



FIRST DISTRICT NEWSLETTER

THE AMERICAN LEGION DEPARTMENT OF MN

JANUARY 2023

Legion Contacts

Commander

Mary Hanson
1701 4th Ave SW
Austin, MN 55912
507-440-3606
mfhanson52@charter.net

Adjutant

Wayne Hammon Jr
115 East Cabot St
LeRoy, MN 55951
507-696-2707
1stadjutant@gmail.com

Membership

Dale Wellik
17941 County Highway 34
Dodge Center, MN 55927
507/421/5674
treeson34@gmail.com

Chaplain

Larry Otto
14758SW 52nd Ave
Ellendale, MN 56026
507-475-1023
larryandem2@gmail.com

VICE—COMMANDER INFORMATION

Area One - Robert Schmidt
1104 West Center St
Lake City, MN 55041
651—448—3687
msgbob79@gmail.com

Area Two - Mike Parry
601 13th Ave SE
Waseca, MN 56093
507—382—8447
mparry57@gmail.com

Area Three - Nicolas Prestby
PO Box 227
Canton, MN 55922
507-743-8400 or 770-605-5312
nickprestby@outlook.com

Area Four - Cole Wilcox
807 North Everett St
LeRoy, MN 55951
507—481—7822
colewilcox86@gmail.com

On the first few pages of this newsletter is the District and Department events for the 2022—2023 year, CHECK IT OUT .

January 7, 2023— First District Mid-Winter. Post 77 in Owatonna at 10 AM.

Check out the events on the first few pages of this newsletter as I keep them updated with any changes that may come about.



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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!!!!!!!!!!!!!! IMPORTANT - PLEASE READ !!!!!!!!!!!!!!!

AT THE FIRST DISTRICT AMERICAN LEGION CHANGEOVER IN JUNE 2022 CHANGES HAVE BEEN MADE IN THE PRICES FOR REGISTRATION AND LUNCHES.

THESE CHANGES BELOW HAVE BEEN COPIED RIGHT OUT OF THE FIRST DISTRICT BY- LAWS REGULATION GUIDELINES FOR FIRST DISTRICT FUNCTIONS.

THESE CHANGES GO IN EFFECT STARTING WITH THE DISTRICT FALL RALLY.

FALL RALLY

Shall be at the home of the First District Commander. Noon luncheon price not to exceed \$10.00. Registration; Legion \$10.00, Auxiliary \$10.00, SAL \$10.00, ALR \$10.00.

MID-WINTER

Shall be at the home of the District President. Time and Place to be known at Fall Rally. Registration; Legion \$10.00, Auxiliary \$10.00, SAL \$10.00, ALR \$10.00. Noon luncheon price not to exceed \$10.00.

CONVENTION REGISTRATION

Registration of all, but no charge to Department Officers, National Officers or visiting District Officers. Distinguished Guest Chairman shall provide the registration table with an updated list. Registration shall be conducted at a convenient location and shall be fixed at \$15.00 for Legionnaires, \$15.00 for Auxiliary members, \$15.00 for SAL members and \$15.00 for ALR members. (Pre- registration is \$15.00, at the door registration is \$20.00.) This shall include Convention Badge, Booklet of full admission to all entertainments and a complete packet of information of convention activities. Only one (1) registration is required. (1)

MEMBERSHIP RALLIES AND EVENTS

2022-2023

January 7, 2023, **First District Mid – Winter – Owatonna Post 77**
(137 Broadway St West, Owatonna, MN) Exec
Boards 9:00 AM, sessions start at 10:00 AM
(The Post has a new elevator to get to the basement)

Sweetheart Rally

Osseo American Legion Post 172

February 4, 2023

260 4th St SE

Osseo MN 55369

Meal cost \$15.00 (Deadline for Reservations January 27, 2023)

Membership Turn In/Social: 10:30 am

Meal Served: 11:30 am (Sloppy Joes, Coleslaw, Chips, and Dessert)

Program: 12:30 pm

Point of Contact: Mary Kuperus - Cell – 320 -354 - 4741

February 18, 2023, **First District Educational & Learning Rally -**
Location, updated date and time TBA

March 25, 2023 **First District Educational & Learning Rally –**
Location, updated date and time TBA

Legion Family Appreciation Party

New Prague American Legion Post

April 15, 2023,

300 Lexington Ave S

New Prague MN 56071

Meal cost \$15.00 (Deadline for Reservations April 7, 2023)

DEC/ Social : 4.00 PM

Dinner : 5.00 PM (Hot Beef Sandwich, Beans, Coleslaw and Dessert)

Program: 6.00 PM

Point of Contact: Linda Dvorak - 952 – 457 - 2129

April 29, 2023
testimonial

Austin, MN

Commander Mary and President Tonia's Tes-

Austin Post 91 located at 809 12th St SW,

More information will be forth-coming.

May 13, 2023

Dept Comanders Testimonial
Post 45, New Prague, MN
Time, menu and program TBA



May 6, 2023

First District SAL Convention – Kasson American Legion
Post 333 (212 West Main Street, Kasson , MN) time TBA

May 6, 2023

First District ALR Convention – Kasson American Legion
Post 333 (212 West Main Street, Kasson, MN) time TBA

May 20, 2023

First District Legion & Aux Convention – Kasson American
Post 333 (212 West Main Street, Kasson, MN). Time TBA

July 12—15, 2023

Department Convention - Jackpot Junction Casino Hotel,
Redwood Falls, MN . More info on the MN legion website at mnlegion.org

(Department events in red and District events in Black)



