



FIRST DISTRICT NEWSLETTER

THE AMERICAN LEGION DEPARTMENT OF MN

January 2021

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You can go to the Minnesota American Legion web site (mnlegion.org) and click on the COVID 19 link for a lot of information about the state mandates, contact information and links to important PDF information files.

IMPORTANT DATES

Because of the COVID 19 pandemic all events are either put on hold or postponed to a later date.

Some posts might be opening up, depending on the Governor's mandate with COVID 19 rules in place, or curb side service only.

Please contact your post to see what the times and rules are.

Please keep making buddy check calls to make sure all of our fellow veterans are handling the lockdo

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.

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2 FROM THE COMMANDER'S PEN

HAPPY NEW YEAR! NEW YEAR!!!!

From the Mighty First District American Legion Family. Thank you for your service to our country, and Thank you to all of our loyal supporters, we wouldn't be able to get all the things accomplished if we didn't support each other.

We are now able to look 2021 in the eye, and let's plan for a great year.

Thanks to all of you for all of the donations to all of the different projects this year.

Thank you Larry Otto for making the wooden flags for one fundraiser for Legionville and PTSD, and all of you bidders.

We have things to plan for this coming year. Department Sweetheart Rally February 6th in Paynesville.

Department appreciation Rally in La crescent March 6th.

District Rally in Blooming Prairie March 25 in the evening, 6:30.

National commander's tour in April.

District commander's testimonial April 17 in Dodge Center.

District President's testimonial May 1st in Stewartville.

DISTRICT CONVENTION
Scheduled for May 21-22 in Austin at Post 91.

Oratorical contest candidates, sponsors let Sy Fix know immediately.

Enlisted person of the year application is now available by email. Contact District Adjutant Wayne Hammon Jr.

Membership-_- - it is getting to the end of the calendar year. Get your membership paid. Save all of your benefits, we are the First District and need to get higher than 7th place in the Department.]

Watch for emails, blasts, phone calls or other forms of communication we want everyone to be informed when we have a break thru on this coronavirus (covid-19) . Pray for our deployed troops and their families. Pray for peace. Pray for our Leaders in the coming weeks that there can be a peaceful change over. For God and Country!

Dale Wellik
District Commander

From your 1st District Legion Chaplain

1st District Chaplain News for January 2021

Greetings to the American Legion Family!

As we start this new year, some of us will make a New Year's Resolution, most of which will never be kept. But God has already made a promise to those who believe in Him. In Jeremiah 29 verses 11-13 we read:

“For I know the plans I have for you,’ declares the Lord,
‘plans to prosper you and not to harm you,
plans to give you hope and a future.
Then you will call upon me and come
and pray to me and I will listen to you.
You will seek me and find me when
you seek me with all of your heart.”

Our heavenly Father has a plan for each one of us, and that plan is only meant for good to those who call on His name. So as we make plans for a new year, let us put God in the forefront and not let Him be one of those resolutions that are made and never kept. Let us do our best to keep our promises that we make to God, so that we might receive the blessings He has in store for us.

A new year is before us; hopefully it will be better than what we had in 2020, as far as being able to move about and see family, friends, have church services, Post, District and State meetings. It will be nice to be back or close to “normal”.

My hope and prayer to each of you is that you are happy and healthy at this time of year. I pray for peace for our nation and state as we start 2021. So much has happened this past year; people are hurting because of lock-downs here in Minnesota. Schools and some businesses are closed including Posts that serve both food and beverages. We need to pray that our state would soon be open. Also, if you can and would be willing, call your local representatives, both House and Senate, and voice concerns. These public servants need to hear from you. Changes to open up our state need to happen.

In closing, please check on a neighbor or fellow veteran. Make a phone call or stop by to make a visit and see them. Remember our deployed soldiers and sailors; keep them and their families in your prayers. Pray for leadership of the American Legion from National Commander Bill Oxford, State Commander, Mark Dvorak, 1st District Commander, Dale Wellik, and on down the line to Post officers. Each one can use our prayers as they go about the work and business of the American Legion.

Until Next Month, Peace and Grace to You and Yours,
Larry H. Otto, 1st District Chaplain

FROM AREA ONE

Well as we go through another year, boy were does the time go remember we are the American legion we are here and we still have our goals we need to make and we also have our responsibility to our veterans and family. So please do buddy checks and if need help remember to call and ask for it .Even if it is just to say hi and to hear a friendly voice. So let's have a save and healthy news years and pray we can get back out and see each other often.

Thank you
Mark A. Maloney
Area 1 Vice Commander

FROM AREA THREE

First District
Area 3 Vice Commander
James Westby

Wow, I can't believe that it is already 2021! I hope that everyone is enjoying the holiday season. Just a side note, I didn't get a deer this year, but hope that everyone had a better hunting season then I did.

According to the last bulletin we still need to work on membership. This is no time to slack off! First, what kind of organization do I want? Ask yourself this question, is our post the kind of post that can attract and offer something to younger veterans?

