



FIRST DISTRICT NEWSLETTER

THE AMERICAN LEGION DEPARTMENT OF MN

OCTOBER 2024

Legion Contacts

Commander

Mark Maloney
845 54th Ave Apt E
Winona, MN 55987—1584
507-513-1582
markmaloney1962@gmail.com

Adjutant

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

Membership

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

Chaplain

Richard Skillestad
219 6th St SW Eyota, MN 55934
507-545-2885 or 507-250-5329
richardh33@embarqmail.com

VICE—COMMANDER INFORMATION

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

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

Area Three -
Open

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

IMPORTANT DATES

October 5—First District Fall Rally at Mabel Post 299. 8:30 AM Legion Exec Board, 10:00 AM - Call to Order.

Department Fall Conference—Kelly In, St Cloud, MN. More information and registration information can be found on the Department Web Site—MN Legion.org.

On page two (2) of this newsletter there is a list of the Department rallies that we have information for.

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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 Richard Denny at 507—259—2081 for more information.

FROM YOUR CHAPLAIN

The Bible scripture verse for the month of October is;

“ May the God of Hope fill you with all joy and peace in believing , so that by the power of the Holy Spirit you may abound in Hope.”

Also please pray for safe travels in the upcoming month for everyone.

Richard Skillestad
First District Chaplain
507-250-5329



The North Star Honor Flight is now taking applications for veterans and guardians. We are also looking for donations to make this happen! Please visit www.northstarhonorflight.org. Contact information is on the web site as well as the printable ap-

FROM AREA FOUR

Greetings Area 4,

Let's continue to get those memberships in. Fall is here and with that the holidays are right around the corner. With that being said let's continue to check in with our fellow veterans and make sure they are doing well.

Cole Wilcox
Area 4 Vice Commander

DEPARTMENT RALLIES THAT WE HAVE INFORMATION FOR

Pearl Harbor Rally

What: The American Legion Pearl Harbor Family Gathering-Rally

When: Saturday, Dec. 7, 2024, Noon time Rally, details are being worked out.

Where: Post 545, Spicer MN

Who: Hosted by American Legion Riders

What: The American Legion Sweetheart Family Gathering-Rally

When: February 8, 2025

Where: Royalton American Legion Post 137

Who: Host – The American Legion Auxiliary

Times: 11 AM Membership Turn-in / 12 PM Lunch / Program to Follow

What: Minnesota American Legion Appreciation Rally

When: Saturday, March 8, 2025

Where: Chanhassen Post 580

Who: Members of American Legion, American Legion Auxiliary, Sons of The American Legion, American Legion Riders

Host: American Legion Department of Minnesota



FROM YOUR COMMANDER'S DESK

As I am sitting here thinking about how the American legion is changing and how the old veterans are treating the younger veterans. I am not real shocked in why the post that are having internal problems, because the different types of veterans we have in the American Legion.

We have the older generation, who at eighteen years old, right-out high school, they were drafted into war, and they did not have any idea of anything but what the military had showed them. What life was and nothing to compare it to. Then you have the younger veterans the ones who when to desert storm. They had jobs, homes, wives and children. Then they go to basic and get retrained to think as a group, if one mess up you all punished.

All that you believe in is stripped away from you. You go home to your family (wife and children) with different idea of what you had about your neighbor and worry about the safety of your wife and your kids. Also, if you were in the reserve or national guard you worried if would lose your job. Well you can see how some of the older veterans are jealous because the younger ones get the benefit's that they didn't get; but remember you fought for those benefits for them. Now you can see why that most of the veterans now are coming back with PTSD. Because the way of their life they thought was the right way was questioned. So, the best way to handle all this post internal problems are (1) the older veterans need to adapt to the changes of the legion and the laws of the land (2) mentor the younger veterans and we need to follow the by-laws. Remember we are a family, and we are for the veterans, and we need to work as a team; this is not a one man show. So, the post that you are a member of and ask yourself, are we looking at the big picture, are mentoring younger members. As members are we using our post in a positive way and are our post officers representing us in good faith. Do we have checks and balances in our posts, do we have all the offers we need and if not why, you the members tell the officers how your post should be run. Some of the members who didn't did want to have change got all friends to show up to vote against the transfers so if you get enough members to go against something then why can't you get enough members to go for the positive of things

God and country god bless the troops

1st District Commander

Mark A Maloney III



American Legion Department of Minnesota

Beware: Bad Actors Want to Steal from Veterans

Attributable to 10th District Commander Kristy Janigo
and Department Service Officer Ray Kane

July 25, 2024

Thieves are working aggressively to steal from veterans, veteran service organizations, veteran nonprofits and government agencies that work with veterans.

It's a numbers game. If they get one success out of 100 attempts, that's worth their efforts. Don't fall prey to their predator tactics.

A post for a veteran service organization received a text from someone claiming to be a Hennepin County veteran service officer and asking for \$200. Soon, the CVSO learned the same message was sent to another post. This time, the post shared a screenshot (shown).

In another case, people sat in front of a home in their car for a long time, then knocked on the door and sought knowledge of a veteran who was related to the homeowner. They got angry when it was denied. In yet another, a husband-wife duo at a post's bar late at night kept asking veterans for their middle names, after hearing their other names. The husband claimed to be an Army veteran. When asked where he took AIT, he said Korea. Clearly, he was a fake.

People who work as veteran service officers at the federal, state and county levels, as well as veteran service organization are quite familiar with calls from masked numbers seeking knowledge of personnel information, especially DD-214s. Some go so far as to claim being nurses, medical staff or first responders, or they claim to be investigators of medical malpractice or negligence.

The American Legion Department of Minnesota is working with the Minnesota Attorney General's Office to fight claim sharks and fraudulent attempts at personal information of veterans.

- Be smart. Check the email address or phone number, not merely the name of the sender, to see if it is real. Many scammers claim to be from an organization you know or trust.
- Protect the personal information of your loved ones, fellow veterans and their spouses. Scammers will use personal information they have in order to gain more personal information from you. Don't be fooled by it.
- Veterans have earned the benefit of representation with no cost to the veteran. Do not pay for VA claims when veteran service organizations and county veteran service officers provide claim services for no charge. Contact The American Legion or your CVSO to take advantage of benefits you have earned. You will have a trusted veteran on your side.