2022-2023 Department Membership Dates

Harvest Rally	(Legionville – Dinner Tickets \$15.00)	September 10, 2022
Early Bird/NEF Kickoff	(National Target Date-50%)	September 14, 2022
2023 Renewal Cutoff		September 19, 2022
<u>Membership must be into Dept by Sept 13, MyLegion by Sept 9</u>		
Fall Meetings	(National Target Date-55%)	October 13, 2022
2023 Renewal Cutoff		October 21, 2022
<u>Membership must be into Dept by Oct 18, MyLegion by Oct 11</u>		
Department Fall Conference	(St Cloud Convention Center)	October 27-29, 2022
Veterans Day	(National Target Date-65%)	November 9, 2022
Pearl Harbor Rally		December 3, 2022
Pearl Harbor Day	(National Target Date-75%)	December 14, 2022
2023 Renewal Cutoff		December 16, 2022
<u>Membership must be into Dept by Dec 12, MyLegion by Dec 7</u>		
Mid-Winter	(National Target Date-80%)	January 19, 2023
Sweetheart Rally	(Osseo Post 172)	February 4, 2023
Presidents Day	(National Target Date-85%)	February 15, 2023
2023 Renewal Cutoff		February 17, 2023
<u>Membership must be into Dept by Feb 13, MyLegion by Feb 7</u>		
Legion Birthday	(National Target Date-90%)	March 15, 2023
Appreciation Rally	(New Prague Post 45)	April 15, 2023
National Commanders Tour	(Northern Tour)	April 16-21, 2023
2023 Renewal Cutoff		April 18, 2023
<u>Membership must be into Dept by Apr 10, MyLegion by Apr 8</u>		
Children & Youth	(National Target Date-95%)	April 19, 2023
MN American Legion College	(Camp Ripley)	April 20-23, 2023
Department Auxiliary Presidents Testimonial	(Spicer Post 155)	April 22, 2023
Department Commanders Testimonial	(New Prague Post 45)	May 13, 2023
Armed Forces Day	(National Target-100%)	May 1



Greetings 1st District Legion Family,



Greetings 1st District,

The Holiday gatherings are over for most of us. I hope everyone had a joyous Holiday Season and the weather did not disrupt your plans. For those struggling, I hope it was an uplifting season.

We are now into 2023. Did you make a New Year's Resolution? Resolutions are a great way to take stock of what is important in your life. Now would be a good time to renew your commitment to the American Legion.

Pledge to help out at the 1st District revitalization. More information to follow.

Pledge to attend rally's, conventions and other meetings. Everyone is always welcome.

Pledge to volunteer at your local post.

Pledge to find a program and get involved.

Remember, the funds you raise at your post should be used to work the programs under the four pillars.

The 1st District will be holding the Mid-Winter at the Owatonna Post on 1-7-2023. The executive board meets at 9:00 am and Mid-Winter starts at 10:00 am. There will be an oratorical contest and a speaker that will bring us up to date on the Preston Home. Come and hear about the business of the 1st District.

Tonia and I will be having our testimonial on 4-29 at the Austin Post 91. More information to follow. Hard to believe we are talking about that already.

Let's work together to make 2023 a better year for Our American Legion.

Mary Hanson



FROM YOUR CHALAINS DESK

Greetings to the 1st District American Legion Family,

As I sit at the kitchen table this cold December morning, my weather app says it's -2 with a wind chill of -21! It's warm here in the house, but outside it's cold. I know, because I just put out bird seed. While having my morning coffee I looked out to see the birds had an empty feeder. It was as if they were saying to me, "It's time for you to feed us!", so out I went. That reminded me of the Bible verse in Matthew 6:26, where Jesus said, "Look at the birds of the air, they do not sow or reap, or store away in barns and yet your Heavenly Father feeds them. Are you not much more valuable than they?" Now I know I'm the one who fed them this morning, but if the Holy Spirit had not prompted me to do so, they would have found food elsewhere. Getting back to where I started, I never understood why Grampa and Gramma enjoyed feeding and watching the birds. I just figured it was something old people did. Well, I must be old because I'm enjoying it! It brings a sense of peace and joy when watching them—kind of a calming to my heart, especially on this Christmas morning.

As we celebrate the birth of a baby in Bethlehem, who, in a short 33 years would die on a cross for my sins and the sins of the world. Let us always remember his birth and the reason for his coming. As we go into January, the old saying is, "As the days grow longer, the temperature grows colder." Here's hoping there will not be too many really cold days ahead of us. And if there are, we'll just have to deal with it.

Here's hoping your new year is filled with joy and happiness. Remember to "Be the One", help someone in need, call on a fellow veteran, visit others in care centers and hospitals. Pray for our service personnel.

Remember..

God is Good-All the Time

and

All the time-God is Good!

From my wife, Emily, and me, "Merry Christmas and a Happy New Year!"

Larry H. Otto

1st District Chaplain

FROM AREA THREE

Merry Christmas and Happy New Year to all our legion members in the 1st dist. December has been a slow month for news in area three . on dec.17th I attended the wreath laying ceremony at the state cemetery in Preston . it was pretty chilly up there on the hill . that experience is a very humbling time seeing so many people attend that ceremony and laying all those wreaths at all of those headstones of all our fallen veterans from the area . after that ceremony some of my family and I went to the catholic cemetery north of canton and put out 40 wreaths on vets' graves there . now that was a whole lot colder and windier than in Preston . going to both were very teary eyed for me .being a legion member makes me so proud of our legion and all that it does for our veterans .membership to the legion is very important to keep us strong to be able to help keep our freedom strong and thriving .enough said about that . I hope everyone has a great new year and a better 2023 . please drop me a line if any of the posts in my area need anything or have an event or meeting that you would like me to attend thank you for your service

Nick Prestby, Area Three Vice Commander

FROM AREA FOUR

Happy New Year Area 4,

Lets get to work on getting those memberships turned in

Cole Wilcox

Area Four Vice Commander



Picture of Preston Cemetery with Christmas wreaths on.



Larry and Emily Otto at the First District Christmas party in Blooming Prairie on December 11, 2022



Commander Mary Hanson Speaking at Lake City Post 110.

First District American Legion Family,

Another year is upon us with new leadership throughout the 1st District. I write this short note to let you know that if you at your post has items of interest that you'd like on the 1st District Facebook page or the 1st District website please forward that information to me. I will make sure it is place in the appropriate location for all to view. As a member of the Department's Media and Communications team, it is our hope to be able to help all Districts develop a social media presence. I will do what I can to help the 1st District do just that. Events, pictures and information you can send to mparry57@gmail.com anytime.