These holidays will look different due to the ongoing pandemic. I think it's important to reach out to our legion family and friends. A phone call or safely in person to remember the past. Enjoy the present and plan for the future! Please keep our men and women serving in the military in your thoughts and prayers during these holidays.

Happy New Year from my family to yours,
Semper Fi

FROM AREA TWO

Greetings,

I was thinking about the Future. 2021 to be exact. The future is the time after the present. Its arrival is considered inevitable due to the existence of time and the laws of physics. Due to the apparent nature of reality and the unavoidability of the future, everything that currently exists and will exist can be categorized as either permanent, meaning that it will exist forever, or temporary, meaning that it will end.

What's your future look like? Permanent or temporary? Positive or Negative? Happy or Sad? Helpful or Selfish? Will you decide to engage and help build your Legion Family? We all need to take time to decide how we will handle 2021.

Happy New Year to All!

Mike Parry, Area Two

FROM AREA FOUR

Hello 1st District Family,

I hope everyone had a Merry Christmas. It may not have been the one you were used to, but we need to keep in mind the reason for the season. Please start or continue to do buddy checks. They are needed more than ever. A simple phoe call is all it takes.

Have a great New Year,

Mary Hanson
Area 4 District Commander

**FIRST DISTRICT MID-WINTER PLANNED FOR JAN 9,
2021 IN STEWARTVILLE HAS BEEN CANCELED.**

INFORMATION FROM EAGLES HEALING NEST

Veterans, this is not an ask, this a tell. We are almost out of room at the Eagles Healing Nest and other Veterans facilities. They are working around the clock and taking in 4 to 7 Veterans from across the US and more being pushed on the street daily is leaving many desperate. We have buildings that can be made livable to house more but we do have the manpower or funds. This is getting across the country and it's getting worse. If you can help we need construction people, electrical, HVAC, painters, paint, building supplies and again funding. Please go to your local Legion, VFW, anyone who can help. If you find someone or resources, please call or PM me. We said we'd have our Brothers and Sisters backs. Check on your local Veterans NOW!!! This lockdown is hitting them HARD!!! Make sure they are Okay. That is where this is. If you don't see it, open your eyes, it's time we hold up our end of the bargain.

This article was sent to me by Tim Burley who is the Commander of the Hutchinson American Legion Post in Hutchinson, MN. He is very active in Veteran help and assistance programs and is very dedicated to this endeavor.

Tim Burley (Welcome Home. Vet, Eagles Healing Nest)

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To whom it may concern

THE GOLD STAR FAMILIES MEMORIAL MONUMENT

The CPL Curtis M Swenson Memorial Fund is excited to announce a project we are working on in conjunction with the Hershel "Woody" Williams Medal of Honor Foundation. The MN Gold Star Families Memorial Monument demonstrates that a community cares for the families and appreciates their sacrifice. Today, there are 64 dedicated monuments and 76 in progress throughout the United States. Our efforts in bringing this to our area would be the first in Minnesota.

Our committee has secured the new Dodge County Courthouse grounds, 721 Main Street North, Mantorville to place this beautiful monument. Three benches have already been promised. Fundraising efforts are ongoing to build and maintain the monument.

The CPL Curtis M Swenson Memorial Fund has started this effort with a \$5000 donation in hopes of matching funds. We know this may be a hardship for smaller groups but, be assured, all donations will be greatly appreciated. The 501c3 non-profit # is 46-2047833 for your tax information.

Groundwork for the monument will begin Spring 2021 with the hopes of dedicating this meaningful gift Fall of 2021.

Please send your donations to: CPL Curtis M Swenson Memorial Fund
 Attention; MN Gold Star Monument Committee
 4520 58th LN NW
 Rochester, MN 55901

Direct questions to: Scott Eggert 507-993-2414 or
 Dave Swenson 507-206-8479

Thank you for your continued support of our Military, Veterans and Their Families



<http://hwwmohf.org/monuments/mantorville-mn.html>

cmsmemorialfund.org

The American Legion, Dept of MN, First District 2021 Membership Report as of Dec 30, 2020

