



## FIRST DISTRICT NEWSLETTER

THE AMERICAN LEGION DEPARTMENT OF MN

AUGUST 2022

### Legion Contacts

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#### Membership

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### VICE—COMMANDER INFORMATION

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August 7, 2022—First District Picnic at Rushford Creekside Park. Find more information in the Flyer section of this newsletter.

August 19—22, 2022 The MN Legacy Run more details can be found on the ALR Facebook page.

September 7 10, 2022 Camporee at Legionville.

September 10, 2022 The Department Harvest Rally in Legionville

September 22, 2022 First District Educational and Learning rally. It will be held at Preston Post 166 at 6:00 PM. Take note of the date as it's a Thursday night

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LEGION	1 thru 12
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### MEDICAL EQUIPMENT AVAILABLE

Kasson Post 333 has a over supply of medical equipment which includes hospital beds with mattresses, wheel chairs (both regular and electric), motorized scooters and much more. If interested please call

## FROM YOUR COMMANDER'S PEN

Hello 1<sup>st</sup> District,

I have not been the commander long, but I have been on the road representing the Mighty First. On June 20<sup>th</sup> as District Commander- elect, I was privileged to throw out the first pitch at the 1<sup>st</sup> American Legion Fastpitch Softball game in Rose Creek. Adams Legion Post 146 played Hayfield Legion 330. The Adams team won 18-2. I will be attending the State Tournament in Mankato at the end of July.

On July 23<sup>rd</sup> I attended a Division 1 American Legion Baseball game in Winona. Winona played Rochester A's Post 92. It was a very close game that came down to the last inning. Rochester won and will go to the State Tournament. They graciously let me hand out the medallions.

I have been in the Dairy Days Parade in Adams, The LeRoy Summerfest Parade and the West Concord Survival Days Parade. I think there are a few left on the schedule.

I attended the Minnesota Department Convention July 14-16. I was happy to see Jennifer Havlick elected as the new Department Commander. Along with Linda Dvorak as the Membership Director, I think they will do a great job.

The women of the American Legion are making great strides. We are or have been in positions at all levels. There is still some concern out there about the good old boy's club that needs to change.

Did you know that the Women's Armed Services Integration Act was passed in 1948? This granted women permanent status in the armed forces of the United States and gave us veteran status and veteran benefits. Over 3 million women have served and approximately 30,000 leave the military every year.

Women were on the battlefield long before it was allowed. Attached to combat units, exposed to the ugliness of war. Women were not supposed to be there. It is only within the past few years that females were integrated into combat roles. We all signed the same dotted line, willing to give all for the best country in the world. Here is my point, we served, we are allowed to be members of the American Legion. We are allowed to hold offices at all levels. From National Commander on down to post level. Why are there posts still denying female members these roles and trying to get them to join our wonderful and supportive auxiliary instead? We can join both.

It is time to wake up. Our membership is declining. We need to reach out to all eligible members and treat them like family. Posts need leadership that is willing to listen to the members. There are great ideas out there, but sometimes people are afraid to speak up. We need to turn this ship around.

I hope I did not offend anyone. That was not my intent. This is still an issue at some posts and it needs to be addressed.

Mary Hanson  
1st District Commander

**Right— First District Commander Mary Hanson**

**Far right—The ten (10) District Commanders for the Department of Minnesota 2022—2023**



## FROM YOUR CHAPLAIN

To the American Legion Family,

First of all, I'd like to thank you for the wonderful support shown to me over the past few years as 1<sup>st</sup> District Chaplain; and now as your Department Chaplain, I truly feel blessed to meet so many nice people, not only here in the 1<sup>st</sup> District, but now also throughout the great state of Minnesota.

It would be easy to write just one monthly news article, and just say, "Read the Legionnaire—my article will be in it". But for now, I'll continue to write for both publications. It is my prayer that as your Chaplain, many people have been reached, and needs have been met. Sometimes I feel as if I've not done enough, and other times too much has been said.

