



# AMERICAN LEGION POST 56

## Our Mission

To support and assist all veterans and their families; To provide child, youth and community programs that instill teamwork, citizenship, and patriotism; To encourage our elected leaders to support legislation that ensure our service members are properly trained, equipped, and receive the benefits they have earned; To honor the sacrifices made by our veterans in defense of our nation.

"Serving Veterans, Serving the community"

142 North Broadway, Albert Lea, MN \* 373-7993 \* [www.americanlegionpost56.com](http://www.americanlegionpost56.com)

**January, 2026**

Welcome to 2026!

First, where did 2025 go and hang on to your hats for 2026! There's a lot of things happening in January so let's get started. I'm going to bring up three of them!

Come on down for Tom and Jerry's and Bloody Mary's on January 1st! We're opening at 9:00 a.m. running normal business hours through the day. The kitchen will be open at 12:00 noon. Bring the family! There's something for EVERYONE!!

If you haven't heard yet, we've got a club being re-vitalized! On 10 January 9:00 - 10:30 a.m. there's going to be a Jr Auxiliary meeting at the Legion. Listen! If you haven't brought this up to your kids or grandkids.....you may want to re-think that. I'm seeing an excitement beginning like I've not seen before! There are already 10 members and it's only been a month since it started! These kids that are already members are having a "BLAST"! What better way to get young people involved in community and veteran projects! Let's get on this now! This is going to be great for the kids! What better way to leave a legacy for the younger folks to follow!

One other event I want to bring up. This is the PTSD Workshop on 22 January. There are 3 time schedules you can attend, 10:00-11:30, 2:00-3:30, 6:00-7:30 p.m. The subject for each schedule is the same. We're trying to get to everyone who is dealing with PTSD. I'm talking Veterans, Police Force, Sheriff Department, Fire Department, EMT, Doctors, Nurses and the community in general. Everyone dealing with PTSD. The guest speakers are:

Dr Steve Lansing ("Minnesota's PTSD Doctor") and B. Wayne Quist, Colonel (Ret). Both gentlemen are veterans and both have conducted many seminars and written books addressing the causes and affects of PTSD. If you have the slightest inkling that you or a family member or a friend may be dealing with PTSD please, please, please attend one of the sessions. There's no charge to attend and there's a free will offering for the lunch provided.

This is just the start for 2026! Like I said, hang on to your hats because we're just starting to provide education and entertainment to you, your family and Albert Lea as a community. I'm looking forward to seeing all of you at some point this year!

God Bless You and Your Family!

Ole

For God and Country

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### PTSD Workshop

January 22, 2026

10 – 11: 30 am, 2 – 3:30 pm, 6 – 7:30 pm

Post 56 will be hosting a workshop for everyone who has dealt with trauma & its after effects. There will be 2 guest speakers with time for questions and discussion. It is open to Veterans, EMT's, Police Dept, Fire Dept, and the general public. No cost to attend. Free will offering for the lunch.

### **"NEW YEAR'S DAY"**

TOM & JERRY'S

9 am - noon

Bloody Mary's

Kitchen opens at  
noon

Regular menu

Ron & Steve

Unplugged 1 - 4 pm

### **HONOR FLIGHT**

The mission is to provide America's Veterans with a one-day, no-cost trip to Washington D.C. to visit those memorials dedicated to them and honor their fellow comrades service and sacrifice. You are eligible if you are a WWII, Korean, or Vietnam Era Veteran

There are two available for our area.

1 = North Star Honor Flight, Departs from Rochester

[northstarhonorflight.org](http://northstarhonorflight.org) Contact number = 507-440-0003

2 = Honor Flight – Twin Cities, Departs from Minneapolis

[honorflighttwincities.org](http://honorflighttwincities.org) Contact number = 651-481-8835