I want also to let you know that the MN American Legion Patriots Podcast will begin broadcasting the first Thursday in September and then every Thursday thereafter at 2pm. You'll find that the podcast will be both video and audio and will be 25 minutes or less covering issues affected Veterans. Watch your e-mail and newsletter for where you'll be able to click and watch. God Bless America, the Legion Family and all our Veterans.

Mike Parry, Member
Media & Communications
Dept of Minnesota
American Legion

IMPORTANT INFORMATION

I am on the global war on terrorism design committee in Rochester, MN. We are asking for anyone in a 75 mile radius of Rochester to write us about any stories and or remembrance you have had. If you were one of the ones who were activated or were a fire man, policeman or first responder even if we're one of many dog handlers. What we thinking for a design is a time line even type of theme this will be an extension to the war memorial at Solders Field, so if you have any memories of that send them to markmaloney1962@gmail.com.

Thanks The Olmsted Committee
Commander
Mark A Maloney III

FROM AREA TWO

Greetings from Area Two.

Happy New Year! Don' forget January 7th Mid-winter at Owatonna Legion Post 77. Look for information in this newsletter. If you can't make it, check out the 1st District Facebook page and watch it "Live" beginning at 10am. The Minnesota Legislature gets underway on January 3rd. Please stay informed and watch for the different Veterans issues that will come about. If you missed the Patriots Podcast featuring Legislative Chair Eric Ahlness, you can go back on our Facebook page, or the Departments Facebook page and watch. Eric gives a run down on issues being worked on. Membership is still forefront. If you know of someone who hasn't renewed, please ask them to or let any Officer know.

That's it for now. Remember, BE THE ONE!

Mike Parry, Vice Commander

FROM AREA ONE

Greetings. I hope that this New Year is off to a great start for you. Another year is in the books. Some of the same issues we confronted in 2022 remain with us. Namely, Suicide Prevention and the health issues caused by the toxic exposures experienced by service members who have served in SW Asia. I was recently notified of the loss of two members from the SE Minnesota Military Police Company I served with. Suicide Prevention is very real, and we must continue to move forward and support this issue. As to the health issues caused by the toxic exposures, I encourage any service member who served in SW Asia from the Gulf War forward to contact the Veterans Administration for a medical exam and to review the legislation in the PACT Act which became effective on January 1, 2023. If you have questions, contact a Veterans Service Officer for assistance. They exist to assist you. Finally, one additional item is the need for all Posts to have up-to-date information regarding their post-meeting dates, times, and location as well as their Officer listing, with accurate email and phone contact information. If there is a change it is important to notify the District Adjutant as well as the Department. If at any time, there is anything that we can do to assist you from the District level please let us know. We are here to help. Let's have a great 2023 as a Legion Family.

Robert Schmidt

The American Legion, Dept of MN, First District 2023 Membership Report for December 14,

Dist	Post	Location	New 2022	PUFL 2022	Online 2022	Trad 2022	Paid 2022	HQ Trans 2022	Total Membr 2022	Goal 2022	% of Goal	HQ Trans 2022	Last yr at this dae
1	9	Winona	9	36	0	359	404	2	406	477	85.12%	0	0
1	90	Lewiston	0	10	0	40	50	1	51	80	63.75%	0	0
1	190	St Charles	1	16	0	77	94	0	94	140	67.14%	0	0
1		Winona County	10	62	0	476	548	3	551	697	79.05%	0	0
1	50	Wabasha	5	46	0	139	190	0	190	207	91.79%	0	0
1	110	Lake City	11	16	0	117	144	1	145	201	72.14%	0	0
1	179	Plainview	1	26	0	99	126	0	126	147	85.71%	0	0
1	546	Kellogg	0	8	0	40	48	0	48	60	80.00%	0	0
1	573	Elgin	0	3	0	18	21	0	21	27	77.78%	0	0
1	579	Millville	0	20	0	79	99	0	99	109	90.83%	0	0
1	588	Mazeppa	4	8	0	47	59	0	59	64	92.19%	0	0
1		Wabsha County	21	127	0	539	687	1	688	815	84.42%	0	0
1	92	Rochester	9	92	0	485	586	4	590	784	75.26%	0	0
1	119	Byron	1	18	0	55	74	0	74	127	58.27%	0	0
1	164	Stewartville	13	25	0	207	245	0	245	285	85.96%	0	0
1	446	Rochester	0	2	0	9	11	0	11	12	91.67%	0	0
1	551	Eyota	7	23	0	110	140	0	140	185	75.68%	0	0
1		Olmsted County	30	160	0	866	1056	4	1060	1393	76.09%	0	0
1		Area One	61	349	0	1881	2291	8	2299	2905	79.14%	0	0
1	295	West Concord	0	7	0	30	37	0	37	43	86.05%	0	0
1	330	Hayfield	1	18	0	124	143	0	143	162	88.27%	0	0
1	333	Kasson	9	31	0	170	210	2	212	242	87.60%	0	0
1	384	Dodge Center	1	9	0	48	58	0	58	76	76.32%	0	0
1	422	Claremont	1	3	0	23	27	0	27	30	90.00%	0	0
1		Dodge County	12	68	0	395	475	2	477	553	86.26%	0	0
1	52	Blooming Prairie	1	17	0	57	75	0	75	85	88.24%	0	0
1	77	Owatonna	5	57	0	242	304	0	304	407	74.69%	0	0
1	296	Ellendale	0	3	0	26	29	0	29	34	85.29%	0	0
1		Steel County	6	77	0	325	408	0	408	526	77.57%	0	0
1	75	New Richland	0	8	0	30	38	0	38	44	86.36%	0	0
1	228	Waseca	3	23	0	210	236	0	236	275	85.82%	0	0
1	281	Janesville	3	5	0	74	82	0	82	86	95.35%	0	0
1	587	Waldorf	0	0	0	16	16	0	16	22	72.73%	0	0
1		Waseca County	6	36	0	330	372	0	372	427	87.12%	0	0
		Area Two	24	181	0	1050	1255	2	1257	1506	83.47%	0	0