If there is any way I can be of help to you and yours, don't hesitate to call, text, or email me. I'll do as much as possible to assist as Chaplain. As I reach out to you, I'm reminded how the Bible tells us all to do the same. We are to extend a hand, a word, and/or a prayer to the sick, the young and the old—all those who are in need. The Bible tells us to do this, but doesn't the American Legion also instruct us to do so? The Preamble states that we are to "inculcate a sense of individual obligation to the community, state and nation". It further states that we are to "consecrate and sanctify our comradeship by our devotion to mutual helpfulness". The founding fathers knew we needed to support others along the way in this life; they knew our blessings come from Heavenly Father. We need to keep God in this American Legion, in our nation, and in our daily lives. In so doing, God will bless us and this nation, the United States of America. Ronald Regan said, "If we ever forget that we are 'one nation under God', then we will be a nation gone under."

In closing, pray for one another, for our nation and for the freedoms we enjoy. Pray for our troops both here at home and abroad. Check on a fellow veteran. Lend a hand to someone in need.

Until next month,

Larry H. Otto

1<sup>st</sup> District Chaplain

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**Right—First District Chaplain  
Larry Otto.**



**Far right—The Department  
officers for the 2022—2023  
year**



On Left Commander Hanson with the Winona and Rochester American Legion Baseball teams in Winon

Below Commander Hanson with the Adams American Legion Girls Fast pitch team. At the State Tournament in Mankato.



Above is Commander Hanson with the Hayfield Girls Fast pitch softball team who won the inaugural Department of Minnesota Girls Fast Pitch softball State Tournament in Mankato.



Commander Hanson throwing out the first pitch at the First District Girls Fast Pitch tournament at Rose Creek, MN. (Adams against LA Crescent)



**A couple of pictures from the First District Open House at the Department Convention, Friday night in Willmar, MN. Fun was had by all.**

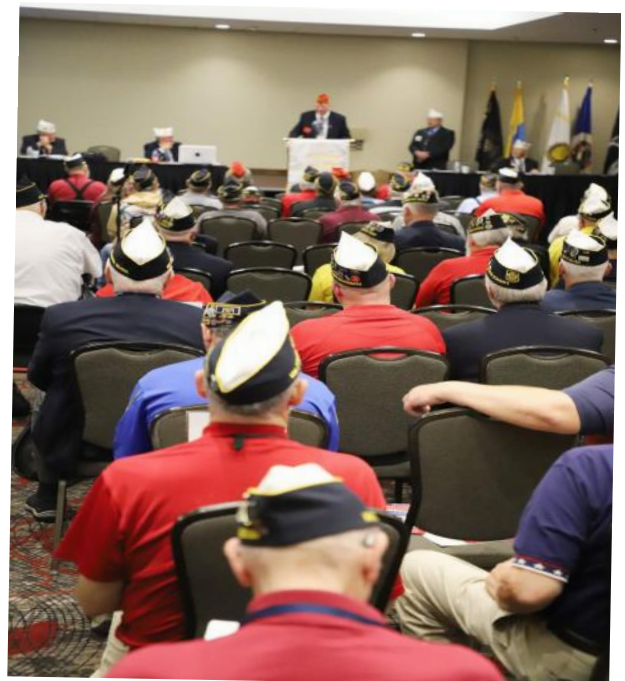




From right to left, Emily Otto, Dale Wellik and Mary Hanson at the Legion session on Saturday morning of the Department convention in Willmar.



IMAGES OF THE DEPARTMENT CONVENTION IN WILLMAR ON THIS PAGE AND THE FOLLOWING PAGE.



## Greetings from Post 110 and the 1st District , Area 1:

My name is Robert Schmidt. I am the Commander of Louis McCahill Post 110 in Lake City. I was elected as a Vice Commander for Area 1. I would like to thank the membership for their trust and faith in me. I will do the best job I can for all our membership. I am excited to meet the members at the various Posts to gather ideas and suggestions on how to make our organization move forward and grow. I believe that it is imperative that we change and adapt our methods and operations to the younger standards that the younger generations expect. After all, these younger members are our future. I served in the US Army and US Army Reserve Military Police Corps from 1972 to 2000. I served in Desert Storm from 1990 to 1991. During my early active-duty years, I was assigned to the 561st Military Police Company, Military District of Washington, at Fort Myer, VA. I then served a 1-year special assignment to the security staff for the Joint Chiefs of Staff at the Pentagon. I also served numerous deployments during my career. In 1978 I left active duty I went into civilian law enforcement and eventually became Chief of Police in Lake City. Because of injuries I received during the Gulf I retired in December of 1996. I have been married to my wife Debra for 47 years. She is a proud US Navy veteran and a member of Post 110. We have 3 grown children and 7 grandchildren.

