



# FIRST DISTRICT NEWSLETTER

THE AMERICAN LEGION DEPARTMENT OF MN

## SEPTEMBER 2025

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### IMPORTANT DATES

9/2/25—VJ Day  
9/4-7/25—59th Annual  
Camporee at Legion-  
ville.  
9/10/25—World Sui-  
cide Prevention Day  
9/11/25—Patriot Day  
9/16/25—American  
Legion Day  
9/17/25—Constitution  
Day  
9/18/25—Air Force  
Birthday  
9/19/25—POW/MIA  
Day  
9/29/25—Gold Star  
Mother and Family Day

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New number, same support.

Dial 988 then Press 1.

### MEDICAL EQUIPMENT AVAILABLE

Kasson Post 333 has a over supply of medical equip-  
ment 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 infor-  
mation.

## FROM YOUR MEMBERSHIP DIRECTOR

Hi Legionnaires,

There is still no report with the percentages on it for 2026. Hopefully, that will come on 9-4, along with the 2025 report. Remember, 2025 will only come out once a month now.

I will start emailing post commanders this Thursday after I get the reports done. It will be in your email as [membership@gmail.com](mailto:membership@gmail.com). If you do not see it, check your spam file. If you still don't see it, please contact me. Our district is off to a great start with the 2026 Membership Challenge. We received 5 points for getting off the goose egg. Thanks to all of you. Only 5 of the 10 districts were able to get that accomplished. We are already passed goal for the early bird on 9-10, which was 50%. We are at 56.7%.

We are in 4th place in the district standings.

25 new members

738 PUFL's

2851 Renewals

11 HQ Transfers

For a total of 3625. Our goal is 6393 which puts us at 56.7%

Please get your memberships turned in as soon as possible. Do not forget to work on 2025. If you are interested in doing a revitalization for your post let me know. We can get post members together and start calling your non-renewals. It is not hard and will boost your numbers.

Thank you for your service and everything you do for the American Legion.

Mary Hanson

1st District Membership Director

## NEW NATIONAL COMMANDER



Dan Wiley of Kansas, newly elected American Legion national commander, vows to prioritize Be the One, calls for teamwork among American Legion Family and more.

## IMPORTANT INFO

**The district needs your help. We need younger members to step up and accept an officer position before all the experience to help mentor them is gone.. Call Jim Kellogg for more information at 507-438-1123**



**Minnesota Legion Family members attending the National Convention in Tampa**



## FROM YOUR COMMANDER DESK

Greetings 1st District... this month's article will be slightly different than the usual article since certain things have come up that I would like to address....

I am running for 1st District Legion Commander again in 2026-2027....I announced this at the District Picnic since I didn't want a repeat of the situation, we found ourselves in last year. I believe in time we will have a number of members who will be excellent candidates to run for Commander. But due to circumstances they are unable to run now. We have to keep things moving forward until new people are ready.

To be Commander or to be a District Officer takes a time commitment. It's not a easy job but it can be fun and rewarding.

Note....we are always looking for new personnel to be District Chairman....District Vice Commanders and District Chairman. If you are interested in a job, let us know.

Rallies.....only 2 scheduled....Mid-Winter Stewartville Jan 24 and District Convention May 16..... we are open to more rallies and District training if people attend.

The complaint has been it seems like the same people always attend and it seems the Rallies are all the same. If a group wants a Rally on a Special topic of Interest...we will set it up.

My Commanders Project is MACV-the same project I had during my last stint as Commander. This organization has helped many Veterans in need here in the State of Minnesota . If you have Questions about MACV, please feel free to ask.

Membership.....this is a New Year....if we want to be #1 again this year...we must continue to turn in Membership in a timely manner. We can rest on of results of last year...

One last item:

Brian Medinnus

## BE AWARE OF THIS SCAM

Good morning NE Region,

I saw something on my local news this morning, where Veterans are at risk of being scammed. My apologies if you are already aware of this, but I wanted to be sure we can spread the word for those that may not be aware

The victims are receiving e-mails, phone calls and letters that appear to be from Department of Veterans Affairs. They claim that the recipient owes money because the department overpaid some benefits by mistake and they want the victims to pay it back. If our members do or do not think they owe money to the VA they should visit the VA's website at [Manage Your VA Debt For Benefit Overpayments And Copay Bills | Veterans Affairs](#) so that they can check the status of their accounts.

## FROM AREA FOUR VICE COMMANDER

Legionnaires,

I just returned from the American Legion National Convention in Tampa, FL. Now past American Legion National Commander James LaCoursiere recognized the Department of Minnesota for achieving 100% turn in of Post Consolidated Reports. This task was given to Vice Commander Sy Fix from the La Crescent post. He did a great job getting it done with a little help. On stage, (picture below) was National Commander LaCoursiere, Past Department Commander Carl Moon, Sy Fix, myself, Frank Grittner from the 6th District and a National Vice Commander. A job well done.

