



FIRST DISTRICT NEWSLETTER

THE AMERICAN LEGION DEPARTMENT OF MN

JUNE 2022

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June 14, 2022 - Flag Day

June 19, 2022 Fathers
Day

June 27, 2022 - PTSD
Day

July 4, 2022 - Independ-
ence Day

July 13 - 16, 2022 -
The Department Con-
vention in Wilmar, MN

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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FROM YOUR COMMANDER'S PEN

Greetings to 1st District Legionnaires,

As I sit and type this final newsletter as your District Commander, I would like to 'Thank you' for the opportunity that was given me last May. I want to send a shout-out to Commander Ole and his team for the wonderful job Albert Lea Post 56 did in hosting this year's convention. The entire day went off without a hitch. It was a heartfelt convention for me, as it was my first Legion Post Home back in 1971 and also the home of my father, Joseph W. (Top Toad) Parry. Congratulations for a job well done!

As I stated in my farewell report, my time as your Commander was bitter sweet. If you want to hear and see the entire farewell report, jump on facebook.com/MNFirstDistrict and you can watch the entire convention for fast forward to that which you'd like to see.

The 2022 convention was a historic one with Legionnaires electing the first female Commander, Mary Hanson, SPAM Post, Austin, MN! This past year, Commander-Elect Hanson has to an exemplary job as our Membership Chairwoman. She has done so much for so many Posts helping navigate through mylegion.com and memberships. I'm looking forward to Mary's leadership and have made a commitment to being her Area 2 Vice Commander for 2022-2023.

Change over for our new District Officers will happen at the Department Convention in Willmar, July 13-16th. For those of you who have never attended a Department Convention, my hope is that you'd make an effort to at least attend one day. The experience you will have will be well worth the trip to Willmar.

Finally, the face of the American Legion is changing. We are watching more female veterans getting involved in leadership positions, like Shelby Barbknecht in Waseca, Catherine Gallagher in Wabasha and Michelle Bollman in Mable. It's so exciting to be seeing new ideas on how to reach out to younger veterans.

Again, I humbly thank you for my time as your District Commander.

God Bless you, God Bless America!!!

Commander Mike Parry
2021-2022



FROM YOUR CHAPLAIN

To the American Legion Family,

Monday, May 30, 2022. Memorial Day. When I woke up on that morning the weather didn't look to be the greatest; 14 local color guard members met at 7:30 a.m. ready to embark on the morning's journey to four area cemeteries in spite of overcast skies and threat of rain. By the time we made it to our first stop, the weather outlook started to change. By our last stop, by the grace of God, it was really nice.

Sometimes we look at life the same way—wondering with some fear or trepidation what the day may hold; but at the end of the day, we find it wasn't so bad. As people of God, we may find ourselves looking more at the bad and not seeing the good that's all around us. We forget to give thanks when we should.

At all of our stops on Memorial Day I had the privilege to share some thoughts and offer up a prayer of thanksgiving. My wife, Emily, came across a Facebook post that I read at each cemetery. The author wasn't identified, but I felt it was just right for the day's message. I've included it in this month's newsletter, hoping it speaks to you as it did to me and many others:

"Monday will be the most expensive holiday on the calendar.
 Every hot dog, every burger, every spin around the lake,
 or drink with friends and family...is a debt...purchased by others.
 This is not about all who've served...that day comes in the fall.
 This one is in honor of those who paid in life and blood;
 whose moms never saw them again,
 whose dads wept in private,
 whose wives raised kids alone,
 and whose kids only remembered them from pictures.
 This isn't simply a day off. This is a day to remember—
 that others paid for every free breath you ever get to take.
 Freedom."



[This Photo](#) by Unknown Author is li-

June is a busy month, with graduations, vacations, or just time at the lake or at home. Here's wishing you a joyful and safe summer!

Almost forgot to congratulate all of our new district officers, especially Mary Hanson as 1st District Commander. Best wishes as you enter into this next chapter in your life. Thanks to Mike Perry for his leadership this past year. I enjoyed working with him.

And now may the Peace and Grace of our Heavenly Father be with you and yours.

Larry H. Otto
 1st District Chaplain

DEPARTMENT CONVENTION REGISTRATION — Official Form

A registration fee of \$15 for each person attending, whether a delegate, alternate or a guest, must accompany this form.