1	1140	Lanesboro	5	14	0	81	100	0	100	107	93.46%	0	0
1	68	Spring Valley	0	8	0	44	52	0	52	67	77.61%	0	0
1	81	Harmony	0	1	0	9	10	0	10	27	37.04%	0	0
1	94	Rushford	2	9	0	63	74	0	74	94	78.72%	0	0
1	166	Preston	3	15	0	29	47	0	47	51	92.16%	0	0
1	197	Chatfield	0	1	0	33	34	0	34	38	89.47%	0	0
1	299	Mabel	3	30	0	99	132	1	133	147	90.48%	0	0
1	369	Wykoff	1	0	0	15	16	0	16	17	94.12%	0	0
1	400	Canton	0	0	0	18	18	0	18	22	81.82%	0	0
1	492	Fountain	0	0	0	1	1	0	1	12	8.33%	0	0
1	526	Peterson	0	4	0	29	33	0	33	39	84.62%	0	0
1	544	Ostrander	0	2	0	12	14	0	14	22	63.64%	0	0
1	637	Whalan	0	0	0	9	9	0	9	8	112.50%	0	0
1		Fillmore County	14	84	0	442	540	1	541	651	83.10%	0	0
1	191	Caledonia	0	15	0	93	108	0	108	132	81.82%	0	0
1	249	Spring Grove	2	12	0	94	108	0	108	138	78.26%	0	0
1	423	Houston	1	7	0	73	81	1	82	100	82.00%	0	0
1	498	Hokah	1	1	0	19	21	0	21	22	95.45%	0	0
1	595	LaCrescent	1	45	0	154	200	3	203	247	82.19%	0	0
1		Houston County	5	80	0	433	518	4	522	639	81.69%	0	0
1		Area Three	19	164	0	875	1058	5	1063	1290	82.40%	0	0
1	56	Albert Lea	2	37	0	346	385	1	386	487	79.26%	0	0
1	264	Glenville	0	8	0	44	52	0	52	67	77.61%	0	0
1	266	Hartland	0	1	0	12	13	0	13	14	92.86%	0	0
1	317	Emmons	1	3	0	40	44	0	44	52	84.62%	0	0
1	404	Alden	0	4	0	51	55	0	55	77	71.43%	0	0
1	552	Freeborn	3	5	0	19	27	0	27	31	87.10%	0	0
1		Freeborn County	6	58	0	512	576	1	577	728	79.26%	0	0
1	91	Austin	7	49	0	293	349	0	349	456	76.54%	0	0
1	105	Lyle	1	8	0	58	67	0	67	85	78.82%	0	0
1	140	Grand Meadow	2	3	0	30	35	0	35	37	94.59%	0	0
1	146	Adams	4	20	0	107	131	0	131	175	74.86%	0	0
1	161	LeRoy	1	4	0	37	42	0	42	47	89.36%	0	0
1	570	Austin Spam	1	0	0	6	7	0	7	12	58.33%	0	0
1		Mower County	16	84	0	531	631	0	631	812	77.71%	0	0
1		Area Four	22	142	0	1043	1207	1	1208	1540	78.44%	0	0
1	1111	Dakota	0	0	0	0	0	0	0	0	0.00%	0	0
1		District Totals	126	836	0	4849	5811	16	5827	7241	80.47%	0	0

DISTRICT VICE COMMANDER STANDINGS

	Vice Commanders												
	Area One	61	349	0	1881	2291	8	2299	2905	79.14%	0	0	
	Area Two	24	181	0	1050	1255	2	1257	1506	83.47%	0	0	
	Area Three	19	164	0	875	1058	5	1063	1290	82.40%	0	0	
	Area Four	22	142	0	1043	1207	1	1208	1540	78.44%	0	0	

THE AMERICAN LEGION DEPARTMENT OF MINNESOTA 2021 DISTRICT MEMBERSHIP REPORT FOR 12/16/21

Dist	Rank											
1	2nd	Mary Hanson	126	836	0	4849	5811	16	5827	7241	80.47%	
2	1st	Pam Krill	78	607	0	3894	4579	13	4592	5651	81.26%	
3	6th	Gary Richardson	174	1569	0	6241	7,984	44	8,028	10,185	78.82%	
4	4th	Dave Dahl	28	274	0	1148	1450	15	1465	1,840	79.62%	
5	10th	Lynne Nottage	8	299	0	659	966	2	968	1704	56.81%	
6	3rd	Karen O'Bar	177	1097	0	6565	7839	66	7,905	9,870	80.09%	
7	7th	Karen Welander	67	671	0	3440	4178	12	4190	5,376	77.94%	
8	5th	Larry Pocrnich	83	320	0	2185	2588	12	2600	3285	79.15%	
9	8th	Terry Buaas	47	540	0	3671	4258	27	4285	5534	77.43%	
10	9th	William Gordon	137	951	0	5005	6093	48	6141	8024	76.53%	
99			12	217	0	1281	1510	0	1510	3121	48.38%	
To- tals			937	7381	0	38,938	47,256	255	47,511	61,831	76.84%	

FROM YOUR MEMBERSHIP DIRECTOR

Thank You for your service to our country and the American Legion Family.

Merry Christmas to all of you that do so much for the American legion and the local posts and all members, it could not be done without you.

Christmas day celebrations are now over but the reason for the season of Christmas is not. It is here forever.

Now we are at the end of this calendar year and membership still matters to each and every one of us. It is not just the post membership director or Commander's job to recruit new members or talk about the American Legion and its programs. You may be talking to a potential new member, and they may not even know they are eligible or never been asked.

We now have busy times coming up. The District Mid-Winter Rally is in Owatonna at the Legion post January 7th. The District Oratorical contest is also that day. Come and listen to these young speakers talk about the constitution.

Continue to do the Buddy checks call someone that you haven't seen or heard from for a while, you could be the one, that they need to talk to.

Pray for peace around the world.