This is an example of how posts can work together. Even from other districts. If your post has a project or a get together and needs help, reach out. Let posts in your area know and reach out to the district. There is no reason we can't help each other out. There is not competition between posts. We are all involved in the American Legion for the same reasons. Let's work together and treat each other with respect. Just think of the amazing things we can get done doing them together.

For God and Country.

Mary Hanson



## CHAPLAIN ADVICE FOR SEPTEMBER

As the golden sun begins to set a little earlier and the crisp whisper of autumn stirs in the morning air, September arrives as a month of transition and reflection. For members of the American Legion, this time of year is more than a seasonal shift — it is a chance to renew our commitment to service, honor those who have gone before us, and nurture hope within our communities.

Each September, Americans confront the solemn anniversary of 9/11. As chaplains and Legionnaires, we are called to help our communities process grief, foster healing, and encourage hope. The events of that tragic morning changed our nation forever, but they also revealed a spirit of resilience that continues to guide us. As chaplain, I encourage you to take a moment this month to gather with others in remembrance — whether at a Legion post, a local house of worship, or in quiet reflection at home. Share stories. Light a candle. Offer prayers not only for those lost, but for peace in our world and healing in our hearts.

September is also recognized as Gold Star Mother's and Family's Day (observed the last Sunday of the month), a time to honor those who have lost a loved one in military service. These families carry a profound sacrifice, and their courage deserves both recognition and support. At your local post, consider organizing a ceremony, sending cards, or simply expressing gratitude to Gold Star families in your community. Acknowledging their loss and honoring their loved ones affirms the Legion's deepest values: remembrance, respect, and compassion. September can be a difficult time for some veterans. The change in season, the return of school, and the anniversaries of past events may trigger memories or emotions. As chaplains and Legionnaires, let us be attentive to those who might need extra support

September is a month of meaning: of remembrance, renewal, and resolve. As chaplain, I invite you to enter this season with open hearts and willing hands. Together, we carry forward the legacy of service that defines the American Legion, and together, we build a brighter, more compassionate future. May the spirit of September bring you peace, purpose, and the assurance that you are never alone.

### Chaplain's Prayer for September

“Eternal Spirit, bless the members of the American Legion and the communities we serve. As we move into a season of change, help us remember those who have gone before, reach out to those in need, and nurture hope in every heart. Grant comfort to the grieving, courage to the struggling, and inspiration to all who serve. May our words and deeds reflect your love and light, this month and always. Amen.”

## A NOTE FROM THE MN DEPARTMENT OF VETERANS AFFAIRS

One more reminder to share the SGU Task Force with your contacts. We are particularly looking for more applications to the following roles-

- Direct Experience in United States Intelligence or Special Operations in Southeast Asia
- Experience In Military Assistance Command Vietnam Special Forces Operations  
United States Armed Forces Vietnam Veteran

The initial window for applications has closed, but we will continue accepting them until all the roles have been filled.

The application can be found here: <https://commissionsandappointments.sos.mn.gov/Agency/Details/388>

If you have any questions, reach out to Jon Kelly.

Best,  
-Cole

-

**Cole Trace**  
**Government Affairs Liaison**  
*(he/him/his)*  
**Minnesota Department of Veterans Affairs**



## FROM YOUR AREA ONE VICE COMMANDER

Well new year and new officers with new plans on to unite the post in the district. I as the area one vice plan on having a round table meetings with the 15 post in area so we can unite and find out how they be solved and to get to know your fellow post officers, also to get ideas on what classes that may be wanted and things you need in helping keeping up with all the changes that are coming down from national and the changes that come with growth of changing times Like the jobs of the officers and the changing needs of the community, and the changing needs veterans and the families of the veterans. Also the help we as legionnaires can give to the new and young veterans who are having trouble the horrific things they were forced to see and do just survive their deployment .We as legionnaires have the duty to help our brothers and sisters in arms make the transition to live in the slow lane of live not the fast past anymore and it is ok that they did the job they did and that it ok to have feeling and that it ok to be different .

We need to remember that the American Legion post is a safe place for them and their family they can come down to post and be with family and bring their families with them and not just a place to drink and gamble but it a place for families to come and have together and be a community we need to remember we are not the bar down the street we are non- profit organization to help veteran's and their families and help the community to understand their needs so the veteran and their family can fit back into their community without feeling a shame of what the endeared and sacrificed for others. It's our job to help them find the help they may need be successful in civilian life as they were in military.

God Bless our troops and country

Area One Vice Commander

Mark A. Maloney III



As we approach mission #2 we are grateful for the support we have had from the members of the 1<sup>st</sup> District American Legion Family. We would not have been in the air if it were not for you. You held events, donated funds and were there at the airport to welcome home those on mission #1.

As we get ready for mission #2 on September 30<sup>th</sup>, 2025, we will soon be planning mission #3. As you are aware, we are a nonprofit organization and rely on donations. Any annual amount you can provide is greatly appreciated.