### First District American Legion Family,

Another year is upon us with new leadership throughout the 1<sup>st</sup> 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 1<sup>st</sup> District Facebook page or the 1<sup>st</sup> 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 1<sup>st</sup> District do just that. Events, pictures and information you can send to [mparry57@gmail.com](mailto: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](mailto:markmaloney1962@gmail.com). Thanks The Olmsted Committee

Commander  
Mark A Maloney III

## **FROM YOUR MEMBERSHIP DIRECTOR**

Thank You for your service to our Great country and our Great America Legion organization.

I am changing Hats (cover) this year to District Membership Chairman.

We will start out by reaching out to get the ones that have not renewed and reach out to sign up those new and young veterans. Membership is the life blood of the American Legion.

The Membership packets are all in the hands of your post officers . The officers list and the CPR , consolidated post report, was a requirement to be turned in to get the packets.

Thanks to every post and that has gotten us, the 1st District off the Goose Egg.

As of middle July the 1st District is at approximately 95% renewal rate.

Do a buddy check with these and maybe it will jar a memory and they will probably pay, these maybe need to be asked also.

We are still working on our program for this year. In the meantime, pay your dues and get a head start on the 2023 Membership year.

Have a safe rest of the summer travel Safely!

Pray for all our deployed men and women and their families.

Pray for peace amongst our Nations.

Dale Wellik

1st District membership chairman

## **FROM AREA FOUR**

HELLO FELLOW AREA FOUR LEGION MEMBERS.

My name is Cole Wilcox and this is my first year as the First District Area Four Vice Commander. For the last five (5) years I have been the Commander of American Legion Post 161 in LeRoy.

I am a MARINE CORPS Veteran and have been deployed to Iraq.

I look forward to meeting all of you and hopefully learn as much as I can about where the legion was when you joined and where you would like to see it in the future.