Make your check payable to “American Legion Post 167” with “Dept. Convention” written on the memo line. No credit cards will be accepted.

Please mail this form with your check to: Willmar Post 167 Attn: Greg Krause 220 19th Ave. SW Willmar, MN 56201 Registration at the door will be \$18.

Legion _____

SAL _____

Auxiliary _____

District # _____

Post/Squad/Unit # _____

Name _____

Address _____

City _____ State _____ Zip _____

Delegate _____ Alternate _____ Guest _____

_____ Delegate at-Large (Auxiliary)

_____ (Choose Past Dept. President or Dept.

Exec. Cmte.)

If additional registrations accompany this request, this registration form should be photocopied for each person. The \$15 registration fee must be enclosed for each person.

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Greetings all - Below is a handout that you can pass along to the posts in your districts (I have also attached it as a google doc.) We are in the middle of our first round of registration. We are asking all posts to contact their local softball leagues and share the flyer with them. If you have a team that is interested in playing please have them register during this round so we can start to plan. Our webpage is up and running and we will continue to expand on that as the season progresses. We are also still looking for Legion District representatives in the 3rd,4th, 5th,8th and 9th districts. Also, anyone interested in being on the state committee please contact us.If you know of a post that has charitable gambling funds they would like to use to help sponsor teams who do not have a local post or the local post is unable to provide funding please let us know. Thank you all for your continued support - Let's Play Ball and make history in 2022!



Join us in making history!!!

Registration is now open!!!! The first round of registration is to gain insight on the number of teams that are interested. The full commitment from teams will come during the next stage April 15th - Memorial Day. This is when teams will be entering rosters, completing waivers, and paying the \$500 fee. We are excited about the interest we have seen and hope to see more teams register.

Follow the link to our webpage to register!!

<https://www.minnesotalegionsoftball.com/>

Our goal is to make fastpitch softball accessible to softball players across the state.

- 19U league (01/01/2003)
- Register on our website under the registration tab
- \$500 fee covers state fees and insurance
- Uniforms will require our softball logo on the left sleeve or left chest of the uniform.
- Teams are created based on school enrollment. Each player is tied directly to their high school. If two or more neighboring schools need to combine enrollment to create a team, that is acceptable as long as the enrollment does not surpass 3,600 students. If a team is created by a cooperative like this, all players in those schools would be tied to that team.
- League play will be done locally. Games will be scheduled by the teams in your district / conference.
- Playoffs will be overseen by directors.

Depending on the number of teams that register this year - we hope to have an 8 team state tournament meaning 7 qualifying teams and the host.

Please let us know if you have any questions at this time.

mnlegionsoftball@gmail.com

507-440-7690

701-318-0926

[MN American Legion Fastpitch Softball Facebook Page](#)

Thanks again for helping us make softball accessible to our female athletes all throughout the state!

FROM AREA FOUR

Hello American Legion Area 4 Comrades!

May was a great month for the 1st District events starting with the SAL and ALR Conference followed up with the Legion and Auxiliary Convention. Congratulations to all of the newly elected officers for 2022-2023 years. I personally heard that both the Conference and the Convention had the best numbers attending for the District. Also was told that Albert Lea always has a great turn out for both events. Maybe that is the key to having these events??? Our present 1st District Officers will remain in place until the gavel drops on July 16th at Department Convention.

I hope everyone was able to have a successful Memorial Day honoring our fallen comrades and veterans who sacrificed their lives for our freedom. Also those veterans who have passed throughout the years.

In the United States, **Flag Day** is celebrated on June 14 every year. I hope that posts will continue to honor our flag that day by having a Dignified Disposal of Unserviceable Flags by a Flag Burning Ceremony. This is a very desirable ceremony to present as part of a Flag Days observance. Recognizing the unserviceable flags of our country and presenting them for proper disposal. Invite your community and show them how your post honors your country.

Until next month everyone take care and be safe.

Wes Halverson
Area 4 Vice Commander

FROM AREA THREE

Thank you for your service and continued support of the American Legion and its programs. Thank you everyone for all your support and assistance to the American Legion.

We are now into the summer and time of year when it is report time, blood program, officers report, CPR, (consolidated post report) all committee reports. Even if it is late turn them in., we had committee chairman so do a report if it hasn't been done.

I hope everyone took the opportunity to attend a Memorial Day service/program somewhere this weekend to Honor and Remember those that gave all so we can have the Freedoms this country has.