Text Message
Yesterday 6:52 AM

Hello we are looking for a resource to help with a female veteran in need. Her church reached out to informing me that the female vet went into the hospital last night and has been admitted due to a stroke. She has 3 young children and is asking for any kind of donation

Or any kind of resources to help the family. The pastor and helis wife will be taking care of the 3 for 4 days then a relative will pick them up. They need a few outfits hygiene and one will need pullups. Their paypal is

\$200 is the goal for this family Im asking if your organization can help

Never mind

Beware: Bad Actors Want to Steal from Veterans

CONTINUED

- Resist any pressure to act immediately. You always, always have time to think and gain reflection on any topic.

Here is a list of the types of common scammer tactics:

Spoofing: Disguising an email address, social media profile, sender name, phone number or website to convince you that you are interacting with a trusted source.

Phishing: Email sent with the intention of deceiving you to act. Example: You see emails from the department commander, telling you to reply, but you realize it isn't his true email address.

Smishing: This is phishing via text message. Facebook Messenger is full of this problem. We regularly see it tell us Facebook will cancel our Facebook Page if we don't act within 24 hours.

Vishing: This is phishing via phone. The caller usually makes recipients believe they will be fined or miss out on an opportunity.

Tell Me About Yourself: During a phone call, the scammer may ask you to verify who you are by asking you to confirm your personal information. Sometimes, they act like they are loan officers or some other trusted position.

To report fraud, visit the Minnesota Attorney General's Office at www.ag.state.mn.us/Consumer/Scams, or call 651-296-3353 (Twin Cities) or 800-657-3787 (outside the Twin Cities).

The VA has a toll-free Veteran Identity Theft Helpline at 855-578-5492. The VA also provides further tips for fraud prevention at this website: www.va.gov/initiatives/protecting-veterans-from-fraud/.

Media may contact:

10th District Commander Kristy Janigo, 612-708-9029, kristy.janigo@gmail.com

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10th District Commander Kristy Janigo, 612-708-9029, kristy.janigo@gmail.com

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The American Legion, Dept of MN, First District 2025 Membership Report for September 25,

Dist	Post	Location	New 2025	PUFL 2025	Online 2025	Trad 2025	Paid 2025	HQ Trans 2025	Total Membr 2025	Goal 2025	% of Goal	HQ Trans 2025	Last yr at this date
1	9	Winona	2	31	0	290	323	3	326	451	72.28%	0	0
1	90	Lewiston	0	10	0	2	12	1	13	81	16.05%	0	0
1	190	St Charles	0	13	0	46	59	0	59	99	59.60%	0	0
1		Winona County	2	54	0	338	394	4	398	631	63.07%	0	0
1	50	Wabasha	0	39	0	76	115	0	115	202	56.93%	0	0
1	110	Lake City	13	15	0	72	100	0	100	158	63.29%	0	0
1	179	Plainview	2	24	0	65	91	1	92	142	64.79%	0	0
1	546	Kellogg	0	6	0	26	32	0	32	55	58.18%	0	0
1	573	Elgin	0	3	0	1	4	0	4	27	14.81%	0	0
1	579	Millville	0	18	0	55	73	0	73	108	67.59%	0	0
1	588	Mazeppa	1	9	0	25	35	0	35	64	54.69%	0	0
1		Wabsha County	16	114	0	320	450	1	451	756	59.66%	0	0
1	92	Rochester	4	86	0	444	534	2	536	651	82.33%	0	0
1	119	Byron	6	17	0	62	85	0	85	106	80.19%	0	0
1	164	Stewartville	1	20	0	149	170	0	170	277	61.37%	0	0
1	446	Rochester	0	2	0	1	3	0	3	15	20.00%	0	0
1	551	Eyota	1	24	0	79	104	0	104	179	58.10%	0	0
1		Olmsted County	12	149	0	735	896	2	898	1228	73.13%	0	0
1		Area One	30	317	0	1393	1740	7	1747	2615	66.81%	0	0
1	295	West Concord	0	6	0	2	8	0	8	39	20.51%	0	0
1	330	Hayfield	1	16	0	127	144	0	144	180	80.00%	0	0
1	333	Kasson	3	29	0	122	154	0	154	230	66.96%	0	0
1	384	Dodge Center	0	7	0	33	40	0	40	68	58.82%	0	0
1	422	Claremont	0	3	0	23	26	0	26	29	89.66%	0	0
1		Dodge County	4	61	0	307	372	0	372	546	68.13%	0	0
1	52	Blooming Prairie	0	16	0	21	37	0	37	77	48.05%	0	0
1	77	Owatonna	0	50	0	134	184	1	185	343	53.94%	0	0
1	296	Ellendale	1	5	0	17	23	0	23	36	63.89%	0	0
1		Steel County	1	71	0	172	244	1	245	456	53.73%	0	0
1	75	New Richland	0	8	0	14	22	0	22	46	47.83%	0	0
1	228	Waseca	1	20	0	157	178	0	178	261	68.20%	0	0
1	281	Janesville	0	3	0	43	46	0	46	76	60.53%	0	0
1	587	Waldorf	0	0	0	7	7	0	7	20	35.00%	0	0
1		Waseca County	1	31	0	221	253	0	253	403	62.78%	0	0
		Area Two	6	163	0	700	869	1	870	1405	61.92%	0	0