If you are a veteran and are interested in going on a mission, please do not wait to apply. We have a waiting list and we want you on it! If you have someone that would like to be your guardian, please have them submit their application soon as well.

Our service counties in Minnesota include Blue Earth, Dodge, Faribault, Fillmore, Freeborn, Mower, Steele, Olmsted, and Waseca. Iowa counties include Cerro Gordo, Howard, Mitchell, Winnebago and Worth.

We are looking for someone in each county who would be interested in being a North Star Honor Flight ambassador. This person would reach out to local veteran's organizations and local businesses to help raise flight funding. They may also attend events in the area such as suppers and other organizations meetings. If you are the one, please reach out to us by e-mailing our website or calling 507-440-0003.

Nancy Lewison

North Star Honor Flight





## Auxiliary Contacts

### Hello Mighty 1<sup>st</sup> District

#### First District American Legion Auxiliary

##### President

Wanda Prescher  
4826 Tee Court SW  
Rochester, MN 55902  
507-254-0304  
w.prescher1951@gmail.com

I want to thank each and every member, membership chair and unit for the hard work that was put into membership this past year! Everyone should be proud of it! The mighty First District ranked 3<sup>rd</sup> in membership! Thanks to all of you!

As we start our new auxiliary year lets get excited about our units and members.

We should all embrace the attitude of **"It Is What You Make It!"** We need to change the attitude of **"It Is What It Is!"** I encourage everyone to stop and think about this and how it can help us, the American Legion Auxiliary! We all need to work at turning negatives into positives this new auxiliary year!

##### Secretary

Lesley Heimer  
71365 160th St  
Taopi< MN 55977  
612-756-1649  
lesleyheimer@hotmail.com

The newer members do not want to hear all the negatives! We need to start changing the old attitude of **"This is always how it has been done!"** The world has certainly changed in the last 50 + years and we hopefully have been changing along with it in some units. If we want to attract younger members we need to mentor, give them positive encouragement on their ideas. **WE** all started that way, so let's pass that torch as it was to us! **WE** all need to remember that!

##### Membership

Karla (Sunshine) Maloney  
84554th Ave E  
Winona, MN 55987  
507 459 5962  
928 sunshine@gmail.com

I am going to challenge units this year to attend Fall Conference, Oct 23- Oct 25th in St. Cloud! Our District ranks 3<sup>rd</sup> in membership, but we rank 10<sup>th</sup> in Fall Conference attendance. The same 5-6 units out of 48 attend each year! I encourage our members to take the time and please try to attend this fall, you will learn about our great programs and how to make them work for you in your individual units.

President Robins theme: **"Promoting our Mission by Working our Programs!"**

That is just you will hear about at Fall Conference! Every department chairman will talk about their program and ideas to help you!

##### Treasurer

Tonia Betterman  
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Owatonna, MN 55060  
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betttm88@outlook.com

If any unit is wanting to do a project or (unit) visit the Preston Veterans Home, we are asking that it be set up by contacting me as the Dept. Veterans Home Rep.

Thank you to Unit 50 Wabasha for visiting the Preston Home on August 19<sup>th</sup>! Delivering many cases of small cans for its veterans!

Thank to all our Units, Posts, SAL and Legion Riders who so generously support the veterans and Preston's Veterans Home! SE Minnesota American Legion Family should be proud of their generosity.

1st District President

Wanda Prescher

## **Department of Minnesota American Legion Family**

### **Service Project at the 2025 Fall Conference**



The St. Cloud StandDown assists veterans in Minnesota with resources and needed items free of charge. They provide food, clothing, accessories, footwear, job connections, and housing information and resources for veterans in need, at risk, or homeless. They are staffed by veterans and volunteers who donate their time. The St. Cloud StandDown location consists of multiple operations including the StandDown Warehouse, Lady Veterans Boutique, Clifford Beck Veteran Resource Center, Gentlemen's Quarters Barbershop, and the Frontline Food Pantry.

#### **We will be collecting the following NEW items (no used items):**

Men's underwear (boxers or briefs)

Women's underwear

Men's socks - much needed they distributed over 3,000 last year.

Women's socks

Men's thermal wear

Men's winter jackets

Women's winter jackets

Men's winter hats, scarves, and gloves

Women's winter hats, scarves, and gloves

Full size toiletries including body wash, deodorants, razors, lotions, brushes/combs, women's tampons, and sanitary pads (light/medium)

**Please bring your items from Thursday, October 23<sup>rd</sup> to 9am on Saturday October 25<sup>th</sup> to the Glen Carlson Exhibit Hall where the Auxiliary session will be held.**