New Officers welcome aboard it is an honor to hold office in your local post, county, District, Department, National. Officer installation is ceremony/program of the American Legion. Take advantage of this, call your District Officers, and get this program at your post to get this year started.

Thank all of you that attended the District Convention May 21st at the Albert Lea post. Several first-time attendees this year. Thank you.

We had elections of officers and now we have new officers. Thank you, officers, for stepping up. Congratulations. Continue to do the Buddy checks.

Check in on the families of the deployed they may like some assistance with lawn mowing.

Pray for the deployed and their families.

Pray for peace among nations of the world.

Dale Wellik
1st District Area 3 Vice Commander



2022 - 2023 First District American Legion Auxiliary Officers who were elected at the First District Convention in May

Mary Hanson from Spam Post 570, Austin, MN
Elected the First Female Commander for the of the First District at the District Convention in May. She will be serving for the 2022—2023 year.

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



New officers for Mabel Post 299 for the 2022—2023 year

Commander
Mark A Maloney III

FROM YOUR MEMBERSHIP DIRECTOR

The 1st District had a total of 7444 members as of July 1, 2021, with a goal of 8009. This a percentage of 92.95 and we were ranked 7th in the Department. There were 15 posts at 100%.

As a comparison to where we are today, on May 27, 2021 there were 7412 members, with a 92.55% and we were still ranked 7th in the Department. On May 18, 2022 our membership was at 7086, with a goal of 7534, and a percentage of 94.05 and ranked 6th, with 9 posts at 100%.

This is a deficit of over 300 members at this point in time. We are getting down to the end of the membership reporting for the year and there has been very little increase in membership each week.

Membership renewal is important to remain in the forefront of veteran advocacy and service to our fellow veterans and our communities.

We need engagement of our members to get the renewals and new members. Do buddy checks, hold events at your posts, invite the public and visit veterans in the nursing homes. Get involved in your community. Hold training sessions on subjects related to membership. Membership is everybody's job, not just post leadership.

We need to renew our commitment, renew our efforts, and renew our members to make this year count in a big way.

Here are a few reminders:

Make sure you fill out the Officer Report as soon as you hold elections at your post. Send to Department and one copy to Wayne Hammon Jr. our 1st District Adjutant.

Fill out your CPR report, mail it in or enter it on line.

These will need to done before you will receive your membership packet for the new year.

Respectfully Submitted,

Mary Hanson

1st District Membership Director

The American Legion, Dept of MN, First District 2022 Membership Report for May 25, 2022

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	31	0	427	467	2	469	505	92.87%	0	0
1	90	Lewiston	5	9	0	59	73	1	74	73	101.37%	0	0
1	190	St Charles	4	19	0	111	134	6	140	135	103.70%	0	0
1		Winona County	18	59	0	597	674	9	683	713	95.79%	0	0
1	50	Wabasha	8	47	0	150	205	1	206	219	94.06%	0	0
1	110	Lake City	21	20	0	148	189	1	190	145	131.03%	0	0
1	179	Plainview	1	29	0	115	145	0	145	148	97.97%	0	0
1	546	Kellogg	0	8	0	51	59	0	59	61	96.72%	0	0
1	573	Elgin	0	2	0	24	26	0	26	28	92.86%	0	0
1	579	Millville	1	20	0	89	110	0	110	151	72.85%	0	0
1	588	Mazeppa	0	9	0	54	63	0	63	69	91.30%	0	0
1		Wabsha County	31	135	0	631	797	2	799	821	97.32%	0	0
1	92	Rochester	11	93	0	640	744	3	747	808	92.45%	0	0
1	119	Byron	4	18	0	104	126	0	126	130	96.92%	0	0
1	164	Stewartville	6	26	0	249	281	4	285	283	100.71%	0	0
1	446	Rochester	0	2	0	9	11	0	11	16	68.75%	0	0
1	551	Eyota	11	21	0	150	182	0	182	180	101.11%	0	0
1		Olmsted County	32	160	0	1152	1344	7	1351	1417	95.34%	0	0
1		Area One	81	354	0	2380	2815	18	2833	2951	96.00%	0	0
1	295	West Concord	2	8	0	32	42	0	42	49	85.71%	0	0
1	330	Hayfield	1	19	0	139	159	0	159	178	89.33%	0	0
1	333	Kasson	9	32	0	195	236	0	236	262	90.08%	0	0
1	384	Dodge Center	2	7	0	66	75	0	75	81	92.59%	0	0
1	422	Claremont	0	3	0	26	29	0	29	31	93.55%	0	0
1		Dodge County	14	69	0	458	541	0	541	601	90.02%	0	0
1	52	Blooming Prairie	1	15	0	67	83	0	83	91	91.21%	0	0
1	77	Owatonna	9	54	0	338	401	2	403	429	93.94%	0	0
1	296	Ellendale	0	4	0	29	33	0	33	36	91.67%	0	0
1		Steel County	10	73	0	434	517	2	519	556	93.35%	0	0
1	75	New Richland	1	8	0	33	42	0	42	50	84.00%	0	0
1	228	Waseca	5	21	0	247	273	0	273	288	94.79%	0	0
1	281	Janesville	3	7	0	75	85	0	85	88	96.59%	0	0
1	587	Waldorf	1	0	0	20	21	0	21	23	91.30%	0	0
1		Waseca County	10	36	0	375	421	0	421	449	93.76%	0	0
		Area Two	34	178	0	1267	1479	2	1481	1606	92.22%	0	0