Dist	Post	Location	New 2021	PUFL 2021	Online 2021	Trad 2021	Paid 2021	HQ Trans 2021	Total Membr 2021	Goal 2021	% of Goal	HQ Trans 2020	Last yr at this dae
1	9	Winona	3	30	54	360	447	1	448	536	83.58%	0	494
1	90	Lewiston	3	8	3	50	64	0	64	69	92.75%	0	64
1	190	St Charles	5	19	12	88	124	1	125	133	93.98%	1	115
1		Winona County					635	2	637	738	86.31%		673
1	50	Wabasha	0	48	18	125	191	0	191	221	86.43%	0	195
1	110	Lake City	4	17	13	87	121	0	121	157	77.07%	0	121
1	179	Plainview	0	28	18	83	129	0	129	159	81.13%	0	144
1	546	Kellogg	0	9	0	46	55	0	55	63	87.30%	0	60
1	573	Elgin	0	2	3	19	24	0	24	29	82.76%	0	24
1	579	Millville	0	22	25	88	135	0	135	148	91.22%	0	176
1	588	Mazeppa	1	9	1	50	61	0	61	72	84.72%	0	65
1		Wabsha County					716	0	716	849	84.33%		785
1	92	Rochester	4	91	127	534	756	4	760	905	83.98%	10	805
1	119	Byron	2	17	16	64	99	0	99	133	74.44%	0	96
1	164	Stewartville	2	26	31	208	267	0	267	303	88.12%	0	276
1	446	Rochester	0	2	4	2	8	0	8	20	40.00%	0	11
1	551	Eyota	1	21	21	103	146	0	146	186	78.49%	0	159
1		Olmsted County					1276	7	1283	1547	82.93%		1347
1		Area One					2627	9	2636	3134	84.11%		2805
1	295	West Concord	0	8	2	31	41	0	41	65	63.08%	0	51
1	330	Hayfield	0	18	18	133	169	0	169	199	84.92%	0	176
1	333	Kasson	3	33	31	170	237	0	237	264	89.77%	0	238
1	384	Dodge Center	1	8	6	55	70	0	70	78	89.74%	0	67
1	422	Claremont	1	2	3	23	29	0	29	27	107.41%	0	27
1		Dodge County					546	0	546	633	86.26%		559
1	52	Blooming Prairie	1	16	4	62	83	0	83	94	88.30%	0	86
1	77	Owatonna	4	52	40	261	357	0	357	460	77.61%	0	386
1	296	Ellendale	0	3	3	24	30	0	30	39	76.92%	0	32
1		Steel County					470	0	470	593	79.26%		504
1	75	New Richland	0	8	1	40	49	0	49	48	102.08%	0	37
1	228	Waseca	4	21	24	222	271	1	272	310	87.74%	0	265
1	281	Janesville	1	9	9	66	85	0	85	88	96.59%	0	81
1	587	Waldorf	0	0	1	18	19	0	19	22	86.36%	0	20
1		Waseca County					424	1	425	468	90.81%	0	403
		Area Two					1440	1	1441	1694	85.06%	0	1466

17	40	Lanesboro	1	13	13	73	100	0	100	107	93.46%	0	103
1	68	Spring Valley	0	8	1	63	72	0	72	76	94.74%	0	67
1	81	Harmony	0	2	0	26	28	0	28	32	87.50%	0	22
1	94	Rushford	0	14	11	60	85	0	85	116	73.28%	0	87
1	166	Preston	0	18	3	27	48	0	48	61	78.69%	1	61
1	197	Chatfield	0	2	1	36	39	0	39	45	86.67%	0	44
1	299	Mabel	5	31	15	98	149	0	149	165	90.30%	0	147
1	369	Wykoff	0	0	0	16	16	1	17	16	106.25%	1	17
1	400	Canton	2	0	1	15	18	0	18	18	100.00%	0	15
1	492	Fountain	0	0	0	13	13	0	13	14	92.86%	0	10
1	526	Peterson	0	4	0	26	30	0	30	39	76.92%	0	31
1	544	Ostrander	0	2	1	17	20	0	20	24	83.33%	0	20
1	637	Whalan	0	0	0	10	10	0	10	7	142.86%	0	7
1		Fillmore County					628	1	629	720	87.36%	0	631
1	191	Caledonia	1	17	13	97	128	0	128	150	85.33%	0	140
1	249	Spring Grove	0	15	12	100	127	0	127	151	84.11%	0	126
1	423	Houston	0	8	10	73	91	0	91	101	90.10%	0	93
1	498	Hokah	1	1	2	14	18	0	18	22	81.82%	0	18
1	595	LaCrescent	0	47	36	146	229	0	229	273	83.88%	0	244
1		Houston County					593	0	593	697	85.08%	0	59
1		Area Three					1221	1	1222	1417	86.24%	0	690
1	56	Albert Lea	1	40	53	377	471	2	473	543	87.11%	0	477
1	264	Glenville	0	9	1	54	64	0	64	70	91.43%	0	59
1	266	Hartland	0	1	0	12	13	0	13	13	100.00%	0	12
1	317	Emmons	0	3	2	38	43	0	43	53	81.13%	0	51
1	404	Alden	0	4	15	65	84	0	84	106	79.25%	0	93
1	552	Freeborn	0	5	1	22	28	0	28	33	84.85%	0	27
1		Freeborn County					703	2	705	818	86.19%	0	719
1	91	Austin	2	56	35	317	410	5	415	502	82.67%	2	439
1	105	Lyle	0	8	6	52	66	0	66	84	78.57%	0	73
1	140	Grand Meadow	0	2	5	34	41	0	41	41	100.00%	0	40
1	146	Adams	1	20	13	73	107	0	107	187	57.22%	0	147
1	161	LeRoy	0	4	6	36	46	0	46	52	88.46%	0	45
1	570	Austin Spam	0	0	2	12	14	0	14	15	93.33%	1	13
1		Mower County					684	2	689	881	78.21%	0	757
1		Area Four					1387	6	1394	1699	82.05%	0	1476
1	1111	Dakota	0	0	0	0	0	0	0	65	0.00%	0	0
1		District Totals	54	861	746	5014	6675	15	6690	8009	83.53%	17	7004