#### **Let's Fill the Room for Our Veterans!!**

American Legion Commander Linda Dvorak

American Legion Auxiliary President Robin Dorf

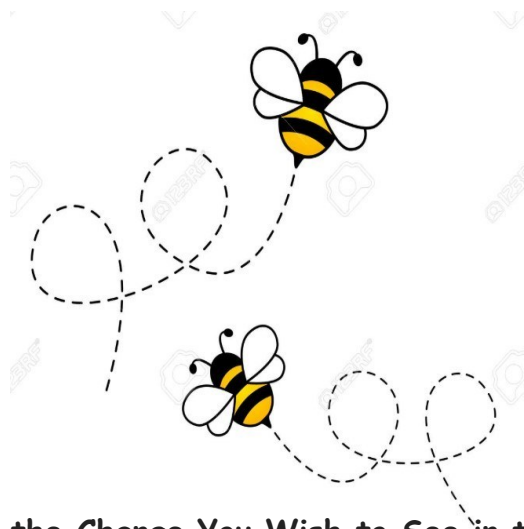
Sons of the American Legion Commander Jeremy Copher

American Legion Riders Director Duane Mabon

American Legion Auxiliary Honorary Junior President Anastasia Donnelly



**Wabasha ALA Unit 50**  
 These 12 ladies delivered all these small cans of pop for the Preston Veterans Home yesterday! They all



## **Be the Change You Wish to See in the World**

### **First District ALA Membership**

Hello All,

As the new year begins, I would like to introduce myself and provide my contact information. My name is Karla Miller Maloney, some of you may know me by my nickname - Sunshine. I have been involved over many years with the American Legion Riders and would like to become more involved with the Auxiliary.

At the Department workshop in August, the 10 district membership directors met with Kollett Kaehler, MN Department Membership Director to discuss the upcoming year. The theme for the year is CELEBRATE. Celebrating our Country's 250 years of independence. At Dept Fall Conference in October the incentive skits will be based on this. Each District picked a letter from the word celebrate for inspiration... We have the letter B!!

I believe that we can be the Queen Bee's of membership. The worker bees to turn in our renewals. I bee-lieve that we can make our goals if we work together.

I am looking forward to hearing from you! Please reach out to me with any questions or concerns that you have.

(507) 459-5962

[928sunshine@gmail.com](mailto:928sunshine@gmail.com)

**BE THE CHANGE YOU WISH TO SEE IN THE WORLD**



Your 2025-2026 American Legion Auxiliary Department of Minnesota Leadership:

Front Row (L to R) First Vice President Linda Kelly, President Robin Dorf, and Second Vice President Jody Hassing

Back Row (L to R) First District President Wanda Prescher, Second District President Kristen Donnelly, Third District President Ann Bovey, Fourth District President Sandra Gibson, Fifth District President Becky Nelson, Sixth District President Wendy Grittner, Seventh District President Mary Kuperus, Eighth District President Tamara Martin, Ninth District President Denise Milton, and Tenth District President Brandi Christensen



## Greetings Legion Family Members

FROM

**YOUR HONORARY AUXILIARY JR PRESIDENT**

Hello everyone, I'm Regan McElroy and I'm the First District Honorary Auxiliary Jr President. I hope everyone had a great summer. I have talked to President Wanda and she is also doing her project of the Preston Veterans Home. I am going to continue my project from last year, which is the recreational fund for the Preston Veterans Home.

On the weekend of October 24 and 25 I might be attending Fall Conference in St Cloud if my school schedule allows it. As Jr members we need to attend more of these events through out the year. There as to be more Jr's in Minnesota than show up. Let's pass the word for members to show up.

Regan McElroy—First District Honorary Jr President



Hi, I am Regan McElroy, I am the new Honorary Junior President of the First District American Legion Auxiliary. I would like to give an introduction to the District. I am 12 years old. I live in Riceville, Iowa with my mom (Missy) my Dad (Joe), my sister (Taylor), and I also have an older sister (Melanie). I play basketball, softball and volleyball. In my spare time, I enjoy hanging out with my friends and going shopping.

My project this year in the Outdoor Recreation Activities Fund for the Preston Veterans Home. The project is to help take the veterans hunting, fishing and ect. I would like to thank everyone who has donated so far. Remember that the check needs to be made out to the First District American Legion Auxiliary and in the memo line put – Honorary Jr Presidents project.

Regan McElroy - First District Auxiliary Honorary Jr President

# SONS OF THE AMERICAN LEGION NEWS



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## WEST SIDE VICE COMMANDER

Open

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## FROM YOUR COMMANDER

Greetings Legion Family,

I hope you all had a nice Labor Day weekend and are enjoying the last days of summer. The transition from Summer to Fall is one of my favorite times of the year.

We have made some great achievements as a district, but before I get into that, I need to express my disappointment in one area. The District Legion Family Picnic was held in Blooming Prairie on August 10th. It was advertised in the district newsletter, which I am aware does not reach every squadron, so I personally sent an email to every squadron commander and/or adjutant who I had an email address for. Suffice it to say, I was very disappointed that I did not receive a single response, and not one SAL member attended the event. We are all part of something bigger, and I encourage every member to make a point to attend district and detachment events whenever possible.

Okay, enough on that.