Cole Wilcox - Area Four Vice Commander

## The American Legion, Dept of MN, First District 2022 Membership Report for July 1,

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	434	474	2	476	505	94.26%	0	0
1	90	Lewiston	5	9	0	65	79	1	79	73	108.22%	0	0
1	190	St Charles	4	19	0	112	135	4	139	135	102.96%	0	0
1		<b>Winona County</b>	<b>18</b>	<b>59</b>	<b>0</b>	<b>611</b>	<b>688</b>	<b>7</b>	<b>694</b>	<b>713</b>	<b>97.34%</b>	<b>0</b>	<b>0</b>
1	50	Wabasha	8	47	0	150	205	1	206	219	94.06%	0	0
1	110	Lake City	23	20	0	151	194	4	198	145	136.55%	0	0
1	179	Plainview	1	29	0	116	146	0	146	148	98.65%	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	87	108	0	108	151	71.52%	0	0
1	588	Mazeppa	0	9	0	54	63	0	63	69	91.30%	0	0
1		<b>Wabsha County</b>	<b>33</b>	<b>135</b>	<b>0</b>	<b>633</b>	<b>801</b>	<b>5</b>	<b>806</b>	<b>821</b>	<b>98.17%</b>	<b>0</b>	<b>0</b>
1	92	Rochester	11	93	0	677	781	2	783	808	96.91%	0	0
1	119	Byron	4	18	0	104	126	0	126	130	96.92%	0	0
1	164	Stewartville	6	26	0	250	282	1	283	283	100.00%	0	0
1	446	Rochester	0	2	0	9	11	0	11	16	68.75%	0	0
1	551	Eyota	11	21	0	152	184	0	184	180	102.22%	0	0
1		<b>Olmsted County</b>	<b>32</b>	<b>160</b>	<b>0</b>	<b>1192</b>	<b>1384</b>	<b>3</b>	<b>1387</b>	<b>1417</b>	<b>97.88%</b>	<b>0</b>	<b>0</b>
1		<b>Area One</b>	<b>83</b>	<b>354</b>	<b>0</b>	<b>2436</b>	<b>2873</b>	<b>15</b>	<b>2887</b>	<b>2951</b>	<b>97.83%</b>	<b>0</b>	<b>0</b>
1	295	West Concord	2	8	0	32	42	0	42	49	85.71%	0	0
1	330	Hayfield	1	19	0	141	161	0	161	178	90.45%	0	0
1	333	Kasson	11	32	0	198	241	0	241	262	91.98%	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		<b>Dodge County</b>	<b>16</b>	<b>69</b>	<b>0</b>	<b>463</b>	<b>548</b>	<b>0</b>	<b>548</b>	<b>601</b>	<b>91.18%</b>	<b>0</b>	<b>0</b>
1	52	Blooming Prairie	1	15	0	68	84	0	84	91	92.31%	0	0
1	77	Owatonna	10	54	0	340	404	2	406	429	94.64%	0	0
1	296	Ellendale	0	4	0	29	33	0	33	36	91.67%	0	0
1		<b>Steel County</b>	<b>11</b>	<b>73</b>	<b>0</b>	<b>437</b>	<b>521</b>	<b>2</b>	<b>523</b>	<b>556</b>	<b>94.06%</b>	<b>0</b>	<b>0</b>
1	75	New Richland	2	8	0	33	43	0	43	50	86.00%	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		<b>Waseca County</b>	<b>11</b>	<b>36</b>	<b>0</b>	<b>375</b>	<b>422</b>	<b>0</b>	<b>422</b>	<b>449</b>	<b>93.99%</b>	<b>0</b>	<b>0</b>
		<b>Area Two</b>	<b>28</b>	<b>178</b>	<b>0</b>	<b>1275</b>	<b>1491</b>	<b>2</b>	<b>1493</b>	<b>1606</b>	<b>92.96%</b>	<b>0</b>	<b>0</b>

1	40	Lanesboro	2	14	0	90	106	0	106	109	97.25%	0
1	68	Spring Valley	1	8	0	57	66	0	66	74	89.19%	0
1	81	Harmony	1	1	0	24	26	0	26	31	83.87%	0
1	94	Rushford	2	10	0	81	93		93	105	88.57%	0
1	166	Preston	0	17	0	33	50	0	50	53	94.34%	0
1	197	Chatfield	0	2	0	35	37	0	37	40	92.50%	0
1	299	Mabel	3	30	0	113	146	0	146	160	91.25%	0
1	369	Wykoff	0	0	0	16	16	0	16	18	88.89%	0
1	400	Canton	1	0	0	20	21	0	21	21	100.00%	0
1	492	Fountain	0	0	0	11	11	0	11	14	78.57%	0
1	526	Peterson	2	4	0	32	38	0	38	39	97.44%	0
1	544	Ostrander	0	3	0	18	21	0	21	23	91.30%	0
1	637	Whalan	0	0	0	7	7	0	7	11	63.64%	0
1		<b>Fillmore County</b>	12	89	0	537	638	0	638	698	91.40%	0
1	191	Caledonia	0	17	0	114	131	0	131	139	94.24%	0
1	249	Spring Grove	4	12	0	121	137	0	137	149	91.95%	0
1	423	Houston	3	7	0	89	99	0	99	102	97.06%	0
1	498	Hokah	0	1	0	20	21	0	21	23	91.30%	0
1	595	LaCrescent	0	45	0	201	246	0	246	259	94.98%	0
1		<b>Houston County</b>	7	82	0	545	634	0	634	672	94.35%	0
1		<b>Area Three</b>	19	171	0	1082	1272	0	1272	1370	92.85%	0
1	56	Albert Lea	12	36	0	432	480	6	486	522	93.10%	0
1	264	Glenville	1	8	0	57	66	0	66	70	94.29%	0
1	266	Hartland	0	1	0	12	13	0	13	14	92.86%	0
1	317	Emmons	2	3	0	45	50	1	51	48	106.25%	0
1	404	Alden	4	4	0	68	76	0	76	98	77.55%	0
1	552	Freeborn	0	5	0	25	30	0	30	32	93.75%	0
1		<b>Freeborn County</b>	19	57	0	639	715	7	722	784	92.09%	0
1	91	Austin	16	52	0	376	444	11	455	474	95.99%	0
1	105	Lyle	2	8	0	73	83	1	84	84	100.00%	0
1	140	Grand Meadow	0	2	0	33	35	1	36	42	85.71%	0
1	146	Adams	6	20	0	148	174	0	174	151	115.23%	0
1	161	LeRoy	0	4	0	42	46	1	47	56	83.93%	0
1	570	Austin Spam	1	0	0	12	13	0	13	16	81.25%	0
1		<b>Mower County</b>	25	86	0	684	795	14	809	823	98.30%	0
1		<b>Area Four</b>	44	143	0	1323	1510	21	1531	1607	95.27%	0
1	1111	Dakota	0	0	0	0	0	0	0	0	0.00%	0
1		<b>District Totals</b>	184	846	0	6116	7146	37	7183	7534	95.34%	0