FIRST DISTRICT VICE COMANDNER STANDINGS AS OF 12-17-20

	Vice Commanders											
	Area One					2627	9	2636	3134	84.11%	0	2805
	Area Two					1440	1	1441	1694	85.06%	0	1466
	Area Three					1221	1	1222	1417	86.24%	0	690
	Area Four					1387	6	1394	1699	82.05%	0	1467

THE AMERICAN LEGION DEPARTMENT OF MINNESOTA 2021 DISTRICT MEMBERSHIP REPORT FOR 12-17-20

Dist	Rank												
1	7th	Dale Wellik	54	861	746	5014	6675	15	6690	8009	83.53%	17	7004
2	9th	Bradley Pagel	40	651	469	3881	5041	11	5052	6189	81.63%	3	5483
3	1st	Linda Dvorak	103	1562	1583	6257	9505	71	9576	10,938	87.55%	78	9596
4	8th	Joseph Jansen	24	287	276	1132	1719	4	1723	2,091	82.40%	23	1830
5	10th	Wade A. Larson	15	306	346	925	1592	0	1592	2164	73.57%	6	1777
6	5th	Paul D. Edwards	100	1110	1065	6590	8865	50	8915	10,598	84.12%	16	9254
7	2nd	Dean Knutson	30	702	393	3700	4825	31	4856	5,646	86.01%	40	4965
8	6th	D Marvin Hill	16	319	376	2304	3015	4	3019	3591	84.07%	8	3086
9	3rd	Steven Sundstrom	47	553	561	3851	5012	51	5063	5953	85.05%	12	5207
10	4th	Thomas H. Allen	88	912	1295	5086	7381	17	7398	8780	84.26%	14	7700
99			9	179	413	1315	1916	0	1916	2997	63.93%	0	1677
Totals			526	7442	7523	40,055	55,546	254	55,800	66,956	83.34%	217	57,579

Please keep working both the 1982 and 1982 AD lists found in the My Legion Post site if your post is signed up. If your post is not signed up please try and get signed up. There is a lot of great help for membership recruitment to be found there. Also do not forget about the expired member lists which are there too.. If you need help , contact the District Adjutant, he knows how to get your post signed up and use the site. As of 11-30-20 the First District had 524 members who had not paid their 2020 dues and 1589 members who had not paid their 2021 dues. We need to work on these members to renew before the 18th of December so they do not lose any benefits. Mary and I would like to wish everyone a Merry Christmas and a Happy New Year

Myron Ehrich - First District Membership Director

A MESSAGE FROM THE MAKER OF THESE LARRY OTTO

The final totals are phone numbers of the winners are listed below.

I would like to thank everyone who participated in this fundraiser and the total amount raised for the Commander's project was \$535.00.



The high bid for the Army one is \$125.00 by phone number 507-513-1582 as of 10/4/20



The high bid for the Marine one is \$225.00 by phone number 507-259-5261 as of 10/4/20




The high bid for the Navy one is \$65.00 by phone number 507-433-7975 as of 10/4/20



The high bid for the Air Force one is \$120.00 by phone number 507-251-5051 as of 10/4/20

Memorial Day is coming so if you visit a cemetery don't remove the coins as they have meaning.


THE MEANING OF COINS ON A HEADSTONE




A penny, you stopped and paid your respects.



A nickle, you attended bootcamp with them



A dime, you served in the armed forces with them



A quarter, you were with the soldier when they were killed

IF YOU WONDERED WHY WE DO NOT WALK BETWEEN OR "BREAK" THE COLORS AT LEGION EVENTS, THIS IS THE REASON WHY.



This Is Hallowed Ground

Why You Don't Walk Between The Colors

Between the flags that proudly fly
 Let no one dare to stand
 For here our fallen comrades lie,
 We call it Hallowed Ground.
 A symbol, yes, but mark it well;
 Here let us ever humbly pause
 In Memory of the ones who fell
 In fighting for our sacred cause.

On sea or land these buddies died.
 Some lie beneath a foreign sod
 In graves caressed by winds and tide,
 In spots unknown to all but God.
 And so this place is Hallowed Ground.
 And it shall be forever blessed,
 As though it were a grassy mound
 Beneath which gallant heroes rest

Be ever watchful, Legionnaire.
 Of those two flags which signify
 That we should guard this spot with care
 Where our departed comrades lie.
 And, if a man should dare to tread
 This spot where lie our gallant brave,
 He desecrates those noble dead
 As tho he walked upon their grave.