As a district, we are starting the new membership year off strong and we currently sit at 1st place in the Detachment. The Winona squadron is already at 50% of its goal, La Crescent is close behind at 40% and several others are in the 20's and 30's. Keep up the great work and please remember to send in memberships as you receive them and submit them online if possible. If you need help getting set up on MyLegion/MySAL please reach out.

Speaking of goals, for 2026 Detachment increased each district's goal by 40, but asked each district's leadership team to set the goals for their own squadrons. This was a welcome change from previous years when the increase was simply divided evenly between all squadrons. We considered a few factors, and the goal we have set for each squadron is included below.

The last of the membership packets have been delivered so if your squadron has not sent in at least one membership for 2026, please send one in as soon as possible. Our goal is to have the 1st District off the goose egg by the Detachment Fall Conference. That means each squadron needs to have at least one 2026 membership submitted by September 15th to allow time for processing. We can do this!

In closing, thank you to the district and squadron leadership for everything you do. I look forward to what we can achieve as a district. As always, please don't hesitate to reach out if there is anything we can help your squadron with.

Josh Erickson  
SAL District Commander

## 1st District - 2026 Squadron Membership Goals

Sqdrn.	Location	2024 Results (7/31/2024)	2025 Results (7/28/2025)	2026 Assigned In-crease	2026 As-igned Goal
9	Winona	145	153	4	157
40	Lanesboro	68	68	0	68
50	Wabasha	20	23	1	24
52	Blooming Prairie	39	34	0	34
56	Albert Lea	109	94	2	96
77	Owatonna	102	105	3	108
90	Lewiston	46	48	1	49
91	Austin	58	61	2	63
92	Rochester	77	85	2	87
94	Rushford	26	38	3	41
105	Lyle	27	31	2	33
119	Byron	24	25	1	26
146	Adams	104	100	0	100
161	Leroy	37	35	1	36
164	Stewartville	120	116	1	117
166	Preston	42	55	2	57
179	Plainview	10	7	0	7
190	St Charles	3	3	0	3
191	Caledonia	7	8	0	8
228	Waseca	134	140	2	142
264	Glenville	54	72	1	73
266	Hartland	11	10	0	10
281	Janesville	7	6	0	6
299	Mabel	17	19	1	20
317	Emmons	31	51	3	54
330	Hayfield	48	54	2	56
333	Kasson	42	37	0	37
384	Dodge Center	4	9	2	11
404	Alden	54	54	0	54
423	Houston	10	13	0	13
446	Rochester	32	31	2	33
546	Kellogg	12	12	0	12
551	Eyota	39	36	0	36
552	Freeborn	26	26	0	26
579	Millville	23	23	0	23
595	La Crescent	62	63	2	65
<b>1st District Totals</b>		<b>1670</b>	<b>1745</b>	<b>40</b>	<b>1785</b>

# SAL 1<sup>st</sup> District

## Membership Summary as of 8/26/25

The Mighty 1<sup>st</sup> District comes in at 1<sup>st</sup> place out of 10 Districts as of the 8/25/2025 membership report. Way to go, now how long can we hold onto that spot. Please get those memberships in. Are you ready, which squadron will be first to hit 100%?

### Membership goals:

Districts	2025 Results	2026 Goal	Current at Dept.	Percentage	Placing
1st District	1745	1785	204	11.43%	1
2nd District	1225	1265	42	3.32%	8
3rd District	2247	2287	240	10.49%	2
4th District	410	450	9	2.00%	10
5th District	318	358	32	8.94%	3
6th District	1643	1683	106	6.30%	6
7th District	995	1035	44	4.25%	7
8th District	479	519	17	3.28%	9
9th District	951	985	78	7.92%	4
10th District	1632	1672	128	7.66%	5
<b>Totals</b>	<b>11645</b>	<b>12039</b>	<b>900</b>	<b>7.48%</b>	

*\*The above goals are set by the District Leadership*

# Squadron Summary

- Increased percentage of improvement year over year.  
2023 at this same time was 88.93%  
2024 at this same time was 94.65%  
2025 at this same time was 97.59  
2026 I am confident that we will surpass the 97.59 % by the end of May 2026. This will continue our year over year improvements.

All but two membership packets have been handed off to squadrons. We need to get those memberships turned in. We still have 21 squadrons at a zero. Most squadrons have had packets long enough to have at least one membership turned in by now. There should be NO goose eggs after September 15<sup>th</sup>.

Let's make it our shared goal to get off the goose egg as fast as possible — not just to meet quotas but to set a standard of excellence for the rest of the districts. If your squadron has renewals or new members ready to go, please prioritize sending those applications in immediately, again on line is best.

New this year, are \$100.00 awards and plaques for 1<sup>st</sup> @ goal, and highest % of increase. There will also be a random drawing and a \$100.00 award given to one squadron of all squadrons who turn in a consolidated report. The winners will also be noted in our district newsletter and the state Legionnaire paper.

I also want to remind you about the Paid-Up-For-Life (PUFL) Membership Program—a convenient and cost-effective option that frees you from the yearly dues cycle.

