimming Pool	September 23
Chicken & Pork Fry, Auxiliary	October 7
Steak Fry, Southland Trap Shoot	October 21
Window Chops, Legion	November 4
Chicken & Pork Fry, SAL	November 18
Steak Fry, Knights of Columbus	November 25
Chicken & Pork Fry, Legion	December 2
Steak Fry, Cancer, Snowmobile Club	December 16
Window Chops, New Terra Etc.	December 31

2024 SCHEDULE

Steak Fry, SAL Cancer Benefit	January 6
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
Window 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-Tab & Bingo Now Available ~

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

www.adamslegionpost146.com • Facebook • Visit Adams Post 146



Annual West Concord American Legion Cancer Breakfast

133 Main Street East

Sunday, January 7, 2024 – 7:00 AM - 1:00 PM

- | | | |
|--------------------------------|---------------------|--------|
| ➤ Pancakes and/or French Toast | Suggested donation: | |
| ➤ Scrambled eggs | Adults | \$8.00 |
| ➤ Link sausage | Under 12 | \$5.00 |
| ➤ Homemade cookies or bars | Under 6 | -Free- |
| ➤ Coffee or Orange juice | | |

100% of your donation goes to the Eagles Cancer Telethon



Thank you to our sponsors:



Kwik Trip



Visit us @ <https://www.facebook.com/Langemo295>



Winter Chicken-Q



Saturday, January 6, 2024

Winona Legion Club
302 East Sarnia

Serving 11am until Gone

****Pre-Sales held until 1pm****

1/2 BBQ Chicken, Baked Potato, Baked Beans and Bloedow's Roll.

All this for just **\$10.00**

Tickets available at the bar or from any SAL member.



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



Eyota American Legion Riders

SPAGHETTI DINNER

Saturday -JANUARY 20th

4:30pm – 7:00pm or until gone

Includes a hearty meat sauce, garlic toast & side salad

\$12 – Adult

\$8 – Children 6-10 years old

Children 5 & younger – free

Family of 5 or more - \$50



**American Legion Post 551
Eyota, MN**

Proceeds to be donated to Prevent 22/Suicide Awareness

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.

SAL SQUADRON 146 STEAK FRY

WHERE - ADAMS AMERICAN LEGION POST 146, ADAMS, MN

WHEN — SATURDAY NIGHT - JANUARY 6, 2024

TIME — 5:30 TO 7:30 PM

COST - Sixteen (16) dollars per plate for “All You Can Eat”

ALL PROCEEDS GO TO THE EAGLES CANCER TELETHON