1	740	Lanesboro	0	12	0	49	61	0	61	105	58.10%	0	0
1	68	Spring Valley	0	7	0	43	50	0	50	61	81.97%	0	0
1	81	Harmony	0	0	0	0	0	0	0	23	0.00%	0	0
1	94	Rushford	0	9	0	60	69	0	69	97	71.13%	0	0
1	166	Preston	0	13	0	23	36	0	36	50	72.00%	0	0
1	197	Chatfield	0	1	0	23	24	0	24	36	66.67%	0	0
1	299	Mabel	1	27	0	49	77	0	77	134	57.46%	0	0
1	369	Wykoff	0	0	0	10	10	0	10	18	55.56%	0	0
1	400	Canton	0	0	0	0	0	0	0	24	0.00%	0	0
1	492	Fountain	0	0	0	0	0	0	0	10	0.00%	0	0
1	526	Peterson	0	4	0	20	24	0	24	30	80.00%	0	0
1	544	Ostrander	0	2	0	7	9	0	9	20	45.00%	0	0
1	637	Whalan	0	0	0	0	0	0	0	11	0.00%	0	0
1		Fillmore County	1	75	0	284	360	0	360	619	58.16%	0	0
1	191	Caledonia	0	11	0	51	62	0	62	123	50.41%	0	0
1	249	Spring Grove	0	11	0	55	66	0	66	131	50.38%	0	0
1	423	Houston	0	9	0	52	61	0	61	97	62.89%	0	0
1	498	Hokah	0	1	0	18	19	0	19	20	95.00%	0	0
1	595	LaCrescent	0	40	0	78	118	1	119	219	54.34%	0	0
1		Houston County	0	72	0	254	326	1	327	590	55.42%	0	0
1		Area Three	1	147	0	538	686	1	687	1209	56.82%	0	0
1	56	Albert Lea	1	36	0	250	287	2	289	441	65.53%	0	0
1	264	Glenville	1	8	0	31	40	0	40	63	63.49%	0	0
1	266	Hartland	0	1	0	12	13	0	13	14	92.86%	0	0
1	317	Emmons	0	3	0	25	28	0	28	45	62.22%	0	0
1	404	Alden	0	3	0	7	10	0	10	75	13.33%	0	0
1	552	Freeborn	0	4	0	20	24	0	24	30	80.00%	0	0
1		Freeborn County	2	55	0	345	402	2	404	668	60.48%	0	0
1	91	Austin	3	46	0	167	216	0	216	381	56.69%	0	0
1	105	Lyle	0	8	0	27	35	0	35	73	47.95%	0	0
1	140	Grand Meadow	0	3	0	18	21	0	21	34	61.76%	0	0
1	146	Adams	0	21	0	76	97	0	97	161	60.25%	0	0
1	161	LeRoy	0	4	0	24	28	0	28	47	59.57%	0	0
1	570	Austin Spam	0	0	0	2	2	0	2	12	16.67%	0	0
1		Mower County	3	82	0	314	399	0	399	708	56.36%	0	0
1		Area Four	5	137	0	659	801	2	803	1376	58.36%	0	0
1	1111	Dakota	0	0	0	0	0	0	0	0	0.00%	0	0
1		District Totals	42	764	0	3290	4096	11	4107	6605	62.18%	0	0

DISTRICT VICE COMMANDER STANDINGS

		Vice Commanders											
		Area One	30	317	0	1393	1740	7	1747	2615	66.81%	0	0
		Area Two	6	163	0	700	869	1	870	1405	61.92%	0	0
		Area Three	1	147	0	538	686	1	687	1209	56.82%	0	0
		Area Four	5	137	0	659	801	2	803	1376	58.36%	0	0

The American Legion Department of Minnesota 2024 District Membership Report

Dist	Rank												
1	1st	Mark Maloney	42	764	0	3290	4096	11	4107	6605	62.18%		
2	7th	James Olson	35	542	0	2556	3133	3	3136	5293	59.25%		
3	4th	Joe Tappainer	73	1522	0	4184	5,779	26	5,805	9,636	60.24%		
4	3rd	Jon Haworth	7	248	0	774	1029	4	1033	1,690	61.12%		
5	10th	Lynn Nottage	3	248	0	527	778	4	782	1481	52.80%		
6	2nd	Frank Grittner	99	1041	0	4658	5798	32	5,830	9,409	61.96%		
7	5th	Carl Wilson	27	597	0	2333	2957	2	2959	4,937	59.94%		
8	9th	Philip Bodle	8	294	0	1382	1684	5	1689	3063	55.14%		
9	6th	Steve NaSalle	26	508	0	2521	3055	3	3058	5114	59.80%		
10	8th	Kristy Janigo	52	877	0	3204	4133	21	4154	7327	56.69%		
99			5	205	0	868	1078	0	1078	2752	39.17%		
Totals			377	6846	0	26,297	33,520	111	33,631	57,307	58.70%		

FROM YOUR MEMBERSHIP DIRECTOR

Hello Legionnaires,

I know it has been a while since we have seen a recent membership report. I am pleased to let you know that as of 9/25 the 1st District is in 1st place. We can't keep this up without all of your help. There are posts that have not turned in one single membership renewal. We need to make this a priority. Once we start slipping it is hard to regain the momentum.

If your post processes membership on-line, please make sure you check the amount that National will be deducting. You can find it on the top of your transmittals, the amount should be \$43.75. I know of two posts that are not having the correct amount deducted nor have I heard if National has fixed it.

Please reach out to me if you have any questions or concerns regarding membership.

Mary Hanson
1st District Membership Director
507-440-3606



Auxiliary Contacts

President

Michelle Weaver
1305 Willow St Apt 39
La Crescent, MN 55947
608-304-8773
weaver.michelle595@gmail.com

Secretary

Sharon Hammon
115 East Cabot St
LeRoy, MN 55951
507-923-7205
1stadjutant@gmail.com

Membership

Rosalie Trom
107 1st Ave NW—Kasson 55940
507-951-8442
rosalie7g@gmail.com

Treasurer

Tonia Betterman
1625 Crestview Lane
Owatonna, MN 55060
507-456-2315
betttm88@outlook.com

Dear Members,

It's hard to believe October is already here! Please don't forget about the upcoming **District Fall Rally on October 5th at Mabel Unit 299**. Registration begins at 8:30 am, and the rally starts at 10:00 am. The cost is \$10 for registration and \$10 for lunch.

Donations:

Several members have inquired about making donations to my project and our Honorary Junior President's initiative. Please see the related articles in the newsletter for details. Donations can be sent to Tonia Bettermann. Please be sure to indicate the purpose of your donation in the memo line.

Additionally, the annual per capita dues information is also available in the newsletter. Those checks can also be sent to Tonia.

Department Updates:

- **Americanism:** The ALA Americanism Essay Contest theme for this year is "What does America the Beautiful mean to me regarding veterans and our military?" Please share this information with schools (public, private, and homeschool co-ops) as soon as possible. All entries must include a signed coversheet and be received by Kollett Kaehlert by March 25, 2025.