Why consider PUFL?

- **No More Annual Dues:** Pay once and never worry about renewals again.
- **One-Time Investment:** Lock in your rate and avoid future increases in dues.
- **Lifetime Recognition:** PUFL members receive a distinctive lifetime membership card and are recognized for their lasting support.
- **Continued Support:** Your PUFL status ensures uninterrupted membership and supports essential programs year-round.
- **Peace of Mind:** Should anything happen, PUFL membership guarantees your legacy of support to the organization continues without interruption.

Whether you're a longtime member or recently joined, PUFL is a great way to solidify your commitment and simplify your membership experience.

To get a PUFL quote or to enroll today, please contact your adjutant or membership director of your squad. You can visit the official American Legion website for Sons of The American Legion PUFL enrollment. Still need help reach out to Josh E, Brian T or myself.

Thank you for your continued dedication to the Sons of The American Legion. Together, we continue to make a difference. Below is the current pay scale along with some information:



## SONS OF THE AMERICAN LEGION DETACHMENT OF MINNESOTA

### APPLICATION FOR PAID UP FOR LIFE (PUFL) MEMBERSHIP

- 1 This plan shall become available commencing with the 2007 membership year, beginning July 1, 2006. The Detachment of Minnesota SAL PUFL Committee shall be authorized to change the Minnesota SAL PUFL Membership plan subject to the approval of the Detachment Executive Committee and The American Legion Department of Minnesota Executive Committee.
- 2 The entire amount of the Minnesota SAL PUFL Membership must accompany this application unless other arrangements are approved by the Detachment PUFL Committee for the payment plan. The payment plan is as follows: 25% paid with application, and the balance to be paid in 3 payments of 25% every 3 months. No credit card payments will be accepted. NOTE: Current membership dues must be paid in full. If paying after October 01, pay the upcoming membership year to allow for processing.
- 3 There will be no refunds to any member that participates in the Minnesota SAL PUFL Membership Plan.
- 4 Increases in District, Detachment or National dues will be absorbed by the SAL PUFL Fund.

PAYMENT SCHEDULE																		
AGE	0 - 4	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
COST	\$640	\$615	\$595	\$575	\$550	\$525	\$500	\$470	\$435	\$400	\$360	\$320	\$275	\$240	\$200	\$165	\$135	\$115

PLEASE COMPLETE THE APPLICATION BELOW. PAYMENT MUST ACCOMPANY THIS APPLICATION. *PLEASE PRINT LEGIBLY OR TYPE.*

**Thank you for your continued dedication and service to the Sons of The American Legion and everything we stand for. Together, we can lead the way for another year of growth, action, and pride in our mission.**

**For God and Country.**

**God Bless our troops, past and present and God Bless the USA.**

**Greg Lemmer**

**Membership Director S.A.L. District One**

**gslemmer@hbc.com Cell 507-312-2222**

## 1st District

Sqdrn.	Location	2025 Results (7/29/2025)	2026 Goal	Total at Dept		Grand Total	% of Goal	Date Goal Reached
9	Winona	153	157	79		79	50.32%	
40	Lanesboro	68	68	1		1	1.47%	
50	Wabasha	23	24	0		0	0.00%	
52	Blooming Prairie	34	34	1		1	2.94%	
56	Albert Lea	94	96	2		2	2.08%	
77	Owatonna	105	108	8		8	7.41%	
90	Lewiston	48	49	0		0	0.00%	
91	Austin	61	63	3		3	4.76%	
92	Rochester	85	87	19		19	21.84%	
94	Rushford	38	41	3		3	7.32%	
105	Lyle	31	33	0		0	0.00%	
119	Byron	25	26	0		0	0.00%	
146	Adams	100	100	0		0	0.00%	
161	Leroy	35	36	0		0	0.00%	
164	Stewartville	116	117	3		3	2.56%	
166	Preston	55	57	0		0	0.00%	
179	Plainview	7	7	0		0	0.00%	
190	St Charles	3	3	0		0	0.00%	
191	Caledonia	8	8	0		0	0.00%	
228	Waseca	140	142	22		22	15.49%	
264	Glenville	72	73	15		15	20.55%	
266	Hartland	10	10	0		0	0.00%	
281	Janesville	6	6	0		0	0.00%	
299	Mabel	19	20	4		4	20.00%	
317	Emmons	51	54	16		16	29.63%	
330	Hayfield	54	56	0		0	0.00%	
333	Kasson	37	37	2		2	5.41%	
384	Dodge Center	9	11	0		0	0.00%	
404	Alden	54	54	0		0	0.00%	
423	Houston	13	13	0		0	0.00%	
446	Rochester	31	33	0		0	0.00%	
546	Kellogg	12	12	0		0	0.00%	
551	Eyota	36	36	0		0	0.00%	
552	Freeborn	26	26	0		0	0.00%	
579	Millville	23	23	0		0	0.00%	
595	La Crescent	63	65	26		26	40.00%	
<b>1st District Totals</b>		<b>1745</b>	<b>1785</b>	<b>204</b>	<b>0</b>	<b>204</b>	<b>11.43%</b>	

# of Sqdns - 36

Added 2

**2025 – 2026 FIRST DISTRICT ALR OFFICERS**

Are you interested in joining the 1<sup>st</sup> District American Legion Riders? Want to know who to reach out to about a Chapter near you? Below are contacts for the Chapters in the 1<sup>st</sup> District. Also listed are the District ALR officers and their contact info.