FIRST DISTRICT AUXILIARY NEWS



Auxiliary Contacts

FROM YOUR PRESIDENT'S DESK

President

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Secretary

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1stadjutant@gmail.com

Membership / First Vice

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Treasurer

Audrey Farnsworth
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January 2021 1st District Newsletter

As we enter another New Year, we are blessed to be healthy! 2020 has been a year we will all remember, but 2021 can be a better year for all of us if we all do what is asked of us.

We have had to make changes in our how we do things either with our Auxiliary, Post or Families. Many of us have had to get creative or think outside the box! That has not been a bad thing, it has given us new ideas on how to do what we do best! Helping our Veterans and Community during this time. Thank you to our Units and members that found ways to do just that!

1st District is currently in 1st Place in Department at 78.39%!

Thank you to our Units and Membership Chairs for working so hard on achieving this at this difficult time! A great example of still continuing to do what is needed and not give up, because we do not meet in person!

2021 will be a "Better Year!" please stay safe and healthy!
All the Best in 2021

Wanda Prescher
1st District President



First District Auxiliary Membership Report for December 30, 2020

Unit	Location	Goal	Previous	Turn In	Total	Precent	Left
9	Winona	141	68	1	69	48.94%	72
90	Lewiston	36	24	0	24	66.67%	12
190	St Charles	51	33	10	43	84.31%	8
50	Wabasha	110	72	9	81	73.64%	29
110	Lake City	64	48	9	57	89.06%	7
179	Plainview	120	93	13	106	88.33%	14
546	Kellogg	110	73	9	82	74.55%	28
573	Elgin	13	12	0	12	92.31%	1
579	Millville	51	41	0	41	80.39%	10
588	Mazeppa	37	34	1	35	94.59%	2
92	Rochester	136	100	0	100	73.53%	36
119	Byron	41	18	2	20	48.78%	21
164	Stewartville	175	144	4	148	84.57%	27
551	Eyota	97	75	5	80	82.47%	17
Pod One		1182	835	63	898	75.97%	284
295	West Concord	32	21	0	21	65.63%	11
330	Hayfield	173	140	0	140	80.92%	33
333	Kasson	135	119	2	121	89.63%	14
384	Dodge Center	64	33	22	55	85.94%	9
422	Claremont	20	1	19	20	100.00%	0
52	Blooming Prairie	91	68	6	74	81.32%	17
77	Owatonna	111	81	0	81	72.97%	30
75	New Richland	45	36	0	36	80.00%	9
228	Waseca	240	181	0	181	75.42%	59
587	Waldorf	21	18	0	18	85.71%	3
Pod Two		932	698	49	747	80.15%	185

**1st District American Legion Auxiliary Membership as
of December 30, 2020 continued**

40	Lanesboro	97	67	0	67	69.07%	30
68	Spring Valley	39	37	0	37	94.87%	2
81	Harmony	52	37	0	37	71.15%	15
94	Rushford	45	32	0	32	71.11%	13
197	Chatfield	30	25	0	25	83.33%	5
299	Mabel	116	84	0	84	72.41%	32
369	Wykoff	17	16	0	16	94.12%	1
526	Peterson	46	43	1	44	95.65%	2
544	Ostrander	14	12	0	12	85.71%	2
637	Whalen	21	17	0	17	80.95%	4
191	Caledonia	75	64	2	66	88.00%	9
249	Spring Grove	109	76	9	85	77.98%	24
423	Houston	126	102	0	102	80.95%	24
498	Hokah	18	17	0	17	94.44%	1
595	LaCrescent	171	116	25	141	82.46%	30
Pod Three Totals		976	745	37	782	80.12%	194
56	Albert Lea	285	208	0	208	72.98%	77
264	Glenville	90	64	0	64	71.11%	26
404	Alden	43	33	0	33	76.74%	10
552	Freeborn	62	57	0	57	91.94%	5
91	Austin	134	84	16	100	74.63%	34
105	Lyle	52	47	5	52	100.00%	0
140	Grand Meadow	65	55	0	55	84.62%	10
146	Adams	127	106	0	106	83.46%	21
161	Leroy	46	29	0	29	63.04%	17
Pod Four Totals		904	683	21	704	77.88%	200
Total		3994	2961	170	3131	78.39%	863

Newsletter Article

I hope everyone had a Happy Holidays and will have a Happy New Year. The year 2020 has been tough and we must continue to work hard to keep the drive going. First District Auxiliary is in 1st place and I pray everyone is continuing to work hard at continuing the membership. Please continue the hard work and if you have questions please let me know.

“It’s a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.” – Germany Kent

Everyone please stay healthy. Thank you for all your hard work.

Tonia Bettermann, Membership Chairman



FROM YOUR HONORARY JR AUXILIARY PRESIDENT

I would like to wish you all a Happy New Year! I hope this upcoming year of 2021 will bring great things to the American Legion and Auxiliary with COVID permitting. I would like to get our junior members out in to the community. For an example we are building a new Veterans Memorial in LeRoy and that would be a great opportunity to help out with the upkeep.