Children and Youth: We encourage everyone to recognize and reward the positive actions of our children and youth by promoting the Youth Hero Award and the Good Deed Award. If you see a child or youth making a positive impact, please reach out to the local unit so they can submit a nomination. More information is available online at: <https://member.legion-aux.org/youth-hero-good-deed-awards>.

Important Reminder:

Please ensure your Unit 990 forms are filed. Units that are not current and up to date will not be able to distribute poppies. If you have any questions, please don't hesitate to contact me.

Thank you for your continued dedication and service.

Sincerely,

Michelle Weaver

1st District Auxiliary President

weaver.michelle595@gmail.com

507-850-2407

1st District President's 2024-2025 Project

Theme: Empowering Children, Strengthening Families

Symbol: A Rainbow

Representing the resilience of children and the transformative power of the Foundation's support, the rainbow emerges after a storm, signifying hope, healing, and the promise of a brighter future.

Project: Child Welfare Foundation

The American Legion Child Welfare Foundation (CWF) has been a beacon of hope for children and youth in the United States since 1954. Through grants to non-profit organizations, the CWF champions the physical, mental, emotional, and spiritual well-being of young people nationwide.

The Foundation's dedication to research, education, and direct assistance programs has made a tangible difference in countless lives. Thanks to the generosity of American Legion members and the Sons of the American Legion, the CWF has distributed over \$19 million in grants, creating a legacy of support and empowerment.

This project aims to bolster the CWF's mission, recognizing that strong children build strong families and communities. By contributing to the CWF, we invest in a brighter future for our nation's youth, helping them overcome adversity and reach their full potential.

Together, let's create a rainbow of hope for children and families across the 1st District.

A REQUEST FROM THE AUXILIARY

The Auxiliary will be holding a silent auction during the District's Mid Winter on January 11, 2025 at Winona Post 9.

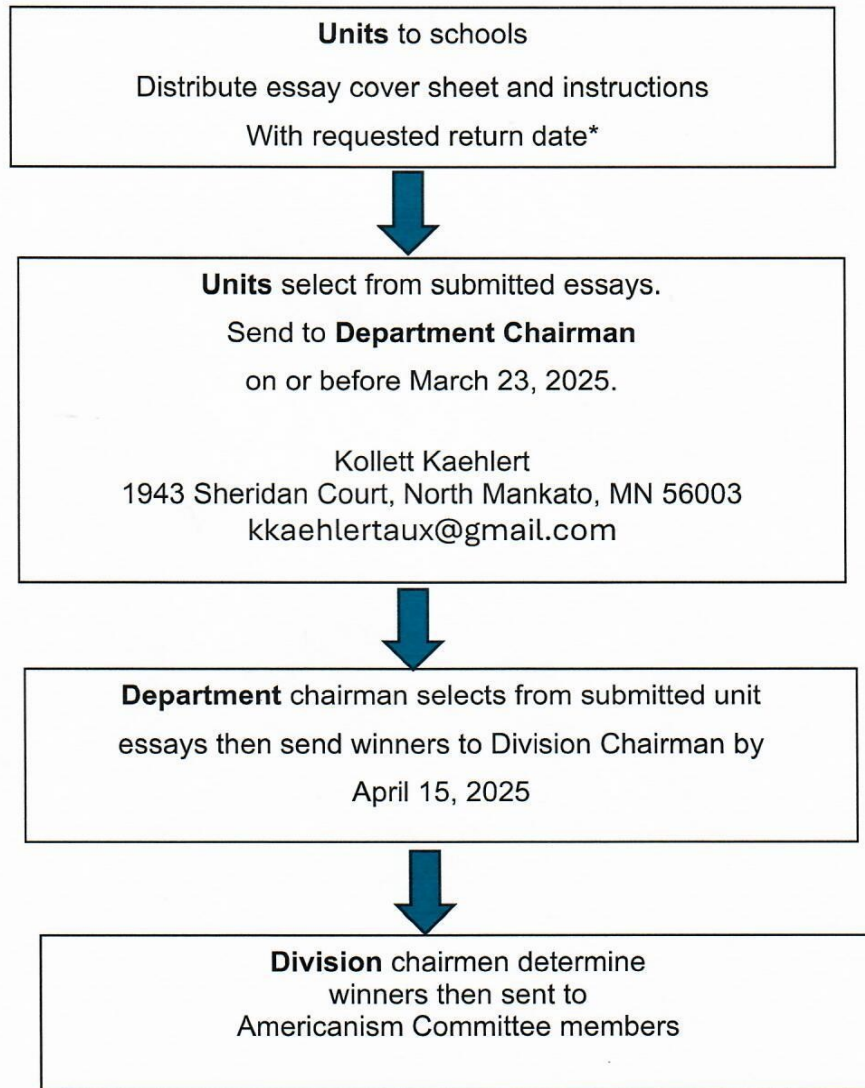
They need items to auction off so work on collecting items for them between now and January.

So Legion Family keep this auction in your minds and lets gather up a lot of items for this.



Americanism Essay Contest flow chart

Visit www.ALforVeterans.org for more information and required cover sheet



*Deadlines determined by unit and department chairmen.



**AMERICANISM ESSAY CONTEST
2025 Cover Sheet**

Each year, the American Legion Auxiliary (ALA) sponsors an Americanism Essay Contest for students in grades 3-12, including students with special needs. Grade levels are divided into six classes. One award in each of the six classes will be presented in each division. Winners will receive \$50 and a \$50 donation in the student's name will be made to the Children of Warriors National Presidents' Scholarship fund.

Essay Title: "What does America the Beautiful mean to me regarding veterans and our military?"

Essay Classes:

Class	Grade Level	Word Requirement
I	3 and 4	150-250
II	5 and 6	250-300
III	7 and 8	350-400
IV	9 and 10	450-500
V	11 and 12	450-500
VI	Students with special needs	Word count should correspond with student's grade level.