Pray for our deployed troops and their families. They are all really missed especially this time of year around the holidays.

Pray for all our Veterans, you could be the one to make, a difference.

Dale Wellik

District Membership Director



FROM YOUR PRESIDENT'S DESK

Auxiliary Contacts

President

Tonia Betterman
1625 Crestview Lane
Owatonna, MN 55060
507-456-2315
bettm88@outlook.com

Secretary

Sandy Fredrickson
771 2nd St SW
Glenville, MN 56036
(507) 383-3776
dsfredrick@gmail.com

Membership / First Vice

Wanda Prescher
3321 Vista View Ct SW
Rochester, MN 55902
507/254/0304
w.prescher1951@gmail.com

Treasurer

Audrey Farnsworth
302 1st St E, Stewartville, MN 55976
507-319-0257
harlee@charter.net



From the President's Desk

Greetings,

Well welcome to the New Year. 2022 was definitely full of challenges and went very quickly. There was some exciting things that happened and some not so good things in 2022. I am looking forward to the new year and all the new challenges that come with it.

On January 7th there will be a Mid-Winter held at the Owatonna Post 77. There will be a silent auction held for the Auxiliary Emergency Fund. If you would like to contribute to this, please contact me or Jackie Wolff. You can also just bring the donation the day of the Mid-Winter. There will also be a lunch that day which will include soup, sandwich and cookie/bar.

There will be a 1st District rally on February 18th. We will have further information in the future newsletters.

On April 29th I will be having my testimonial in Austin with Mary Hanson the 1st District Commander. Please plan on attending. This will be a good time with good company.

My project this year is a large plaque on the New Preston Veterans Home. I am having a raffle to earn more money for this plaque. Please contact me if you are interested in getting one. They are \$5.00 each.

Please let me know if you would like me to attend any meetings with in your unit. I would be happy to say a few words and learn more about your unit.

Thank you,

Tonia Bettermann
1st District Auxiliary President

First District Auxiliary Membership Report

FOR December 20, 2022

Location	Goal	Previous	Turn In	Total	Precent	Left
9 Winona	124	87		87	70.16%	37
90 Lewiston	35	28		30	85.71%	5
190 St Charles	10	10		10	100.00%	0
50 Wabasha	103	74		79	76.70%	24
110 Lake City	70	3		40	57.14%	30
179 Plainview	127	79		93	73.23%	34
546 Kellogg	101	71		74	73.27%	27
573 Elgin	14	1		7	50.00%	7
579 Millville	45	29		36	80.00%	9
588 Mazeppa	37	22		30	81.08%	7
92 Rochester	130	86		90	69.23%	44
119 Byron	22	15		15	68.18%	7
164 Stewartville	164	117		126	76.83%	47
551 Eyota	102	70		77	75.49%	25
Pod One Total	1084	692	0	794	73.25%	290
295 West Concord	34	1		22	64.71%	12
330 Hayfield	175	123		127	72.57%	52
333 Kasson	142	111		124	87.32%	18
384 Dodge Center	57	140		51	89.47%	6
422 Claremont	21	19		19	90.48%	2
52 Blooming Prairie	92	68		68	73.91%	24
77 Owatonna	103	64		71	68.93%	32
75 New Richland	41	29		33	80.49%	8
228 Waseca	225	175		178	79.11%	47
587 Waldorf	19	13		14	73.68%	5
Pod Two Totals	909	743		707	77.78%	202

Minnesota Membership

40 Lanesboro	92	78	78	84.78%	14	
68 Spring Valley	46	39	42	91.30%	4	
81 Harmony	53	26	26	49.06%	27	
94 Rushford	44	34	34	77.27%	10	
197 Chatfield	26	17	17	65.38%	9	
299 Mabel	120	76	87	72.50%	33	
369 Wykoff	19	17	17	89.47%	2	
526 Peterson	49	36	36	73.47%	13	
544 Ostrander	12	6	8	66.67%	4	
637 Whalen	18	14	14	77.78%	4	
191 Caledonia	71	0	61	85.92%	10	
249 Spring Grove	94	0	71	75.53%	23	
423 Houston	116	0	96	82.76%	20	
498 Hokah	17	0	17	100.00%	0	
595 LaCrescent	160	0	112	70.00%	48	
Pod Three Totals	937	343	0	716	76.41%	221
56 Albert Lea	265	169	184	69.43%	81	
264 Glenville	96	65	65	67.71%	31	
404 Alden	42	23	29	69.05%	13	
552 Freeborn	58	56	56	96.55%	2	
91 Austin	122	1	75	61.48%	47	
105 Lyle	52	38	38	73.08%	14	
140 Grand Meadow	66	55	60	90.91%	6	
146 Adams	130	109	114	87.69%	16	
161 Leroy	49	23	26	53.06%	23	
Pod Four Totals	880	539	0	647	73.52%	233
Total	3810	2317	2864	75.17%	946	

FROM YOUR MEMBERSHIP CHAIRMAN

January Newsletter 1st District

Happy New Year! Looking forward to a great 2023! Our last Membership Bulletin 12/20 our membership was at 75.25% - 1st Place in Department! Congratulations to everyone for helping to make this happen! Membership to date 2,867 to 2787, up 80 members! ALL Units should be proud of having accomplished this for our District!

Pearl Harbor Rally was held December 3rd. At that time the Departments Goal was 75%. Not one district made goal. At that time, we were in 2nd place at 68.92%. 19 of our 48 Units achieved the 75% goal! All went into the \$25 drawing from District Membership! The winner was Grand Meadow Unit 140! Congratulations to President Margene and members!

In just over 2 weeks, 241 memberships were turned in! Congratulations Members! Just keep turning those memberships as you get them, everyone in our District should be proud of what has been accomplished! I know I am proud and thankful to each and all of you, that has helped to make this happen! Thank you, for your dedication to your Units and our 1st District American Legion Auxiliary!

I wish you all, the very best in 2023!