ADAMS – CHAPTER #146

Dennis & Nancy Lewison – [lewisonnancy@gmail.com](mailto:lewisonnancy@gmail.com)

ALBERT LEA – CHAPTER #56

Terry Lewis - Director - 507-573-2926

AUSTIN – CHAPTER #91

Roe Naylor - Director - 507-438-5804

EYOTA – CHAPTER #551

Mark Maloney - Director - 507-703-0026

GLENVILLE – CHAPTER #264

Bruce Camerer - Director - 507-850-2025

OWATONNA - CHAPTER #77

Chuck Stone – 507-213-7517

RUSHFORD – CHAPTER #94

Terry Lund - Director - 563-379-8421

WASECA – CHAPTER #228

Ryan Berg - Director - 507-461-5245

WINONA – CHAPTER #9

Brian Degnan - Director - 507-458-3043

You can also get information about the District ALR on our Facebook page. **1<sup>st</sup> District ALR of MN**

Sunshine Miller Maloney, 1st District Secretary

**Wes Halverson – Director**

**507-383-7983**

**Roe Naylor – Vice Director**

**507-507-438-5804**

**Sunshine Miller Maloney – Secretary**

**507-459-5962**

**Chuck Stone – Parliamentarian**

**507-213-7517**

**Bruce Camerer – Sgt at Arms**

**507-850-2025**

**Mark Maloney – Treasurer**

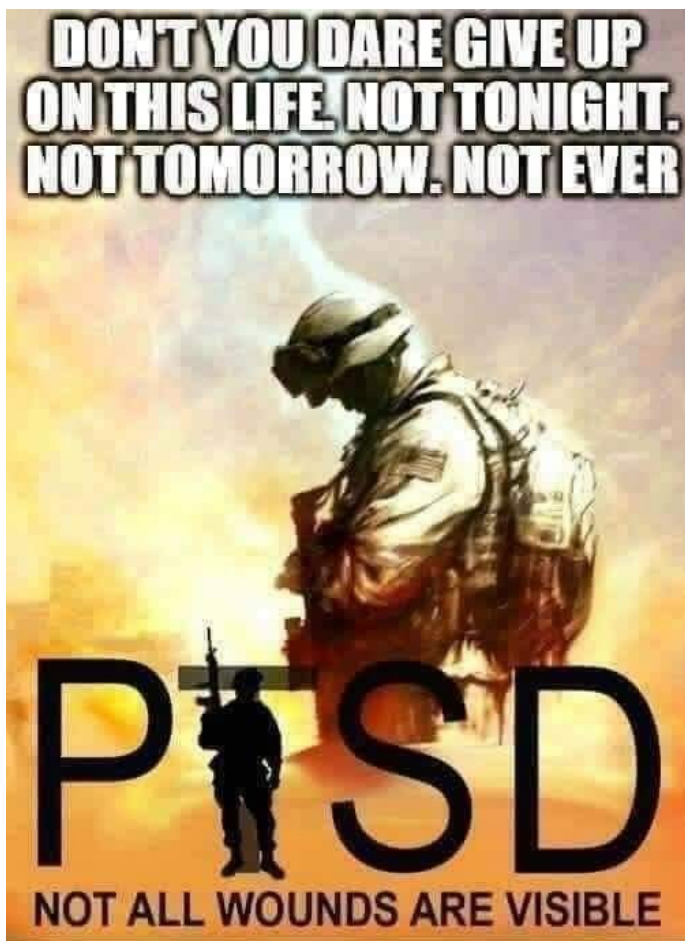
**507-703-0026**

**Jill Reed – Chaplain**

**507-507-450-5525**

**Tricia Peterson – Historian**

**Tlynn1318@gmail.com**



## An app for on line mental health

<https://>

[www.facebook.com/100019040483031/  
posts/1054342938543712/?](https://www.facebook.com/100019040483031/posts/1054342938543712/?)