Essay Checklist:

- Class competing in _____
- Sponsoring ALA unit _____
- Typed or neatly written essay conforming to the word requirement for class
- Completed essay coversheet as first page of essay
- Word count of essay _____
- Due date for student to return to ALA unit _____

To Be Completed by the Student/Parent:

Student Name: _____

Address (Street, City, State, Zip): _____

E-mail Address: _____

Phone: _____

School Name: _____

School City/State: _____

Teacher Name and Signature: _____

Auxiliary Use Only (Must be completed for entry to be considered.):

Sponsoring Unit Name/Number: _____

Signature of Unit Americanism Chairman: _____

Unit winner due to Department on: _____ Department: _____

Signature of Department Chairman: _____

Department winner due to National Americanism Division Chairman by April 15, 2025

Tidbits from the Treasurer -----**To all Units in the First Distrist -- this is an annual fee for each unit.**

This is the per capita for 2024-2025. The per Capita for this year is \$2/per member. Every unit has an annual \$10.00 Distict Junior Fee also. These are the monies that the 1st District operates on for the year. **This will only be printed this mailing - so, please keep for further reference and inform**

1st District Per Capita for 2024-2025

Unit #	Unit Name	Per Capita	Junior Dues	Total Members
146	Adams	\$230.00	\$10.00	115
56	Albert Lea	\$392.00	\$10.00	196
404	Alden	\$68.00	\$10.00	34
91	Austin	\$180.00	\$10.00	90
52	Blooming Prairie	\$170.00	\$10.00	85
119	Byron	\$26.00	\$10.00	13
191	Caledonia	\$122.00	\$10.00	61
197	Chatfield	\$34.00	\$10.00	17
422	Claremont	\$38.00	\$10.00	19
384	Dodge Center	\$106.00	\$10.00	53
573	Elgin	\$14.00	\$10.00	7
551	Eyota	\$168.00	\$10.00	84
552	Freeborn	\$104.00	\$10.00	52
264	Glenville	\$164.00	\$10.00	82
140	Grand Meadow	\$120.00	\$10.00	60
81	Harmony	\$82.00	\$10.00	41
330	Hayfield	\$334.00	\$10.00	167
498	Hokah	\$34.00	\$10.00	17
423	Houston	\$208.00	\$10.00	104
333	Kasson	\$238.00	\$10.00	119
595	La Crescent	\$282.00	\$10.00	141
110	Lake City	\$70.00	\$10.00	35
40	Lanesboro	\$194.00	\$10.00	97
161	LeRoy	\$80.00	\$10.00	40
90	Lewiston	\$56.00	\$10.00	28

Tidbits from the Treasurer -----**Continued****To all Units in the First Distrist -- this is an annual fee for each unit.**

This is the per capita for 2024-2025. The per Capita for this year is \$2/per member. Every unit has an annual \$10.00 Distict Junior Fee also. These are the monies that the 1st District operates on for the year. **This will only be printed this mailing - so, please keep for fur-**

1st District Per Capita for 2024-2025

105	Lyle	\$86.00	\$10.00	43
299	Mabel	\$202.00	\$10.00	101
588	Mazeppa	\$64.00	\$10.00	32
579	Millville	\$74.00	\$10.00	37
75	New Richland	\$60.00	\$10.00	30
544	Ostrander	\$16.00	\$10.00	8
77	Owatonna	\$186.00	\$10.00	93
526	Peterson	\$84.00	\$10.00	42
179	Plainview	\$216.00	\$10.00	108
92	Rochester	\$222.00	\$10.00	111
94	Rushford	\$96.00	\$10.00	48
249	Spring Grove	\$140.00	\$10.00	70
68	Spring Valley	\$92.00	\$10.00	46
190	Saint Charles	\$10.00	\$10.00	5
164	Stewartville	\$312.00	\$10.00	156
50	Wabasha	\$216.00	\$10.00	108
587	Waldorf	\$28.00	\$10.00	14
228	Waseca	\$436.00	\$10.00	218
295	West Concord	\$50.00	\$10.00	25
637	Whalan	\$26.00	\$10.00	13
9	Winona	\$220.00	\$10.00	110
369	Wykoff	\$34.00	\$10.00	17
	Totals	\$6,384.00	\$460.00	3192

1st District Auxiliary Membership Report

Happy Fall to all units in District One! We are well on our way to a great membership year. If you have signed up a new member for your unit but don't have a Judy Buck sheet let me know and I'll get you one. If you would like your latest membership goal sheet please contact me. A few reminders-membership chairs be sure you are using the white 2024-25 transmittal sheet and only sending checks (no cash) with it; remember that a spouse (man or woman) of a Legion member can be an auxiliary member plus there is a dual membership-a legion member can also be an auxiliary member; start using the Recruit/Rejoin 10 sheet now to keep track of a recruiter adding Jr & Sr members by June 24, 2025 as a special gift will be awarded by the National Chairman to the recruiter; our current 24-25 National dues are \$18 and Dept dues are \$12 for a total of \$30.

I'll be attending our District's Fall Rally in Mabel on Saturday, Oct. 5. Hope to see and visit with many of you there. Email, text or phone me with any questions. I am a new district officer so will be glad for any suggestions you may have to help me do my job efficiently. I have been an auxiliary member for 48 years after joining under by father who was a WWII veteran.

When you stop in your Legion Post this week, be sure to say HI to a stranger and tell him/her that you're glad he's here-start a conversation. Keep our military, veterans and their families in your mind and heart.

Rosalie Trom
1st District Membership Chairman
rosalie7g@gmail.com

AUXILIARY MEMBERSHIP REPORT		10/1/24							
Unit	Location	Goal	Previous	Turn In	Jrs	Srs	Total	Precent	Left
9	Winona	114	7	3	0	7	10	8.77%	104
90	Lewiston	29	0	1	0	1	1	3.45%	28
190	St Charles	6	3	1	0	3	4	66.67%	2
50	Wabasha	111	28	1	1	27	29	26.13%	82
110	Lake City	37	0	1	0	0	1	2.70%	36
179	Plainview	113	0	5	0	5	5	4.42%	108
573	Elgin	8	0	1	0	1	1	12.50%	7
579	Millville	39	2	1	0	3	3	7.69%	36
588	Mazeppa	34	0	3	0	3	3	8.82%	31
92	Rochester	115	34	2	1	28	36	31.30%	79
119	Byron	14	7	2	0	7	9	64.29%	5
164	Stewartville	164	42	15	0	42	57	34.76%	107
551	Eyota	88	16	1	1	15	17	19.32%	71
Pod One Total		872	139	37	3	142	176	20.18%	696