I plan on continuing Kassy's project, Believet Service Dogs This project is a way to raise money to help pay for the service dogs that go out to veterans in need.

Remember if you want to donate to my project, the checks need to be made out to: The First District ALA with The District Honorary Jr President's project in the memo line and sent to Audrey Farnsworth at: 302 1st St E, Stewartville, MN 55976

Taylor McElroy—First District 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

How to make a *Face Mask*

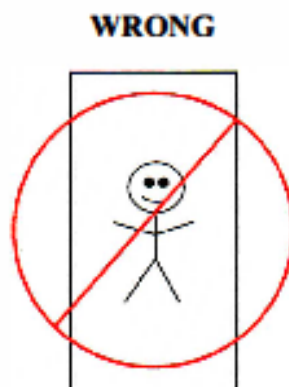
You will need a cotton fabric, any print for adult: 100% cotton, tightly woven fabric is preferred. Cotton flannel for the backing is preferred, though a different print of standard cotton is accepted.
 1/8" flat braided elastic
 Cut the elastic 7" long

Adult face mask (9"x6")

1. Put right sides of cotton and flannel fabric together.
2. Starting at the center of bottom edge sew to the first corner, stop. Sew end of elastic to corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of that same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. And repeat #2 to the corner.
5. Sew to next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out
7. Pin 3 tucks on each side of the mask to create pleats. Make sure the tucks are the same direction.
8. Sew around the edge of the mask twice.



RIGHT



adapted from pattern by

TURBAN PROJECT 501 c3



Full Tutorial on their Facebook and Website

CHANGES TO THE AMERICAN LEGION AUXILIARY ELIGIBILITY

The American Legion Constitution and Bylaws has been updated to replace the word “wife” with “spouse,” related to the membership criteria for the American Legion Auxiliary (ALA).

Here are some common questions and answers to what this means going forward:

Question: Why change ALA membership eligibility?

Answer: In 1920, veterans were almost 100 percent male so the ALA was formed as the organization for the spouses of the veteran — those spouses just happened to be women.

Today, an estimated 16 percent of enlisted people and 18 percent of officers are women, who may be married to a non-veteran. To keep the ALA as the organization that supports spouses of the veteran, we need to change the ALA’s definition from wives to spouses, thereby updating the organization to represent the changing makeup of the military.

Q: How can this change help ALA membership?

A: Think about female spouses who are alone as their husband is deployed. They have the ALA to lean on. Who can the male spouse rely on? With this eligibility change, now male spouses who are ALA members can receive the same support while their wives are deployed.

Q: Would this change need to be approved by Congress?

A: No, because the American Legion Auxiliary is not chartered by Congress. The American Legion, which was chartered by Congress, created the ALA. The Legion approved the ALA to operate as a separate corporation; however, The American Legion has always set the eligibility requirements of the ALA in their bylaws.

Q: What about the previous communications issued by former ALA leadership claiming this change could not happen? Why is that information inaccurate?

A: Previously released messaging could have been interpreted by members to mean ALA needs congressional approval for this change to happen. That information is inaccurate. The American Legion Auxiliary is not chartered by Congress.

Q: ALA refers to itself as the world’s largest women’s patriotic service organization. How can we allow men to join?

A: Now that the resolution has been adopted by The American Legion, the Auxiliary will no longer call itself the world’s largest women’s patriotic service organization.

Q: How would this change affect the American Legion Auxiliary membership application or signing up new members?

A: We anticipate taking applications on Sept. 1.

AUXILIARY MEMBERSHIP NEWS

THIS IS THE NEW APPLICATION FORM FOR THE AMERICAN LEGION AUXILIARY



American Legion Auxiliary MEMBERSHIP APPLICATION

APPLICANT INFORMATION		
Name (First)	(M.I.)	(Last)
Address		
City	State	ZIP
Home Phone	Cell Phone	Email Address
/ /	<input type="checkbox"/> Birth - 17 <input type="checkbox"/> 18 and over	
Date of Birth (Required)	Unit #	Location
Have you been a member previously? <input type="checkbox"/> Yes <input type="checkbox"/> No (If yes, fill in below.)		
Previous Unit City/State	ALA ID# (if known)	
	/ /	
Signature of Applicant (or legal guardian if under 18)		Date