1	40	Lanesboro	2	14	0	90	106	0	106	109	97.25%	0	0
1	68	Spring Valley	1	8	0	57	66	0	66	74	89.19%	0	0
1	81	Harmony	1	1	0	24	26	0	26	31	83.87%	0	0
1	94	Rushford	2	10	0	81	93	0	93	105	88.57%	0	0
1	166	Preston	0	17	0	33	50	0	50	53	94.34%	0	0
1	197	Chatfield	0	2	0	35	37	0	37	40	92.50%	0	0
1	299	Mabel	3	30	0	113	146	0	146	160	91.25%	0	0
1	369	Wykoff	0	0	0	16	16	0	16	18	88.89%	0	0
1	400	Canton	1	0	0	20	21	0	21	21	100.00%	0	0
1	492	Fountain	0	0	0	11	11	0	11	14	78.57%	0	0
1	526	Peterson	2	4	0	32	38	0	38	39	97.44%	0	0
1	544	Ostrander	0	3	0	18	21	0	21	23	91.30%	0	0
1	637	Whalan	0	0	0	7	7	0	7	11	63.64%	0	0
1		Fillmore County	12	89	0	537	638	0	638	698	91.40%	0	0
1	191	Caledonia	0	17	0	111	128	0	128	139	92.09%	0	0
1	249	Spring Grove	3	12	0	119	134	0	134	149	89.93%	0	0
1	423	Houston	3	7	0	88	98	0	98	102	96.08%	0	0
1	498	Hokah	0	1	0	20	21	0	21	23	91.30%	0	0
1	595	LaCrescent	0	45	0	199	244	0	244	259	94.21%	0	0
1		Houston County	6	82	0	537	625	0	625	672	93.01%	0	0
1		Area Three	18	171	0	1074	1263	0	1263	1370	92.19%	0	0
1	56	Albert Lea	12	36	0	431	479	10	489	522	93.68%	0	0
1	264	Glenville	1	8	0	57	66	0	66	70	94.29%	0	0
1	266	Hartland	0	1	0	12	13	0	13	14	92.86%	0	0
1	317	Emmons	2	3	0	44	49	1	50	48	104.17%	0	0
1	404	Alden	4	4	0	67	75	0	75	98	76.53%	0	0
1	552	Freeborn	0	5	0	24	29	0	29	32	90.63%	0	0
1		Freeborn County	19	57	0	635	711	11	722	784	92.09%	0	0
1	91	Austin	16	52	0	376	444	10	454	474	95.78%	0	0
1	105	Lyle	2	8	0	73	83	1	84	84	100.00%	0	0
1	140	Grand Meadow	0	2	0	33	35	1	36	42	85.71%	0	0
1	146	Adams	6	20	0	146	172	0	172	151	113.91%	0	0
1	161	LeRoy	0	4	0	41	45	1	46	56	82.14%	0	0
1	570	Austin Spam	1	0	0	12	13	0	13	16	81.25%	0	0
1		Mower County	25	86	0	681	792	13	805	823	97.81%	0	0
1		Area Four	44	143	0	1316	1503	24	1527	1607	95.02%	0	0
1	1111	Dakota	0	0	0	0	0	0	0	0	0.00%	0	0
1		District Totals	177	846	0	6037	7060	44	7104	7534	94.29%	0	0