## DISTRICT VICE COMMANDER STANDINGS

		Vice Commanders											
		<b>Area One</b>	83	354	0	2436	2873	15	2887	2951	97.83%	0	0
		<b>Area Two</b>	38	178	0	1275	1491	2	1493	1606	92.96%	0	0
		<b>Area Three</b>	19	171	0	1082	1272	1	1272	1370	92.85%	0	0
		<b>Area Four</b>	44	143	0	1323	1510	21	1531	1607	95.27%	0	0

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

Dist	Rank												
1	5th	Mike Parry	184	846	0	6116	7146	37	7183	7534	95.34%		
2	4th	Steve Fosness	117	634	0	4792	5543	25	5568	5826	95.57%		
3	9th	Bob Hart	296	1575	0	8167	10,038	82	10,120	10,742	94.21%		
4	7th	Dave Dahl	46	276	0	1477	1799	26	1825	1,921	95.00%		
5	10th	Wade Larson	38	297	0	1340	1675	8	1683	1881	89.47%		
6	1st	Jim Lucas	296	1099	0	8251	9646	155	9,801	10,135	96.70%		
7	2nd	Chip Manson	99	681	0	4442	5222	80	5302	5,509	96.24%		
8	3rd	Larry Pocrnich	104	313	0	2781	3198	52	3250	3380	96.15%		
9	8th	Terry Buaas	125	542	0	4717	5384	86	5470	5802	94.28%		
10	6th	Daryl Harmon	256	933	0	6733	7922	48	7970	8376	95.15%		
99			30	221	0	1919	2170	0	2170	3469	62.55%		
To-			1591	7417	0	50,735	59,743	599	60,342	64,575	93.44%		

**Reminder - Remember DISTRICT PICNIC spread the Information !!**

**Sunday August 7 the 1st District picnic is being held in Rushford at Creekside Park!! Sweet corn and meat will be furnished. Bring dish to pass. Your utensils . There is lots of picnic tables. Bring your own chairs. LETS HAVE A BIG OLD TIME PICNIC AND GOOD TIME.**

**WE HAVE THE PARK from 11:30 --4:00 planning to eat near 12:00.**

**This is rain or shine, windy or calm!!**

**Creekside Park is by the creek, near the school .the veterans memorial east side of Hwy 43 in Rushford.**

**Come and meet others from the district. It would be nice to call Tom Butterfield so they have some idea how many are coming. 507 429 4170. Let's celebrate the AMERICAN LE-GION FAMILY!**

**For God and Country!**

**Dale Wellik**



## FROM YOUR PRESIDENT'S DESK

### Auxiliary Contacts

#### President

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#### Secretary

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#### Membership / First Vic

Wanda Prescher

#### Treasurer

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### From the President's Desk

#### August 1<sup>st</sup> District Newsletter

Well, here we go on another year. This is going to be a great Auxiliary year. We have to move forward on all the bad that has been happening in the world. Help the veterans and family that is working hard to make this country great.