AUXILIARY MEMBERSHIP REPORT CONTINUED

295	West Concord	26	0	1	0	1	1	3.85%	25
330	Hayfield	175	0	6	0	6	6	3.43%	169
333	Kasson	125	9	3	0	9	12	9.60%	113
384	Dodge Center	56	0	2	0	2	2	3.57%	54
422	Claremont	20	0	2	0	2	2	10.00%	18
52	Blooming Prairie	89	8	4	0	12	12	13.48%	77
77	Owatonna	98	13	1	0	13	14	14.29%	84
75	New Richland	32	0	2	0	2	2	6.25%	30
228	Waseca	229	27	14	2	25	41	17.90%	188
587	Waldorf	15	0	0	0	0	0	0.00%	15
Pod Two Totals		865	57	35	2	72	92	10.64%	773
40	Lanesboro	101	1	1	0	1	2	1.98%	99
68	Spring Valley	48	0	3	0	3	3	6.25%	45
81	Harmony	44	0	1	0	1	1	2.27%	43
94	Rushford	50	2	23	0	2	25	50.00%	25
197	Chatfield	18	0	16	0	16	16	88.89%	2
299	Mabel	106	0	32	3	29	32	30.19%	74
369	Wykoff	18	0	1	0	1	1	5.56%	17
526	Peterson	44	17	2	1	16	19	43.18%	25
544	Ostrander	9	0	0	0	0	0	0.00%	9
637	Whalen	14	0	12	0	12	12	85.71%	2
191	Caledonia	64	0	37	0	37	37	57.81%	27
249	Spring Grove	73	0	3	0	3	3	4.11%	70
423	Houston	109	0	2	0	2	2	1.83%	107
498	Hokah	18	0	3	0	3	3	16.67%	15
595	LaCrescent	148	19	1	0	19	20	13.51%	128
Pod Three Totals		864	39	137	4	145	176	20.37%	688
56	Albert Lea	205	30	2	0	31	32	15.61%	173
264	Glenville	86	13	2	1	14	15	17.44%	71
404	Alden	36	0	0	0	0	0	0.00%	36
552	Freeborn	55	0	53	9	44	53	96.36%	2
91	Austin	88	0	1	0	0	1	1.14%	87
105	Lyle	45	0	0	0	0	0	0.00%	45
140	Grand Meadow	63	0	28	3	25	28	44.44%	35
146	Adams	120	36	1	5	31	37	30.83%	83
161	Leroy	42	0	0	0	0	0	0.00%	42
Pod Four Totals		740	79	87	18	145	166	22.43%	574
Total		3341	314	296	28	582	610	18.26%	2731

Wabasha American Legion Auxiliary Unit 50 takes a field trip

On August 22, 2024 members of Unit 50 took a field trip to the new Preston Veterans Home in Preston, MN. With the recent opening of the facility, the members of Unit 50 had been talking about making a trip for a personal tour of the facility, a drive through the cemetery and a lunch together at a local supper club. A date was finally set and twelve members took the trip. Three cars left Wabasha at 9:30 for the hour trip to Preston. We were met by Alexis (Johnson) Schwartz, who is a member of Unit 50 and the HR representative at the home. We had a one hour tour of the home and had our

picture taken with Alexis as we presented her with a \$500 check to be used as they wish for activities at the home. We returned to Wabasha around 3:30. This is the first field trip we have taken but all of us decided we will try to do more in the future.

I added up the total years of membership for the members of this outing it was 203 years. Some longer than others. I am so proud of all the activities that my Unit is involved in.



Wabasha Unit 50 giving a 500 dollar to the Preston Veterans Home. Dar Jones—Sgt at Arms, Sherry Lecy—Membership, Diane Ginkel—Vice President, Alexis Schwartz—HR contact at the Veterans Home and Unit 50 member, Rosi Schmidt—President and Shar Beisell—Treasurer.



Front Row—Reina Beisell, Sharon Kennebeck, June Ratz, Alice Passe and Dar Jones.

Second Row—Sharon Burke, Sharon Burchichter, Alexis Schwartz, Shar Beisell, Diane Ginkel, Rosi Schmidt Sherry Lecy and Pat Capps.



AMERICAN
LEGION

**FROM YOUR HONORAY AUXILIARY
JR PRESIDENT**



Hi, I am Regan McElroy. I am the new Honorary Junior President of the First District American Legion Auxiliary. I would like to give an introduction to the district! I am 12 years old. I live in Riceville Iowa with my mom (Missy), my Dad (Joe), my sister (Taylor), and I also have an older sister (Melanie). I play basketball, softball, and volleyball. In my free time, I enjoy hanging out with my friends and going shopping. My project is for the Preston Veterans Home. The project is for outdoor activities like fishing, hunting and ect. So far I have raised 361\$.

SONS OF THE AMERICAN LEGION NEWS



COMMANDER

Josh Erickson
PO Box 376 - Winona, MN 55987
507-313-5861
josheric@hbc.com

ADJUTANT

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

EAST SIDE VICE COMMANDER

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

WEST SIDE VICE COMMANDER

Open

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

PARLIMENTERIAN

Gary Weaver
29 North Elm St—La Crescent, MN 55947
507-895-2818 or 507-450-9580
gweaver@acegroup.cc

CHAPLAIN

Brian Tomashek
560 East Fifth St—Winona, MN 99987
507-454-9598
btoma0210@gmail.com

Sgt at ARMS

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

FROM YOUR COMMANDER

On September 22nd, Earth's equator aligned with the sun at 7:43am, marking the Autumnal equinox or the moment the northern hemisphere starts its tilt away from the sun. That means Fall is officially here, and it's time for the District Fall Rally. The Fall Rally will be held at Mabel Post 299 on October 5th. Registration opens at 8:00am with executive boards meeting at 8:30am and the general session starting at 10:00am. The SAL Executive Board will not be meeting, but I hope to see everyone at the general session.

I will let Greg cover where we are with memberships, but I do want to emphasize not holding on to memberships. Per National's targets, we should be at 25% of our 2025 goal by October 16th, so get your memberships turned in as soon as possible. Especially if your squadron is one of the few still on the proverbial "goose egg"!

If there is anything the District Leadership can do to help your squadron with memberships, or anything else, do not hesitate to reach out.