DISTRICT VICE COMMANDER STANDINGS

		Vice Commanders											
		Area One	81	354	0	2380	2815	18	2833	2951	96.00%	0	0
		Area Two	34	178	0	1267	1479	2	1481	1606	92.22%	0	0
		Area Three	18	171	0	1074	1263	0	1263	1370	92.19%	0	0
		Area Four	44	143	0	1316	1503	24	1527	1607	95.02%	0	0

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

Dist	Rank												
1	6th	Mike Parry	177	846	0	6037	7060	44	7104	7534	94.29%		
2	4th	Steve Fosness	112	635	0	4735	5482	26	5508	5826	94.54%		
3	8th	Bob Hart	285	1579	0	8089	9,953	106	10,059	10,742	93.64%		
4	5th	Dave Dahl	43	275	0	1465	1783	33	1816	1,921	94.53%		
5	10th	Wade Larson	32	299	0	1309	1640	7	1647	1881	87.56%		
6	1st	Jim Lucas	283	1101	0	8195	9579	161	9,740	10,135	96.10%		
7	2nd	Chip Manson	96	682	0	4404	5182	83	5265	5,509	95.57%		
8	3rd	Larry Pocrnich	94	313	0	2742	3149	60	3209	3380	94.94%		
9	9th	Terry Buaas	116	542	0	4660	5318	83	5401	5802	93.09%		
10	7th	Daryl Harmon	238	934	0	6653	7825	62	7887	8376	94.16%		
99			8	221	0	1875	2104	0	2092	3469	60.65%		
Totals			1484	7427	0	50,164	59,075	665	59,740	64,575	92.51%		





FROM YOUR PRESIDENT'S DESK

Auxiliary Contacts

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Treasurer

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From the President's Desk

The First District is sitting at 6th place at 91.27% as of May 11th. There are still quite a few units that have to work at getting to the 100% goal. I want to say good job to the units that have worked hard this year and have passed the goal. These units are Winona (101.68%), Eyota (105.26%), West Concord (110.34%), Lanesboro (107.14%), Spring Valley (107.50%), Wykoff (100%), and Grand Meadow (101.61%).

The District Convention on May 21st went really well. There was a lot of discussion on what the units done for there year. There were not very many units present but the ones that came had a good report. Thank you to all the units that came to the convention. It would have been nice to see more come. I will be doing another year as President and I am hoping for a good year.

I want everyone to know that we need District positions. These positions do take a little bit of work but it does not require all your time. I know many of you work very hard at your units to make them a success and it does show. I would love to know if anyone would be interested in a chairmanship, 2nd Vice President position, Secretary or Parliamentarian. I will be posting the positions I do have filled in the following months. **In order for the District to succeed we need to fulfill these positions filled.**

The Department Convention is in Wilmar, MN this year and the dates are July 13-16, 2022. Please think about attending. This is a fun time to get to know the American Legion Family.

Also, the President's project this year is to raise money for the new Preston Veteran's Home. I am working on putting together enough money to get them a plaque of all the military branches and if enough is raised, we will also get a flagpole. I would greatly appreciate a donation to help these veterans in their new home.

Please continue to work hard at making this American Legion Family great.

Thank you for all you do and please continue to move forward.

Thank you,

Tonia Bettermann
1st District Auxiliary President



RENEW - RECRUIT - REJOIN

Together, We Can Do It!

DISTRICT	# of Units	Goal	Period Gain	Membership To Date	Percent of Goal	5/19/2021 Membership Last Year	Difference from Last Year
One	48	3,802	53	3,470	91.27%	3707	237
Two	72	3,745	42	3,511	93.75%	3642	131
Three	46	3,671	10	3,526	96.05%	3567	41
Four	7	563	5	494	87.74%	544	50
Five	7	509	3	446	87.62%	488	42
Six	62	4,855	21	4,623	95.22%	4721	98
Seven	60	2,970	16	2,779	93.57%	2887	108
Eight	25	1,214	17	1,108	91.27%	1180	72
Nine	49	3,239	17	2,991	92.34%	3143	152
Ten	44	3,765	22	3,419	90.81%	3670	251
1982 Dept	1	203	0	186	91.63%	203	17
District Totals:	421	28,536	206	26,553	93.05%	27752	1,199
Group 1 (Even)	210	14,142	107	13,155	93.02%	13,757	602
<i>Sharon Thiemecke</i>							
Group 2 (Odd)	210	14,191	99	13,212	93.10%	13,792	580
<i>Mary Kuperus</i>							