This summer has been busy as it is for everyone. Summers go by so fast and this coming August will be a busy one. In the First District we have a picnic on Sunday, August 7<sup>th</sup> from 11:30 am – 4:00 pm at Rushford Creekside Park in Rushford, MN. You will need to bring a dish to pass, your own eating utensils, and what you want to drink. The meat and sweet corn will be provided. When traveling to the picnic there will be signs posted of where to go.

The Department ALR has their Legacy Ride starting with the kick off party on Friday, August 19 with the kick-off party in Anoka. The start of the ride is on Saturday, August 20<sup>th</sup> and ends on Tuesday, August 23<sup>rd</sup>. If interested on route you can look on [www.mnlegacyrun.org](http://www.mnlegacyrun.org).

I will have to attend a Department Executive meeting on August 13<sup>th</sup> in New London where the new Department President Mary Kuperus is from. Congratulations to her for the upcoming year.

The National Convention is in Milwaukee, WI this year. I will be going and I hope to bring information to all of you on what I learn.

I look forward to working with all of you this year.

Thank you,

Tonia Bettermann  
1<sup>st</sup> District Auxiliary President



**Left—First District Color Bearer Sharon Hammon leading First District President Tonia Betterman into the Auxiliary session of the Department Convention in Willmar**



Congratulations to Kimzy Carlson from Owatonna Unit 77!  
 Kimzy will be going to Washington DC in July to represent Minnesota at Girls Nation!  
 This is such an honor for our District! All the more reason why we need to really encourage our Girls State Program!  
 Kimzy's grandmother was also a Girl's Stater.

Wanda Prescher  
 Girls State Chair  
 Dept. Americanism Chairman



President Patty being escorted in the Legion session for greetings



Commander Tom being escorted into the Auxiliary session for greetings.



## 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
<b>District Totals:</b>	<b>421</b>	<b>28,536</b>	<b>206</b>	<b>26,553</b>	<b>93.05%</b>	<b>27752</b>	<b>1,199</b>
<b>Group 1 (Even)</b>	<b>210</b>	<b>14,142</b>	<b>107</b>	<b>13,155</b>	<b>93.02%</b>	<b>13,757</b>	<b>602</b>
<i>Sharon Thiemecke</i>							
<b>Group 2 (Odd)</b>	<b>210</b>	<b>14,191</b>	<b>99</b>	<b>13,212</b>	<b>93.10%</b>	<b>13,792</b>	<b>580</b>
<i>Mary Kuperus</i>							



### RANKINGS

<b>1st</b> 96.05% District #3	<b>2nd</b> 95.22% District #6	<b>3rd</b> 93.75% District #2	<b>4th</b> 93.57% District #7	<b>5th</b> 92.34% District #9	<b>6th</b> 91.27% District #1	<b>7th</b> 91.27% District #8	<b>8th</b> 90.81% District #10	<b>9th</b> 87.74% District #4	<b>10th</b> 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%	15 -5

<b>Pod One Total</b>		<b>1110</b>	<b>982</b>		<b>982</b>	<b>88.47%</b>	<b>128</b>
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
<b>Pod Two Totals</b>		<b>899</b>	<b>847</b>		<b>847</b>	<b>94.22%</b>	<b>52</b>
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
<b>Pod Three Totals</b>		<b>915</b>	<b>851</b>		<b>851</b>	<b>93.01%</b>	<b>64</b>
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
<b>Pod Four Totals</b>		<b>878</b>	<b>790</b>		<b>790</b>	<b>89.98%</b>	<b>88</b>
<b>Total</b>		<b>3802</b>	<b>3470</b>		<b>3470</b>	<b>91.27%</b>	<b>332</b>

## 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](http://believet.org)

# SONS OF THE AMERICAN LEGION NEWS



## COMMANDER

Roe Naylor

## FROM YOUR COMMANDERS DESK

At the District Conference on May 7 at the Albert Lea Post we conducted elections with the following officers for the 2022-2023 year:

Roe Naylor – Commander  
 East Vice - Brian Tomashek  
 West Vice - Clint Bettermann  
 Membership Director- Greg Lemmer  
 David Bilderback – Adjunct  
 Mark Maloney- Sgt at Arms  
 Chaplain- Ron Wolff  
 SAL Advisor - Brian Medinnus  
 Judge Advocate- Josh Erickson  
 Finance Officer- Gene Luedtke

## ADJUTANT

Dave Bilderback  
 4409 22 Ave NW Rochester, MN 55901  
 507—250—1057  
 dbilderback@aol.com

As your new Commander I am looking forward to increasing awareness of the SAL and ideas on how to boost our membership. There are so many things that we, as an organization, can do to help not only Veterans but also their families and community. I am open to new ideas or areas of improvement. Change can be difficult but sometimes necessary to meet the needs of those we care for.

## EAST SIDE VICE COMMANDER

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

I'm sure that you have seen the flyers for the upcoming District Picnic on Sunday, Aug 7. It is an opportunity to come together as a Legion Family to support one another – Legion, Auxiliary, SAL and Riders.

## WEST SIDE VICE COMMANDER

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

Roe Naylor, 1st District SAL Commander

## MEMBERSHIP

Greg Lemmer

## FINANCE OFFICER

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

## JUDGE ADVOCATE

Josh Erickson

## CHAPLAIN

Ron Wolff  
 901 8th Ave SW - Waseca, MN 56093

ronwolff5@gmail.com

## Sgt at ARMS

Mark Maloney



**DIRECTOR - ROE NAYLOR**  
 63106240TH 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 - mark-maloney1962@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

## FROM YOUR AMERICAN LEGION RIDERS

Summer is in full swing and so are the events for 1st District Legion Riders.

This Saturday July 30th is the Tour of the First District. We are excited to bring this fun event back. We will be starting at the Stewartville Legion. Tour of the new Veterans Home in Preston and stops at the following Legions are planned throughout the day; Preston, Adams, Kasson, West Concord & Hayfield, ending at the Austin Legion. We will be accepting monetary donations for the Preston VA Home & Global War on Terrorism Memorial at Soldier's Field in Rochester. We will also be collecting new toys for Toys for Tots.

We had the honor of doing an escort and flag line for David Town, father of Eyota ALR member Cheryl Murphy-Long at the MN State Veterans Cemetery in Preston on July 8th.

Please check out the pictures from several ALR chapter events this summer. Remember to look out for motorcycles!

### Upcoming Events

August 19-22: MN Department Legacy Run

August 23 – 25: MN ALR members riding with the National ALR Legacy Run to Milwaukee for National Convention

Sept 3 -4: NOP Flag escort – Albert Lea ALR

Sept 15 – 17: ROMP at Legionville

Sept 24: Island City Ride for Vets – Winona ALR

Respectfully submitted - Karla "Sunshine" Maloney, 1st District ALR Secretary

**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 26<sup>th</sup>

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 VS COMPLEX PTSD**

I was prepared to serve, prepared to be injured, prepared to die.

But I was NOT prepared to live with relentless invisible wounds for the rest of my life, nor prepared for those wounds to so deeply affect those I love.

**PTSD**

- Single trauma
- Actual traumatic event
- Acute symptoms
- Reliable
- Diagnosable
- Recovery

**Complex PTSD**

- Multiple traumas
- Actual traumatic events
- Chronic symptoms
- Unreliable
- Not always diagnosable
- Recovery

**PTSD AWARENESS**

**THINK TWICE** before playing a practical joke on someone with PTSD, and NEVER think it's funny to scare them. PTSD reacts instantly to any sign of danger. It is what has kept our PTSD survivors alive, and also haunts them 24/7. Please respect them and take it seriously.

LoveOurVets.org PTSD Family Support

June is Post-Traumatic Stress Disorder Awareness Month

**PTSD and YOU**

To a person with PTSD anything negative can feel like a shock and be a trigger. Raised voices, ranting, even a crying child can distress the PTSD sufferer.

Nobody would ever CHOOSE PTSD, please don't shame blame, it can happen to anyone. PTSD is largely invisible until you learn what to look for.