See you at the Fall Rally,

Josh Erickson
District SAL Commander

Membership Summary as of 9/30/24

We are well on our way with our 2025 membership drive. So let's improve on what we did in 2024. As I compile this newsletter our District sits at 5th place out of 10. Let's strive to get those memberships in and get us into 1st place. We can't do it without every member's support. As of the 9/29 report, District 1 has 12 out of 36 squadrons sitting at zero (commonly known as the goose egg). We can, and must get that goose egg number down quickly.

Our first National membership goal is to be at 25% by 10/16/2024. I know we can make that happen.

This is the latest membership report from the District that I have, here again showing how we ended 2024 membership and our 2025 goals.

Districts	2024 Results	2025 Goal	Current at Dept.	Percentage	Placing
1st District	1670	1743	289	16.58%	5
2nd District	1313	1377	75	5.45%	10
3rd District	2177	2249	424	18.85%	3
4th District	410	422	51	12.09%	8
5th District	349	365	93	25.48%	1
6th District	1631	1693	256	15.12%	7
7th District	902	938	100	10.66%	9
8th District	489	509	94	18.47%	4
9th District	879	915	214	23.39%	2
10th District	1637	1699	262	15.42%	6
Totals	11457	11910	1858	15.60%	
<i>*The above goals are set by the District Leadership</i>					

MN Detachment Report

2024 Results as of 7/31/2024	11448
Current Received as of 9/29/2024	1858
2025 Detachment Goal	11910

15.60%

Squadron Summary

We as an organization need to hit our goals this year. The Commander, East Vice Commander and I want to help each and every Squadron get there. So reach out to us and let us know how we can help. This includes utilizing on the line tool MY SAL.

As for membership packet distribution all of the east squadrons' packets have been delivered. The only outstanding packet for the west squadrons will be delivered the week of Sept 29th. Special Thanks to our 1st District SAL Commander Josh E. and East Vice Commander Brian T. for their hard work in getting packets delivered. Some of these were delayed due to poor records of whom to reach out to. This is why this year we are so adamant in regards to getting an officers list with valid contact information.

We are working to compile a data base that future leadership can use in many ways. This is something that is currently lacking in our district.

Remember, being a member is important, however being an active member is key to carrying out our SAL mission. Membership in the Sons of the American Legion (SAL) is important as it supports veterans and their families while promoting patriotism and American values. Additionally, we members engage in community service and youth programs, fostering a sense of good citizenship and camaraderie among those who share a common heritage of military service.

Respectively Submitted

Greg Lemmer

1st District SAL Membership Director

**DIRECTOR****SUNSHINE MILLER MALONEY**

Phone 507-459-5962

EMAIL - sunshine1alr@gmail.com

VICE DIRECTOR - CHUCK STONE

1625 Crestview Lane

Owatonna, MN 55060

Phone - 507 213-7517

EMAIL - castoney@hotmail.com

SGT at ARMS - Gene Luedke

325 Hoffman Dr. Apt 305

Owatonna, MN 55060

PHONE—507—451—5731

EMAIL - gene.luedke@hotmail.com

SECRETARY - TONIA BETTERMANN

1625 Crestview Lane

Owatonna, MN 55060

PHONE—507—456—2315

EMAIL - betttm88@outlook.com

FINANCIAL ADVISOR - MARK MALONEY

845 54th Avenue, Apt E

Winona, MN 55987

Phone - 507-513-1582

EMAIL - markmaloney1962@gmail.com

CHAPLAIN - JILL REED**HISTORIAN - Karen "Sassy" Nay - WinONA****FROM YOUR DIRECTOR'S DESK**

On September 14th I attended ROMP at Legionville. Additions and changes were made to the Department Riders Constitution and By-Laws draft. This final draft will be submitted at the Dept Fall Conference in St Cloud the last full weekend of October. Once this has been approved, I will be bringing copies to First District Chapters.

I'm looking forward to my 2nd year as Director and making my visits to Chapters this winter. Please let me know when I can join you.