RANKINGS

1st 96.05% District #3	2nd 95.22% District #6	3rd 93.75% District #2	4th 93.57% District #7	5th 92.34% District #9	6th 91.27% District #1	7th 91.27% District #8	8th 90.81% District #10	9th 87.74% District #4	10th 87.62% District #5
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1st District American Legion Auxiliary Membership

As of May 11, 2022

Unit	Location	Goal	Previous	Turn In	Total	Percent	Left
9	Winona	119	121		121	101.68%	-2
90	Lewiston	36	32		32	88.89%	4
190	St Charles	46	3		3	6.52%	43
50	Wabasha	104	98		98	94.23%	6
110	Lake City	70	47		47	67.14%	23
179	Plainview	127	112		112	88.19%	15
546	Kellogg	100	99		99	99.00%	1
573	Elgin	14	7		7	50.00%	7
579	Millville	45	42		42	93.33%	3
588	Mazeppa	37	33		33	89.19%	4
92	Rochester	130	112		112	86.15%	18
119	Byron	23	17		17	73.91%	6
164	Stewartville	164	159		159	96.95%	5
551	Eyota	95	100		100	105.26%	¹³ -5

Pod One Total		1110	982		982	88.47%	128
295	West Concord	29	32		32	110.34%	-3
330	Hayfield	171	166		166	97.08%	5
333	Kasson	143	134		134	93.71%	9
384	Dodge Center	57	54		54	94.74%	3
422	Claremont	21	19		19	90.48%	2
52	Blooming Prairie	89	86		86	96.63%	3
77	Owatonna	104	94		94	90.38%	10
75	New Richland	41	38		38	92.68%	3
228	Waseca	225	210		210	93.33%	15
587	Waldorf	19	14		14	73.68%	5
Pod Two Totals		899	847		847	94.22%	52
40	Lanesboro	84	90		90	107.14%	-6
68	Spring Valley	40	43		43	107.50%	-3
81	Harmony	53	47		47	88.68%	6
94	Rushford	39	29		29	74.36%	10
197	Chatfield	26	21		21	80.77%	5
299	Mabel	120	110		110	91.67%	10
369	Wykoff	17	17		17	100.00%	0
526	Peterson	45	41		41	91.11%	4
544	Ostrander	13	10		10	76.92%	3
637	Whalan	18	16		16	88.89%	2
191	Caledonia	71	63		63	88.73%	8
249	Spring Grove	94	84		84	89.36%	10
423	Houston	117	111		111	94.87%	6
498	Hokah	18	15		15	83.33%	3
595	La Crescent	160	154		154	96.25%	6
Pod Three Totals		915	851		851	93.01%	64
56	Albert Lea	266	233		233	87.59%	33
264	Glenville	96	92		92	95.83%	4
404	Alden	42	34		34	80.95%	8
552	Freeborn	58	55		55	94.83%	3
91	Austin	122	103		103	84.43%	19
105	Lyle	53	48		48	90.57%	5
140	Grand Meadow	62	63		63	101.61%	-1
146	Adams	130	119		119	91.54%	11
161	Leroy	49	43		43	87.76%	6
Pod Four Totals		878	790		790	89.98%	88
Total		3802	3470		3470	91.27%	332

FROM YOUR MEMBERSHIP CHAIRMAN

I'd like to thank each and every one of you for all the work you have put in to keep our membership up to date and growing. I am learning about what all the programs the American Legion Department does for our Veterans and the only way we will continue to support these programs is to maintain and grow our membership. Please keep up the good work and let me know how I can help if you run into issues.

Currently 1st District is still in 6th place at 91.5%. We have 7 units who have made goal (great job to all of your members), 21 Units at 90% or higher, 13 Units at 80% or higher, 4 Units at 70% or higher and 3 Units still struggling. We continue to strive for 100% by July 1st. I know we can do it and "Together We Will Do It".

Our State Membership Chair, Linda Kelly, has issued many challenges throughout the year to help promote membership. Her latest is if we make 100% by July 1st, she will attend the convention with red, white and blue hair. Wouldn't that be great to see her with crazy hair and wouldn't that be great to meet the challenge with 100%?