PTSD sufferers have a high startle response. Abrupt change, horns blasting, sirens, choos, slamming can all feel "freaky". Please be gentle, kind & human.

**WHEN THE BATTLE DOESN'T END**

HOPE DOESN'T HAVE TO DIE

**PROUD TOUGH STRONG DETERMINED**

Sometimes courage is the quiet voice in the dark saying hold on.

**PTSD**

How I feel when I get triggered

My heart beats like crazy. I sweat. I feel hot, but my feet and hands go cold. I can't think, feel like my throat tightens and my mouth is dry. I usually freeze. I get tunnel vision. I can't speak. And I'm real afraid. Like, REAL afraid. My brain shuts down. Sometimes I dissociate immediately. And it's the most exhausting and terrible thing, even when the immediate stress response is over. It's impossible to just go back to normal.

**How To Support Someone With PTSD**

1. Validate their feelings. Help them re-ground themselves and stay in the present.
2. Remind them that you are there for them no matter what and that everything's going to be okay.
3. Ask what they need and try to honor it. If they don't know, sit with them. Your presence is enough.
4. Do not try to fix things. You can't fix them. You can only show support.
5. Take care of yourself. It's hard watching someone you love go through this. Make sure you have the support you need.

Images on this page are of the Eyota ALR—PTSD ride.





**Images on this page are of the Austin ALR—  
Prevent 22 Ride.**

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**American  
Legion  
1st District  
PICNIC**



**AUGUST 7, 2022**

**11:30 AM - 4:00 PM**

**RUSHFORD CREEKSIDE PARK**

**RUSHFORD, MN**

**RSVP TO  
TOM BUTTERFIELD  
507.429.4170**



**MEAT (pulled pork) and sweet corn will be furnished. Please bring your own eating utensils and what you want to drink**

# American Legion Riders Post 91 Bob Kvam Memorial Scholarship Cruise

Cruising for Knowledge on Saturday August 27<sup>th</sup> 2022



- Start at American Legion in Austin
- Registration 9:30 AM
- Departure: 11:00 AM
- End in Myrtle: 5:00 PM
- Food and Music available at end of run

“ Each year the American Legion Riders Post 91 Bob Kvam Memorial Scholarship help students with their tuition needs providing scholarships to 3 individuals each year”

**Bikes & All Road Legal Vehicles  
Welcome \$20 per Vehicle Entry Fee**

100% of all Proceeds go to the  
ALR Post 91 Bob Kvam Scholarship

**American Legion Post 91  
809 12<sup>th</sup> St SW Austin, MN 55912**

The Village (Hayfield)  
The Creek (Rose Creek)  
Cheers (Waltham)  
Lyle Liquor (Lyle)  
Hunter's Bar (Myrtle)



For more information contact Roe Naylor@ 507-438-5804



Images on this page are from a Funeral escort done by the Eyota ALR



# Kasson Post 333 flyer for August

Mark Your Calendar ✓

Pretzel Balls

Mini Tacos

Onion Rings

# ER 1

## \$6 each

Chicken Cordon Bleu Bites

### OCTOBER

Steak Nights begin  
St. Jude Breakfast Fundraiser  
KFD Fundraiser  
Celebrity Bartender  
Halloween Party

### NOVEMBER

Veterans Day Meal  
Turkey Bingo  
Fishing Bingo

### DECEMBER

Karaoke  
Tom & Jerrys

### SEPTEMBER 21

Bingo Resumes.  
Wednesdays at 6:30 p.m.



### SEPTEMBER 24

#### FOOD, BEER & MUSIC

Beer Mile - 3 p.m.  
Music by Arnold Bradley - 4-7 p.m.

### Kasson Chamber Oktoberfest - 1-3 pm



## FOOTBALL SUNDAY

Open Sundays starting **SEPT. 25** at 11 a.m. for noon & 3 p.m. Viking games. If the Vikings don't play on Sunday afternoon, the legion will be closed.

LET'S GET **LOCAL**  
FOOD • WINE • BEER TASTING

### SEPTEMBER 8

5 - 8 p.m., 21 and over

Start Marigold Weekend sampling local food and beverages. All proceeds will go to the Cory Slifko Foundation.