ELIGIBILITY INFORMATION		
Eligible Through—Name of Veteran (Female Veterans: List Your Own Name)		
If Living:	American Legion Member ID #	Post # City State
<input type="checkbox"/> Deceased—If veteran is deceased, contact ALA unit about the necessary military records. For Veteran's DD214 Discharge Papers: www.archives.gov/veterans/military-service-records		
Veteran Served:		
<input type="checkbox"/> WWI (4/8/1917-11/11/1918)		
<input type="checkbox"/> Anytime After 12/7/1941 (check all that apply):		
<input type="checkbox"/> Global War on Terror	<input type="checkbox"/> Panama	<input type="checkbox"/> Vietnam
<input type="checkbox"/> Gulf War	<input type="checkbox"/> Lebanon/Grenada	<input type="checkbox"/> Korea
		<input type="checkbox"/> WWII
		<input type="checkbox"/> Other Conflicts
Applicant's Relationship to the Veteran:		
<input type="checkbox"/> Male Spouse	<input type="checkbox"/> Female Spouse	<input type="checkbox"/> Mother
<input type="checkbox"/> Grandmother	<input type="checkbox"/> Sister	<input type="checkbox"/> Self
<input type="checkbox"/> Direct Female Descendant (daughter, granddaughter, great-granddaughter, etc.)		
To Be Completed By The American Legion Post Adjutant/Officer		
I certify that the above named individual served at least one day of active duty during the dates marked above and was honorably discharged or is still serving honorably.		
Post Adjutant/Officer Membership Verification		Date

HELP US GET YOU CONNECTED!		
I am interested in learning more about:		
<input type="checkbox"/> Volunteering for Veterans, Military, and Their Families		
<input type="checkbox"/> Youth Activities, Including ALA Girls State, Junior Member Programs, and Scholarships		
<input type="checkbox"/> Member Discounts and Services		
<input type="checkbox"/> Other		
Please contact the following individual about volunteering or joining the American Legion Auxiliary:		
Name	Phone	Email
Name	Phone	Email
Name	Phone	Email
Recruiter's Name	Unit/Post #	City State

Submit this application to the ALA unit you wish to join. If unit is unknown, contact National Headquarters at (317) 569-4500 for assistance. Annual dues must accompany completed application. Ask local contact for amount due. *Membership pending approval of application.*



SONS OF THE AMERICAN LEGION NEWS

Hello Legion family,

COMMANDER

Greg Lemmer
140 Jederman Drive
Winona, MN 55987
507-312-2222
gslemmer@hbc.com

ADJUTANT

Dave Bilderback
44092 2nd Ave NW
Rochester, MN 55901
507-250-1057
dbilderback@aol.com

EAST SIDE VICE COMMANDER

Brian Tomasheck
560 East fifth St
Winona, MN 55987
507-454-5998
btoma0210@gmail.com

WEST SIDE VICE COMMANDER

Chuck Stone
1625 Crestview Ln
Owatonna, MN 55060
507-213-7517
castoney@hotmail.com

MEMBERSHIP

Glenn Mueller
548 East 10th St
St Charles, MN 55972
507-932-4301 or 507-316-3977
glm01311962@gmail.com

FINANCE OFFICER

William Goede
630 3rd Ave NW
Plainview, MN 55964
507-534-2931 or 507-259-7595
wgoede62@embarqmail.com

Greetings from your District SAL. I hope everyone is staying safe and taking the proper safety measures. With all the shut-downs there is not a lot going on. Do be sure to check in with your Legion to see if they are offering take-out meals. That is one way for you to continue to support your Legion.

In regards to this pandemic, please keep in mind the requirement to wear your mask when entering and exiting establishments. Let's all be considerate of others, and take the proper precautions.

Regarding membership; last month I reported that District 1 was in 6th place out of 10. The update is sad, as we have fallen to 9th place out of 10 from a percentage standpoint. The numbers speak for themselves. What can we do to get members to turn in renewals and set some goals to recruit new members? I know the Vice Commanders have been working with a few of the squadrons to see what we can do to help them out. Do you have a family member or friend that you could bring on board? We really need to get our numbers up and we need everyone's help to do so.

Please keep the Veterans and their families in mind during these cold wintery months. I'm sure a few of us know of Veterans that may struggle to get walkways and driveways cleared of snow. Maybe they can't get out to pick up the mail, or worse yet the medicine and or groceries they need. Now it's more important than ever to do those buddy checks. Check with your Post Commander and ask if there is a list of those in need.

Remember by patronizing your Legion you are also supporting the Veterans, the Legion, and the Legion Family Members. Please support your local Legion and think of ways you can better support it and the Veterans.

Please take the time to thank a Veteran or active military member. They deserve our Thank You each and every day. Please remember you have your freedoms because of them.

The SAL would like to wish everyone a Happy New Year. I for one, am hoping for a much better new year. Bring on 2021 already!

In closing I wish you all the best. God Bless our Troops past and present and God Bless America.