Here are the awards issued at the 1st District Convention on May 21, 2022:

Marie Goede Membership Trophy (greatest increase in number of members by previous year)—West Concord Unit 295 @ 110.34%

Lynette Hillman Wolff Membership Trophy (greatest % of increase in junior membership from previous year)—Houston Unit 423 @ 6%

Carol Kruger Membership Trophy (1st Unit to make goal)—Wykoff Unit 369 @ September 21, 2021

As I stated at the beginning of the year: We had some pretty big shoes to fill to make our goals. With that I would like to present the following shoes to these Units for their hard work.

1st Place—Wykoff Unit 369 @ September 21, 2021

2nd Place—Grand Meadow Unit 140 @ November 30, 2021

3rd Place—West Concord Unit 295 @ February 18, 2022

Most Senior Membership Gain—Lansboro Unit 40 @ +21

Most Junior Membership Gain—Hayfield Unit 330 @ +3

Again, thank you for all that you do for your Unit, your Post and for our Veterans.

Kathy Fredrickson, 1st District Membership Chair

SOME INFORMATION ON BELIEVET SERVICE DOGS

OUR PROGRAM

The Need

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

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

Our Response

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

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

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

Our Dogs

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

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

Our Facility

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

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



SONS OF THE AMERICAN LEGION NEWS

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FROM YOUR COMMANDER'S DESK

Greetings First District American Legion Family,
It's been a very fast year and it's hard to believe a new Legion year is about to start. East Grand Forks will be hosting the SAL Convention, formally known as the spring camp traditionally held at Legionville. Finance and executive board meetings will be Friday June 24th followed by general session on Saturday June 25th. Hope to see a few from the First District there. Bring a buddy or two and make it a carpool trip. I will be leaving Friday morning if anyone wishes to tag along.

Albert Lea did a wonderful job hosting the convention this year. Noteworthy was the presents of the Bell of Honor for the memorial service. District Chaplin Larry Otto would like your assistance in identifying Gold Star families in the First District. If you know of any, please give Larry a call.
Thank you to all for the GREAT year,

Chuck Stone



SGT AT ARMS

Austin Schram
LaCrescent, MN



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FROM YOUR AMERICAN LEGION RIDERS

On May 7th the First District Legion Riders held elections for the 2022-2023 officers. Roe Naylor – Director is starting his 2nd year of a two-year term. Other officers are as follows:

Chuck Stone – Vice President
 Joe Smilie – Sgt at Arms
 Sunshine Miller – Secretary
 Mark Maloney – Financial Advisor
 Scuffy Paulson – Chaplain

Please support the following chapters who are hosting fundraising rides in June & July. See newsletter for the flyers with more details.

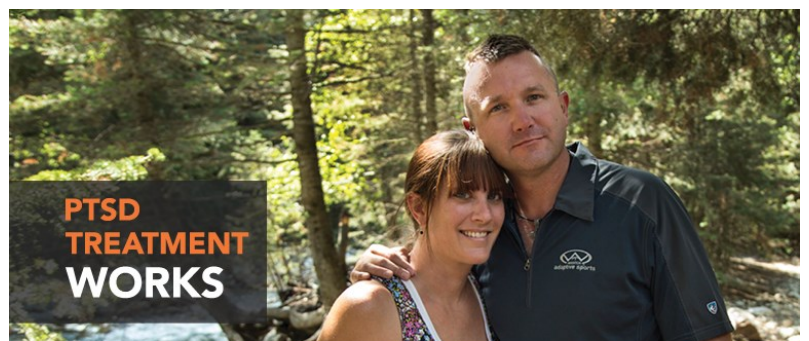
- June 18th Eyota Riders PTSD Awareness Ride
- June 25th Austin Riders Big Jim Memorial Ride
- July 9th Austin Riders /Prevent 22 Ride

The Tour of the First District Ride is Saturday, July 30th. All street legal vehicles are invited to join in the fun. We will begin the day in Stewartville. We will be traveling to Preston to tour the new Veterans Home! American Legion Posts on the Tour include: Preston, Adams, Kasson, West Concord, Hayfield & our final stop at Austin. If you would like to make a donation and cannot join us at any of the listed Posts please feel free to mail your donation to: Karla Miller 845 54th Avenue, Apt E Winona, MN 55987 Donations of any amount would be greatly appreciated. If you are using gambling funds, please make the check out to: The American Legion Foundation, Fund 84