Wanda Prescher-Membership

FROM YOUR HONORARY AUXILIARY JR PRESIDENT

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



LEADERSHIP BASICS

TO ALL MEMBERS OF THE AMERICAN LEGION AUXILIARY---

BACK TO THE BASICS

THIS IS NOT JUST FOR OFFICERS---IT IS FOR EVERY MEMBER TO BE A PART OF THE AMERICAN LEGION AUXILIARY!!

IN ORDER TO PARTICIPATE AND GET INVOLVED AND BE SUCCESSFUL, WE HAVE A MISCONCEPTION OF OUR ORGANIZATION.

EACH OF YOU ARE VALUABLE, EACH OF YOU HAVE A SAY---make your membership count!!

Some basic information:

Our ALA mission:

In the spirit of Service, not self, the mission of the American Legion Auxiliary is to support the American Legion and to honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad. For God and country, we advocate for veterans, educate our citizens, mentor youth and promote patriotism, good citizenship, peace and security.

If we believe in this statement and work for the good of the organization we can accomplish anything we set out to do!

How many units have the Department Unit Guide? How many units have read and follow the protocol set before us by the National and Department guidelines? How many units have standing rules (the specifics to your unit)? How many units actually run their meetings by these guidelines (oh you may be relaxed abit)?

Plain and simple---If you don't follow what has been set forth by the American Legion Auxiliary your unit is not operating by the IRS rules and regulations for nonprofit organizations!!

Are you nonprofit? Are you current in filing the 990 status for your unit? If not, you legally cannot operate as a nonprofit UNIT!

Did you know?---Membership---are you following the guidelines of the changes done a year ago (set by the IRS standards)? Anyone that has previously been a member as a great granddaughter is grandfathered in, but---we can no longer sign up great granddaughters!

Did you know September is Junior Activities Month? Are you doing anything special to sign up junior members or involving the community to make people aware we have a Junior program?

October is Education and Constitution and Bylaws. Does your unit get involved with your American Legion for National Education Week in November? Do you do anything special to recognize educators---not just your schools but even your spiritual educators (Sunday School teachers/partner up)! Do you review your unit constitution (which is in the Department Unit guide) and your standing rules? These should be reviewed annually.

These are just a few items for this month. I don't want you to go on overload (mentally). You all have a say in your UNIT! You all are vitally important to the success of your UNIT! Your unit is only as good as those whom want to get involved/participate in what happens within your UNIT! **Again, the ALA is all of you---not just the officers!!**

Many of you do not attend Department Fall Conference. I ask why?? as this is the time for learning what our programs are all about!! Even if it is to enhance one or two programs you do well with.

Look for upcoming details for our annual District Fall Rally in October (see the calendar). For those of you whom have questions on any of our programs---please come. Come see what prize you could actually win for either you or your unit!!! If we don't know the answers---we will get the answer from someone who knows!

District Leadership Chairman,

Sandy Fredrickson

SOME INFORMATION ON BELIEVET SERVICE DOGS

OUR PROGRAM

The Need

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

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

Our Response

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

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

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

Our Dogs

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

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

Our Facility

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

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



SONS OF THE AMERICAN LEGION NEWS



COMMANDER

Roe Naylor
63106 240th S Brownsdale, MN 55918
BROWNSDALE, MN 55918
Phone - 507-438-5804
EMAIL - roe.land@yahoo.com

ADJUTANT

Dave Bilderback
4409 22 Ave NW Rochester, MN 55901
507—250—1057
dbilderbackb@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

Clint Bettermann
1625 Crestview Lane—Owatonna, MN 55060
507-213-7517
castoney@hotmail.com

MEMBERSHIP

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

FINANCE OFFICER

Gene Luedtke
325 Hoffman Dr, Apt 305 Owatonna, MN 55060
507 -451—5731
gene.luedtke@hotmail.com

JUDGE ADVOCATE

Josh Erickson
278 1/2 East 3rd St , Winona, MN 55987
507 -313-5861
josheric@hbc.com

CHAPLAIN

Ron Wolff
901 8th Ave SW - Waseca, MN 5609
507-456-3817
ronwolff5@gmail.com

Sgt at ARMS

Mark Maloney
845 54th Ave APT E Winona , MN 55987
Phone - 507-513-1582
EMAIL - markmaloney1962@gmail.com

FROM YOUR DEPARTMENT MEMBERSHIP

Good afternoon, all! Attached is our membership report as of 1/1/2023. Please review this with your squadrons as appropriate. **Please note:** Membership was not processed between 12/20/2022 and 1/2/2023 due to financial end-of-month reporting and the holidays. Anything received during that time is currently being processed.

Individual Online Renewals tentatively going live Jan 2: National Headquarters will be going live with members being able to renew their membership online direct tentatively on January 2. I haven't heard official word that this has happened, however, National Headquarters is closed today for the New Years' holiday. I would anticipate that we would hear official word on this tomorrow. For those squadrons who have not submitted their SDRs, the dues amount set for the individual renewals will be \$13.00 (the cost of the Detachment and National dues). If a squadron submits its SDR, this amount will change to reflect what was listed on the SDR.

2022 Membership Year Transmittals accepted until January 11th.

As 2022 ends, so does the ability of Department headquarters to process 2022 membership transmittals. Please let your squadrons know that **any 2022 transmittals MUST be received at Department Headquarters by January 11th**. After that date, any 2022 transmittals received will be sent back to the squadron to process. All squadrons can submit 2022 and 2021 dues online via MyLegion.com. If any issues arise (such as a proforma order needed) please get in touch with me and I am happy to assist in getting that proforma order created so that you can process the member online. When requesting the order, I will need the Member ID and the First and Last name of the individual. Thank you for your attention to this!

Also, if you have not seen Detachment Adjutant Doug Bible's email from 12/31 with the minutes from the last Executive Committee Meeting, they are attached. Please review them as it contains information on our upcoming Spring Conference and Detachment Convention.