[sfnsn=mo&mibextid=LROouL](https://www.google.com/amp/s/www.kttc.com/2023/01/17/veterans-crisis-now-eligible-free-care-nationwide/%3foutputType=amp) **Veter-  
ans 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-  
nationwide/%3foutputType=amp](https://www.google.com/amp/s/www.kttc.com/2023/01/17/veterans-crisis-now-eligible-free-care-nationwide/%3foutputType=amp)

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](http://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, Fish, & Steak Fry Schedule



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

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



## 2025 SCHEDULE

Chicken & Steak Fry, Legion .....	September 6
Chicken & Steak Fry, SAL .....	September 20
Chicken & Steak Fry, Legion.....	October 4
Chicken & Steak Fry, Southland Trap Shoot.....	October 18
Chicken & Steak Fry, Legion .....	November 1
Steak Fry, Knights of Columbus .....	November 22
Chicken & Steak Fry, Cancer, Snowmobile Club .....	December 13
Windsor Chops, New Years Eve, Legion.....	December 31

## 2026 SCHEDULE

Chicken & Steak Fry, Legion.....	January 10
Chicken & Steak Fry, SAL.....	January 24
Chicken & Steak Fry, Legion.....	February 7
Chicken & Steak Fry, SAL.....	February 21
Fish Fry, Auxiliary .....	March 6
Steak Fry, Sportsman Club.....	March 14
Fish Fry, SAL.....	March 20
Fish Fry, Legion .....	March 27
Chicken & Steak Fry, Auxiliary .....	April 11
Chicken & Steak Fry, Legion Baseball Team .....	April 25
Chicken & Steak Fry Legion .....	May 2
Chicken & Steak Fry, Southland Trap Shoot .....	May 16
Steak Fry, Legion, Dairy Days .....	June 13
Chicken & Steak Fry, Legion, Dairy Days .....	June 14

**~ E-Tab s & Bingo Now Available ~**

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

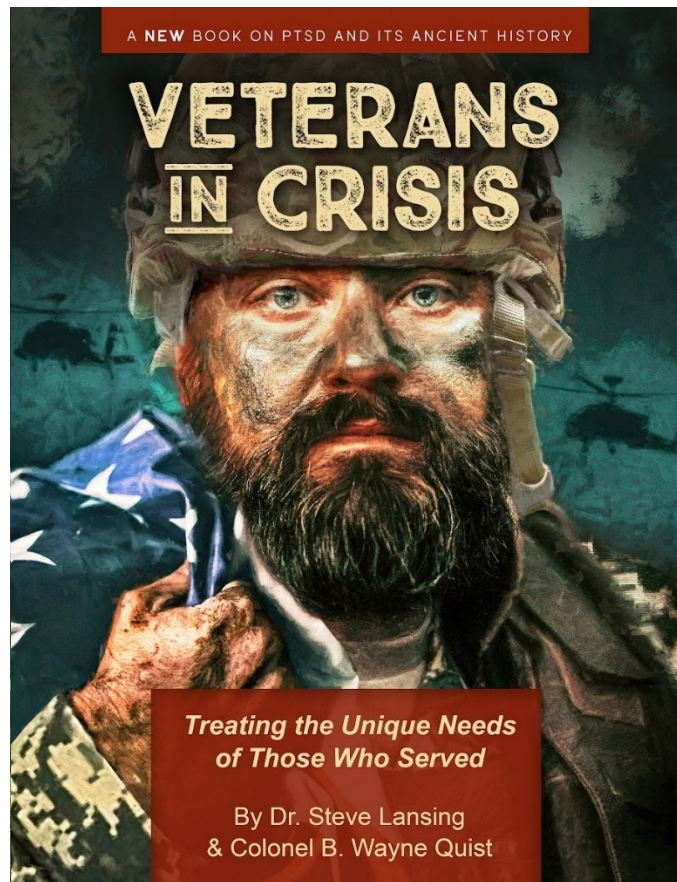
www.adamslegionpost146.com • Facebook - visit: Adams Post 146



## VETERANS EMPOWERED INC.

SERVING AND SAVING VETERAN LIVES

*We provide free books and free PTSD therapy for disabled veterans in our Rochester clinical office.*



**PLEASE HELP WITH A CONTRIBUTION TO RAISE \$50,000 TO PRINT 10,000 ADDITIONAL COPIES OF OUR BOOK**

## LEGION RIDERS

### ALL YOU CAN EAT PANCAKE BREAKFAST

FIRST SUNDAY EACH MONTH 9AM—12 PM

\$12.00 AT THE DOOR

BREAKFAST INCLUDES: EGGS, SAUSAGE, BISQUITS & GRAVY,

COFFEE, MILK OR ORANGE JUICE AND

ALL YOU CAN EAT PANCAKES

### PROCEEDS GO TO THE VETERANS HONOR FLIGHT

AUSTIN AMERICAN LEGION POST 91

809 12TH ST SW, AUSTIN MN

## AMERICAN LEGION RIDERS POST 91

### Winona American Legion

### SAL Squadron 9

### 2025 Chicken Q Dates

January 4	SAL Chicken Q
February 22	UAW Veterans Group. They will sell tickets and serve the meals. SAL will grill the chicken.
March 15	Event Sponsor is Pickwick Mill Inc. They will sell tickets and serve the meals. SAL will grill the chicken.
April 5	SAL Chicken Q
September 6	SAL Chicken Q
October 4	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.**