Check out our page on Facebook for more information on any of the events mentioned.

www.facebook.com 1st District ALR of MN

Respectfully Submitted, Karla “Sunshine” Miller, Secretary



JUNE IS PTSD AWARENESS MONTH

**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

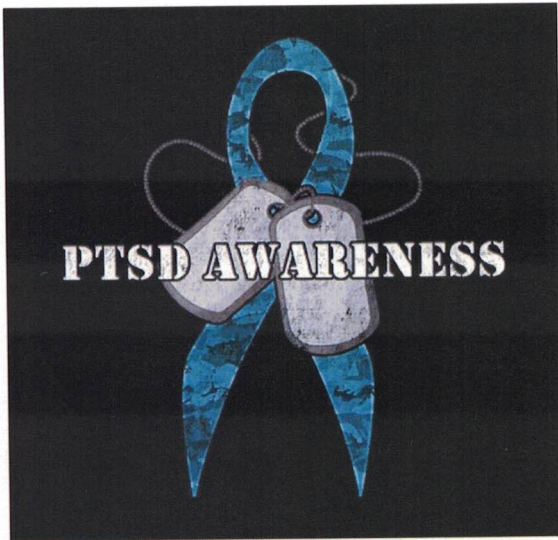
507-633-6420

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!!!!

PTSD AWARENESS RIDE



**SATURDAY -
JUNE 18th**

**Registration 10:00 - 11am
at Eyota Legion Post 551**

**Donation \$20 rider &
\$10 passenger**



WE WILL BE LEAVING AS A GROUP AT 11:15.

**STOPS TO INCLUDE AMERICAN LEGION POSTS -
94, 299, 423 & 90**

**Door Prize Drawings & Meal following the ride at the
Eyota American Legion**

EYOTA AMERICAN LEGION RIDERS



PROCEEDS WILL GO TO - SOLDIERS 6

A MN BASED NONPROFIT ORGANIZATION THAT PROVIDES TRAINED SERVICE DOGS TO VETERANS

Big Jim Wagoner Memorial Ride

\$10
Per person



Big Jims loved to be Santa and give kids toys. He also enjoyed giving money to cancer victims So come and help us keep Big Jims traditions going

June 25th

Registration 10am to 11am The Rock in Mapleveiw

Stops will include Cheers, Geneva, The Bend, Hunters

We will end at The Windrift

Proceeds will go to cancer victims and Toys for Tots

Any questions call Roe 507-438-5804



2nd Annual Prevent 22 Ride

Hosted by ALR Post 91

22 Veterans take their life every day. Post 91 is putting on this ride to bring awareness to this travesty. With your help we are hoping to raise money and support for those Veterans in need, so come and enjoy a ride and fun time, and support an even greater cause. Together we can make a difference and save a life.

When: July 9, 2022

Where: Austin American Legion
Post 91

Start: 8 AM sign up, Kick stands
up at 9 AM

End: Approximately 4:30 PM

1. Food
2. Entertainment
3. Small Auction

Stops Will Include

1. Kasson Legion
2. Eyota Legion
3. Lewiston Legion
4. Preston Legion - Lunch
5. Adams Legion
6. Lyle Legion
7. Austin Legion

\$22 Minimum (1 - 2 people)
\$11 per person per Vehicle (3 or more people)

Proceeds will go to Eagles Healing Nest and Bullies for Vet

All Street Legal Vehicles Welcome

²³
TOUR OF THE FIRST DISTRICT
Saturday - JULY 30th



RIDE IS OPEN TO THE PUBLIC - ALL STREET LEGAL VEHICLES

REGISTRATION at the STEWARTVILLE AMERICAN LEGION
8am to 9am

American Legion Posts on the Tour include:
Preston, Adams, Kasson, West Concord, Hayfield & Austin

SUGGESTED DONATION: \$20 per person

**Monetary donations will be donated to the Preston VA Home &
Global War on Terrorism Memorial at Soldier's Field in Rochester**
New toys & monetary donations to the Marine Corps Reserve Toys for Tots

1ST DISTRICT MN LEGION RIDERS

JOIN US ALL DAY
OR WHEN WE STOP AT A LEGION NEAR YOU



1st District ALR
Questions? Contact:
Roe Naylor (507) 438-5804