Happy New Year to you and your families! As always, if I can be of assistance, please reach out.
Matthew Verkuilen

First District SAL Membership for 1/1/2023

1ST DISTRICT

Sqdrn.	Location	2022 Results (7/31/2022)	2023 Goal	Total at Dept	Rally Turn In	Grand Total	% of Goal	Date Goal Reached
9	Winona	148	154	108		108	70.13%	
40	Lanesboro	58	59	62		62	105.08%	
50	Wabasha	15	21	20		20	95.24%	
52	Blooming Prairie	35	41	0		0	0.00%	
56	Albert Lea	124	130	49		49	37.69%	
75	New Richland	0	1A	0	0	0	#VALUE!	
77	Owatonna	98	99	33		33	33.33%	
90	Lewiston	47	48	46		46	95.83%	
91	Austin	59	60	37		37	61.67%	
92	Rochester	78	79	55		55	69.62%	
94	Rushford	33	39	13		13	33.33%	
105	Lyle	28	34	1		1	2.94%	
119	Byron	25	26	13		13	50.00%	
140	Grand Meadow	0	1A	0	0	0	#VALUE!	
146	Adams	107	108	54		54	50.00%	
161	Leroy	33	34	27		27	79.41%	
164	Stewartville	115	121	84		84	69.42%	
166	Preston	39	40	41		41	102.50%	
179	Plainview	10	11	4		4	36.36%	
190	St Charles	9	10	2		2	20.00%	
191	Caledonia	7	13	0		0	0.00%	
228	Waseca	121	127	60		60	47.24%	
249	Spring Grove	0	1A	0	0	0	#VALUE!	
264	Glenville	59	65	40		40	61.54%	
266	Hartland	11	12	11		11	91.67%	
281	Janesville	7	8	7		7	87.50%	
299	Mabel	13	19	16		16	84.21%	
317	Emmons	41	47	25		25	53.19%	
330	Hayfield	36	42	30		30	71.43%	
333	Kasson	47	53	41		41	77.36%	
384	Dodge Center	8	9	0		0	0.00%	
400	Canton	0	1A	0	0	0	#VALUE!	
404	Alden	57	58	0		0	0.00%	
423	Houston	13	14	0		0	0.00%	
446	Rochester	36	42	26		26	61.90%	
546	Kellogg	12	13	12		12	92.31%	
551	Eyota	35	41	25		25	60.98%	
552	Freeborn	24	30	3		3	10.00%	
573	Elgin	0	1A	0	0	0	#VALUE!	
579	Millville	24	30	0		0	0.00%	
595	La Crescent	64	70	56		56	80.00%	
637	Whalan	0	1A	0	0	0	#VALUE!	
1111	Dakota	0	1A	0	0	0	#VALUE!	
1st District Totals		1676	1807	1001		1001	55.40%	



Detachment of Minnesota

DETACHMENT EXECUTIVE COMMITTEE MEETING

December 15, 2022

7:00pm by Zoom Meeting

Opened by Detachment Commander Tin Weaver. Commander Weaver wished everyone Happy Holidays.

Roll Call by Detachment Adjutant Doug Bible. Members Present: Tim Weaver, Doug Bible, Matt Verkuilen, John Weiss, Dennis Blue, Steve Bilderback, Lou Michaels, William Goede, Casey Lenort, Shawn Davis, Gary Weaver, Joseph Niesen, Joseph Mayne, Jim Stock, Dennis Henkemeyer, Chance Harmon. Excused: Shawn Kosbab, Dennis Bjorklund.

Discussion of Legionville. It was expressed to the committee that Legionville is not very welcoming to us having convention there. We could use the Education Building, but not the dorms or kitchen. The camp cooks would not be available to make meals and local caterers are very expensive. Commander Weaver was unable to get in contact with Tom Winter or the Fairmont Squadron. Dennis Blue contacted Osseo and they were unavailable. Dennis Blue then contacted Anoka and they can hold the convention. Dennis tentatively held the dates at Anoka. Motion by Lou Michaels, second Steve Bilderback to not hold the convention at Legionville. Carried.

Amendment to award to Anoka by Doug Bible, second Lou Michaels. Carried. Detachment Convention will be at Anoka on June 23-24, 2023. Motion by Dennis Henkemeyer, second Steve Bilderback to have the convention hosted by the rotating sister districts each year unless a squadron wants to bid to host at least one year in advance. Carried.

Discussion of Central Area Conference. The first ever Central Area Conference will be on April 21-23, 2023, in Columbus, OH. The Eastern Region holds one each year, rotating area. The Western Region holds their conference in Las Vegas each year. Motion by Dennis Henkemeyer, second Lou Michaels to send the following to the Regional Conference in Columbus, OH, on April 21-23, 2023.- Detachment Commander, Detachment Commander candidate(s) and Minnesota recognized National Officer candidates. PNC Joe Mayne would like to attend. Carried.

Discussion of SAL National Commander's Homecoming. The SAL National Commanders Homecoming is March 24-26, 2023, in Indianapolis, IN. Motion by Dennis Blue, second John Weiss to send the following to the National Commander's Homecoming in Indianapolis.

IN, on March 24-26, 2023, NEC, Detachment Commander, PNC's and recognized Minnesota National candidate. Suggest 4 people. Carried.

Currently there is \$500 budgeted for the homecoming, but the \$2500 allocated for meal subsidy for convention could be added.

Spring Conference will be on March 17-18, 2023, in Rochester. Confirmed with Dave Bilderback.

4th District Commander is ill and has been told to take it easy.

St Paul Winter Carnival Grand Day Parade is January 28; everyone is invited to attend.

NEC Shawn Davis said that the new National Constitution has just been released and there are a few changes.

PNC Joe Mayne said that there is expected to be some Regional changes starting for the 2024 year.

Matt Verkuilen said that SDRs that have not been sent in will only show the National and Detachment dues.

NEC Shawn Davis said the Mid Winters are on the Website calendar.

Motion to adjourn by Doug Bible, second Lou Michaels. Carried.

Meeting Adjourned.