Respectfully Yours,
Greg Lemmer
1st District SAL Commander

JUDGE ADVOCATE

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278 1/2 East Third St
Winona, MN 55987
507-313-5861
joshheric@hbc.com

HISTORIAN

James Myers
676 Grand Street
Winona, MN 55987
507-458-5396
meyers5396@gmail.com

SGT AT ARMS

Clint Betterman
1625 Crestview Ln
Owatonna, MN 55060

1st District

Sqdrn.	Location	2020 Results 6/27/20	2021 Goal	105%	Total at Dept	Rally Turn In	Grand Total	% of Goal	Date Goal Reached
9	Winona	85	89	94	112		112	125.84%	11/3/2020
40	Lanesboro	62	65	69	1		1	1.54%	
50	Wabasha	10	11	12	8		8	72.73%	
52	Blooming Prairie	41	43	46	0		0	0.00%	
56	Albert Lea	122	126	133	93		93	73.81%	
75	New Richland	0	5	6	0		0	0.00%	
77	Owatonna	122	126	133	40		40	31.75%	
90	Lewiston	47	49	52	1		1	2.04%	
91	Austin	64	67	71	10		10	14.93%	
92	Rochester	122	126	133	59		59	46.83%	
94	Rushford	24	25	27	8		8	32.00%	
105	Lyle	26	28	30	1		1	3.57%	
119	Byron	39	41	44	25		25	60.98%	
146	Adams	93	97	102	40		40	41.24%	
161	Le Roy	40	43	46	12		12	27.91%	
164	Stewartville	107	111	117	79		79	71.17%	
166	Preston	44	46	49	24		24	52.17%	
179	Plainview	13	14	15	3		3	21.43%	
190	St. Charles	12	13	14	11		11	84.62%	
191	Caledonia	0	5	6	0		0	0.00%	
228	Waseca	105	109	115	2		2	1.83%	
249	Spring Grove	0	5	6	0		0	0.00%	
264	Glenville	46	48	51	41		41	85.42%	
266	Hartland	10	11	12	12		12	109.09%	8/18/2020
281	Janesville	7	8	9	0		0	0.00%	
299	Mabel	15	16	17	10		10	62.50%	
317	Emmons	41	43	46	1		1	2.33%	
330	Hayfield	34	36	38	22		22	61.11%	
333	Kasson	37	39	41	38		38	97.44%	
384	Dodge Center	10	11	12	2		2	18.18%	
404	Alden	57	60	63	31		31	51.67%	
423	Houston	15	16	17	16		16	100.00%	10/27/2020
446	Rochester	10	16	17	34		34	212.50%	10/21/2020
546	Kellogg	17	18	19	0		0	0.00%	
551	Eyota	35	37	39	14		14	37.84%	
552	Freeborn	27	29	31	24		24	82.76%	
573	Elgin	3	5	6	0		0	0.00%	
579	Millville	28	30	32	1		1	3.33%	
595	La Crescent	74	76	80	33		33	43.42%	
1111	Dakota	59	75	79	0		0	0.00%	
Totals		1703	1818	1929	808	0	808	44.44%	

INFORMATION FROM YOUR SAL ADVISOR

Just a quick update for everyone....

1. Chuck Stone will be running for 1st District SAL Commander for 2021-2022.
2. Brian Tomasheck is running for East Side Vice Commander 2021-2022.
3. Bill Goede is running for Finance Officer 2021-2022.
4. Tim Weaver is running for Detachment Commander 2021-2022.
5. Gary Weaver is running for Department 1st and 3rd Vice Commander 2021-2022.
- 6, I have asked to be reappointed District SAL Advisor-2021-2022.

One thing we need to explain to Squadrons is if they don't meet on a regular basis or don't elect officers, we need one contact person for the Squadron. That way if District, Detachment, or National have questions, there is someone they can contact. It also gives us someone we can send Detachment and District mailings to.

Right now, we are still looking for the following Elected Offices: Westside Vice Commander and Chaplain. As far as I know, no one to my knowledge has stepped up for the Appointed positions- (Chuck -correct me if I am wrong.) Adjutant, Historian, Judge Advocate, Sgt at Arms, and Membership Director.

If anyone is interested in staying on or is interested in being considered, please let Chuck know. Any member who is in Good Standing can run for an Elected Office or be appointed to a position.

Thank you for all the hard work everyone is doing in these trying times.

If I can be of assistance, please let me know.

Happy New Year to all-hopefully next year will be better than this one was.

Brian
1st District SAL Advisor
2019-2021

AMERICAN LEGION RIDERS



DIRECTOR

Roe Naylor
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CHAPLAIN

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928sunshine@gmail.com

Greetings from the First District ALR

Happy New Year to all. We hope that everyone is staying healthy, safe and well during this crazy covid time!!

Once things open back up, please support your local legion post in anyway you can.

When riding season is back...We will be there for you also.



We had planned to have a meeting in March. We hope to be able to do so, stay tuned for more information!



Annual West Concord American Legion & Auxiliary Cancer Breakfast

Drive up at the Legion Hall on East Main Street

January 10, 2021 - 7:00 AM until 1:00 PM

+ Pancakes and/or French Toast

+ Scrambled eggs

+ Link sausage

+ Homemade bars

+ Coffee or Orange juice

Suggested donation:

Adults \$8.00

Under 12 \$5.00

Under 6 -Free-

NOTICE: Due to COVID-19 restrictions, orders are picked up curbside on Main Street.

100% of your donation goes towards the Eagles Cancer Telethon



Donations may be sent to: Post 295 – Cancer Breakfast
PO Box 195
West Concord, Mn 55985-0195

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