Hope to see you this coming Saturday for First District Fall Conference in Mabel

Together we can make a difference,

Sunshine Miller
First District ALR Director

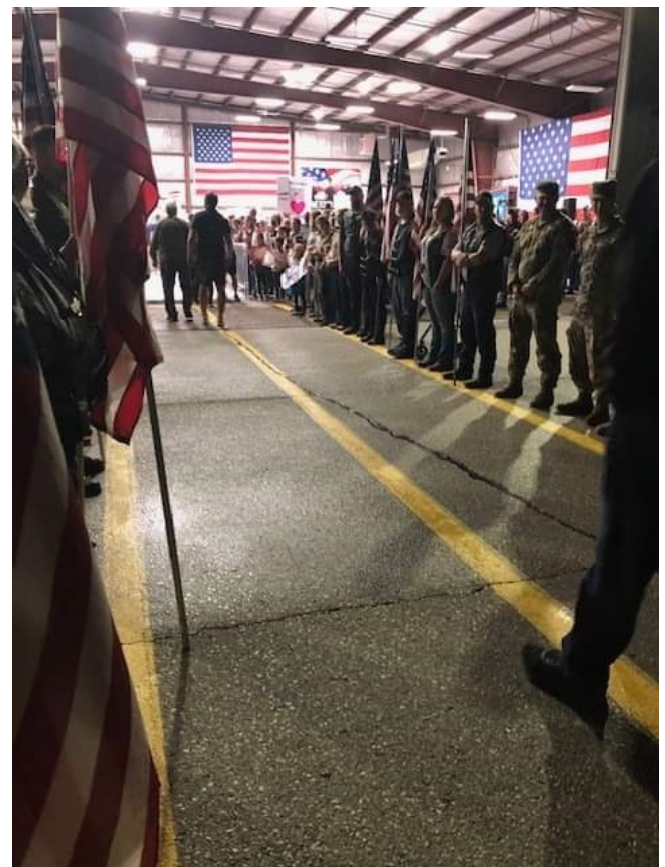


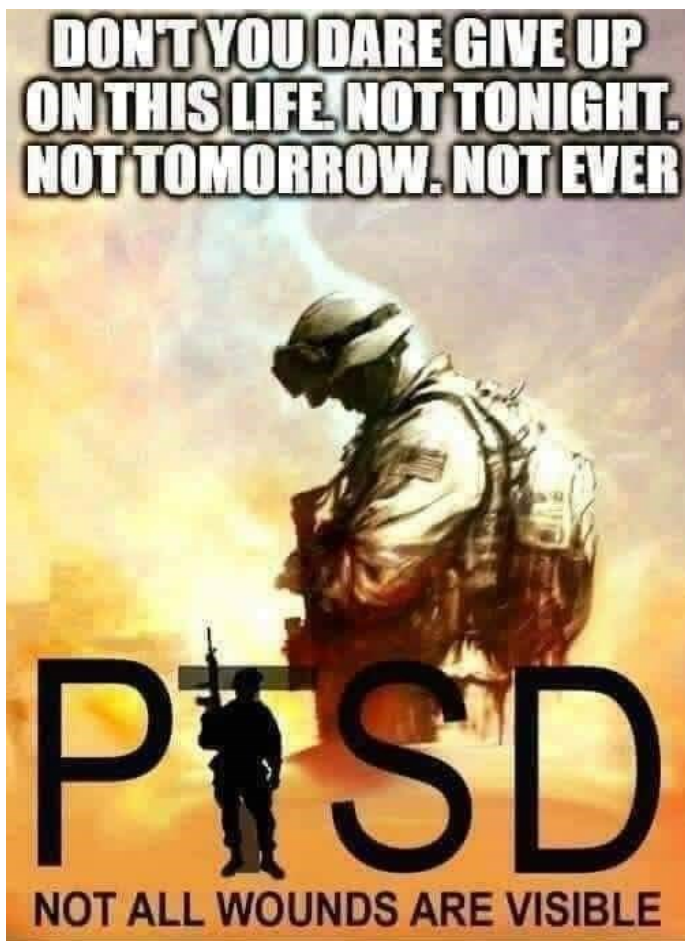
American Legion Riders Chapter 56, Albert Lea, MN Saturday afternoon, chapter members rode down to Emmons and presented the Emmons Veteran's Memorial a check for 1,000 dollars to continue the progress on their Memorial !

Here Clair "Dag" Dagestad accepts the donation.



Above, below and to the right are pictures of the Eyota, Winona and Rushford Legion Riders forming a Flag Line for the Honor Flight returning to La Crosse Airport.





An app for on line mental health

<https://>

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

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

[www.google.com/amp/s/
www.kttc.com/2023/01/17/veterans-
crisis-now-eligible-free-care-
nationwide/%3foutputType=amp](https://www.google.com/amp/s/www.kttc.com/2023/01/17/veterans-crisis-now-eligible-free-care-nationwide/%3foutputType=amp)

New resources are available for American Legion Family members to use in support of the **[“Be the One” initiative](#)** to reduce the rate of veteran suicide.

The web page (betheone.org) has been updated with a variety of resources. Among them:

A set of brochures available for download. One brochure is a PDF that can be used to educate agencies with mental health services, community partners, local government leaders and others about Be the One. The other brochure is a Word document that can be downloaded and customized for posts to use at suicide awareness events. The entire back page of the trifold is intentionally left blank (other than directions, which can be deleted) so that posts can fill it with local resources.

Branding materials: A variety of approved American Legion Be the One promotional materials that posts can use to promote the initiative.

Content, including the special two-part magazine series on Be the One. The series includes stories and snippets about how American Legion members and posts are actively participating in events geared toward reducing the stigma associated with mental health counseling.

Video links: Vimeo playlist includes videos that can be downloaded and played while offline. They can be shared on social media, posted to the web and played at post events.

Additionally, headquarters staff has created [a QR Code](#) for the Be the One page. This can be used to direct others to find information and resources related to the campaign.

How to scan a QR code:

1. Open the Camera app on your phone.
2. Make sure you are using the rear facing camera.
3. Hold your device so the QR code appears in the viewfinder in the Camera app.
4. Once steady, your device will recognize the QR code and show a notification.
5. Tap the notification to open the link.

ADAMS AMERICAN LEGION POST 146 Chicken, Fish, & Steak Fry Schedule



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

(*Unless Noted) (507) 582-3266



2024 SCHEDULE

Chicken & Steak Fry, Legion.....	September 7
Chicken & Steak Fry, Auxiliary	October 5
Chicken & Steak Fry, Southland Trap Shoot.....	October 19
Chicken & Steak Fry, Legion.....	November 2
Steak Fry, Knights of Columbus	November 9
Chicken & Steak Fry, SAL.....	November 23
Chicken & Steak Fry, Legion.....	December 7
Chicken & Steak Fry, Cancer, Snowmobile Club	December 21
Windsor Chops, New Years Eve, Legion.....	December 31

2025 SCHEDULE

Chicken & Steak Fry, SAL.....	January 4
Chicken & Steak Fry, Legion	January 18
Chicken & Steak Fry, Legion.....	February 1
Chicken & Steak Fry, SAL.....	February 15
Fish Fry, Auxiliary	March 7
Steak Fry, Sportsmen.....	March 15
Fish Fry, SAL.....	March 21
Fish Fry, Legion.....	April 4
Chicken & Steak Fry, Legion Baseball.....	April 26
Chicken & Steak Fry Legion	May 3
Chicken & Steak Fry, Trap Shoot	May 17
Steak Fry, Legion, Dairy Days	June 7
Chicken & Steak Fry, Dairy Days	June 8

~ **E-Tabs & Bingo Now Available** ~

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

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Winona Chicken Q Dates

January 6 th	SAL Chicken Q
February 10 th	Event Sponsor is Winona Chiefs Baseball Team. They will sell tickets and serve the meals. SAL will grill the chicken.
March 9 th	Event Sponsor is Pickwick Mill Inc. They will sell tickets and serve the meals. SAL will grill the chicken.
April 6 th	SAL Chicken Q
May 11 th	Event Sponsor is Kids Sport. They will sell tickets, grill the chicken, and serve the meals.
September 7 th	SAL Chicken Q
October 5 th	Event Sponsor is Winona Cotter HS Speech Team. They will sell tickets and serve the meals. SAL will grill the chicken.

All events offer dine in or carry out. We would hope you dine in, and experience the great family environment at the Winona American Legion.