Douglas Bible, PNC Detachment Adjutant



DIRECTOR - ROE NAYLOR
 63106 240TH ST
 BROWNSDALE, MN 55918
 Phone - 507-438-5804
 EMAIL - roe.land@yahoo.com



VICE DIRECTOR - CHUCK STONE
 1625 Crestview Lane
 Owatonna, MN 55060
 Phone - 507 213-7517
 EMAIL - castoney@hotmail.com

SGT at ARMS - JOE SMILLIE
 1001 7th St NW
 Austin, MN 55912
 Phone - 641-590-3522
 EMAIL - joesmillie.js@gmail.com

SECRETARY - SUNSHINE MILLER
 845 54th Avenue, Apt E
 Winona, MN 55987
 Phone 507-459-5962
 EMAIL - 928sunshine@gmail.com

FINANCIAL ADVISOR - MARK MALONEY
 845 54th Avenue, Apt E
 Winona, MN 55987
 Phone - 507-513-1582
 EMAIL - markmaloney1962@gmail.com

CHAPLAIN - SCUFFY PAULSON
 26043 St Hwy 43
 Rushford, MN 55971
 Phone - 507-450-8493
 EMAIL - scuffypaulson888@yahoo.com

HISTORIAN - TONIA BETTERMAN
 1625 Crestview Lane
 Owatonna, MN 55060
 PHONE - 507-456-2315
 EMAIL— betttm88@outlook.com



**DON'T YOU DARE GIVE UP
ON THIS LIFE. NOT TONIGHT.
NOT TOMORROW. NOT EVER**



POST

NOT ALL WOUNDS ARE VISIBLE

If you served our Nation.

Come find out about some of the resources available to you!!!!

**VETERANS
RESOURCE
FAIR**

Brought to you by

Dodge Center

American Legion



When:

Saturday March 26th
2:00 PM – 7:00 PM

Where:

Dodge Center American
Legion
Post 384 Wells-Peterson
401 Hwy St W Dodge Center,
MN 55927
507-633-6420
DCAL.Post384@gmail.com

Organizations Attending

- American Legion
- Veteran Service Officer
- MACV
- MN Department of Veterans Affairs – Higher Education
- Disabled American Veterans
- Veterans Court
- Minnesota State Parks
- Plus More!!!!

Veteran's Coffee Talk

Do you need someone who will listen?

BE THE ONE

TO **ASK** VETERANS IN YOUR LIFE HOW THEY ARE DOING. **Veteran to Veteran!**

TO **LISTEN** WHEN A VETERAN NEEDS TO TALK.

TO **REACH** OUT WHEN A VETERAN IS STRUGGLING.



Connect!

Free!

We Listen!

**We are here to support
veterans and their families!**

Engage!

We meet every Tuesday at 9:00 am
Veteran's Resource and Empowerment Center (aka ETS)
5402 43rd Ave S, Minneapolis, MN 55417

Do you need to talk now? Dial 988 – Press 1 for the Veteran's Crisis Line

Post-9/11 Veteran Service Bonus Now Available

The 2022 Legislature passed and Governor Walz signed the first-ever Veterans Omnibus Bill that included funding for a service bonus payable to eligible Veterans who served from 9/11/01 to 8/30/21. The Minnesota Department of Veterans Affairs (MDVA) is honored to facilitate this program for eligible Veterans, currently serving service members or Veterans' beneficiaries.

WHEN: The application period began on July 7, 2022. The last day to apply is June 30, 2024, unless the funds have been exhausted before then.

WHO IS ELIGIBLE: Veterans, currently serving service members, Veterans' beneficiaries, or Veterans' guardians, conservators or legally appointed personal representatives. Veterans in Minnesota are defined under Minnesota statute 197.447. Visit the website for more details.

AMOUNT: There are three tiers of the Post-9/11 Veteran Service Bonus: \$600, \$1,200 and \$2,000. Visit the website for more details.

HOW TO APPLY: The online application is located at VetServiceBonus.mdva.mn.gov.

For more information or to apply, visit:
MinnesotaVeteran.org/ServiceBonus

For additional questions contact your local County Veterans Service Officer at **MACVSO.org** or call LinkVet at **1-888-LinkVet**.



BE THE ONE - New resources are to use in support of the Be The One initiative to be available for American Legion Family Members to reduce the rate of Veteran Suicide at Legion.org

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.

Jim Kellogg



**Candidate For
National Vice Commander
Department Of Minnesota
2024-2025**

***Endorsed By District 1
& Adams American Legion Post 146***



An Air Force Veteran of the Vietnam War from 1969-1973, James "Jim" Kellogg has been a member of his Post for over 46 years. His service to The American Legion includes:

Adams Legion Post 146

- Commander
- Chaplain
- Gambling Manager
- Exec. Board
- Sgt.-at-Arms Marching Unit

District 1

- Commander
- Adjutant
- Vice-Commander
- Parade Chairman
- S.A.L. Advisor
- Historian
- NS/FR representative
- Membership Director
- County Commander

Department

- Sgt.-at-Arms
- Historian
- Department Vice
- Department Chairman NS/FR
- Past Chair Brain Science
- Parade Participant
- Executive Committee
- 100 Yr. Celebration Committee
- NTTTTNTI
Commander

National

- National Foreign Relations Committee
- National Security Council
- Parade Committee MN
- Life Member:
 - ~ American Legion
 - ~ VFW
 - ~ DAV
- Member of 40 & 8
- ANNIVICUS
- National Past Dept. Historian Club
- National Past Dept. Commander Club

Community/Personal

- Northern Country Coop Board
- Soil & Water Board - Mower Co.
- Member MN Corn & Soybean Growers Assn.
- Member Sacred Heart Church & Knights of Columbus
- Married to Brenda - 53 Years
- 4 Children
- 12 Grand Children
- ~ All Legion Family Members
- Proud American Farmer



Annual West Concord American Legion Cancer Breakfast

January 8, 2023 – 7:00 AM until 1:00 PM

- Pancakes and/or French Toast
- Scrambled eggs
- Link sausage
- Homemade cookies or bars
- Coffee or Orange juice

Suggested donation:

Adults	\$8.00
Under 12	\$5.00
Under 6	-Free-

100% of your donation goes to the Eagles Cancer Telethon



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