**Lic. No. A-00213-001**

# JANUARY 2026

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|---|--|--|--|---|
| 28<br>RIDERS<br>PANCAKE<br>BREAKFAST<br>8 am – 12 pm | 29<br>Red Cross<br>Blood Drive<br>11 am – 5 pm<br>Event Center<br>CLUB<br>CLOSED | 30<br>Goulash w/<br>Side salad<br>Burger Baskets<br>Open Menu<br>4 – 7:30 pm  | 31<br>NEW YEAR'S EVE<br>DINNER By<br><b>RESERVATION<br/>ONLY</b><br>Bar Opens at 4 pm<br>Open Menu<br>NO BINGO                   | 1<br>HAPPY NEW YEAR<br>Tom & Jerry's<br>9 am – noon<br>Kitchen opens – noon<br>Meat Raffles<br>Ron & Steve<br>Unplugged 1 - 4 pm | 2<br>Chicken Parmesan /<br>FF<br>Open Menu<br>4 – 7:30 pm<br>Tim – Karaoke 7 pm                  | 3<br>CLUB<br>CLOSED                                   |
| 4<br>CLUB<br>CLOSED                                  | 5<br>CLUB<br>CLOSED<br>DAV mtg.7 pm  | 6<br>Garlic Chicken Bites<br>In Creamy Pasta<br>Burger Baskets<br>Open Menu<br>4 – 7:30 pm<br>Cloverleaf Lions 6 pm         | 7<br>Women Vets lunch<br>11:30 am<br>Pulled Pork / FF<br>Auxiliary Meat Raffle<br>5 pm<br>Bingo 6 pm<br>Open Menu<br>4 – 7:30 pm | 8<br>Chicken Strip Basket<br>Wine & Wings<br>Line Dancing 6:30 pm<br>Open Menu<br>4 – 7:30 pm                                    | 9<br>Meat Loaf<br>Dinner<br>Open Menu<br>4 - 7:30 pm<br>Tim – Karaoke 7 pm                       | 10<br>Junior Auxiliary<br>Mtg<br>9 – 10:30 am<br>CLUB |
| 11<br>CLUB<br>CLOSED                                 | 12<br>CLUB<br>CLOSED<br>Exec. Board Mtg<br>6:30 pm<br>VFW Mtg 7 pm               | 13<br>"TACO BAR"<br>Burger Baskets<br>4 – 7:30 pm   | 14<br>Riders Meat Raffle<br>5 pm<br>Grilled Cheese w/<br>Cup of soup<br>Bingo 6 pm<br>Open Menu<br>4 – 7:30 pm                   | 15<br>Shrimp Basket<br>Wine & Wings<br>Line Dancing 6:30 pm<br>Open Menu<br>4 – 7:30 pm  | 16<br>QUILTS OF VALOR<br>3 pm<br>"FISH FRY"<br>Open Menu 4 –<br>7:30 pm<br>Tim – Karaoke 7<br>pm | 17<br>CLUB<br>CLOSED                                  |
| 18<br>CLUB<br>CLOSED                                 | 19<br>CLUB<br>CLOSED<br>Post Meeting<br>7 pm                                     | 20<br>Lasagna / Side Salad<br>Burger Baskets<br>Open Menu<br>4 – 7:30 pm<br>Cloverleaf Lions 6 pm                           | 21<br>Hamburger Gravy /<br>Mashed potatoes<br>Legion Meat Raffle<br>5 pm<br>Bingo 6 pm<br>Open Menu 4 – 7:30<br>pm               | 22<br>Club56 / FF<br>Wine & Wings<br>Line Dancing 6:30 pm<br>Open Menu<br>4 – 7:30 pm<br>Auxiliary Mtg 7 pm                      | 23<br>Hot Beef<br>Commercial<br>Open Menu<br>4 - 7:30 pm<br>Tim – Karaoke 7 pm                   | 24<br>CLUB<br>CLOSED                                  |
| 25<br>PANCAKE<br>BREAKFAST<br>8 am – 12 pm           | 26<br>CLUB<br>CLOSED   | 27<br>Creamed Chicken /<br>Mashed potatoes &<br>Biscuit<br>Burger Baskets<br>Open Menu 4 – 7:30<br>pm<br>Riders Mtg 6:30 pm | 28<br>BLT / Cup of Soup<br>SAL Meat Raffle<br>5 pm<br>Bingo 6 pm<br>Open Menu 4 – 7:30<br>pm                                     | 29<br>Bacon Cheeseburger<br>/ FF<br>Wine & Wings<br>Line Dancing 6:30 pm<br>Open Menu<br>4 – 7:30 pm                             | 30<br>Steak & shrimp<br>Dinner<br>Open Menu<br>4 - 7:30 pm<br>Tim – Karaoke 7 pm                 | 31<br>CLUB<br>CLOSED                                  |

[www.americanlegionpost56.com](http://www.americanlegionpost56.com)

## AMERICAN LEGION RIDERS

Hello Riders,

Well, wasn't that cold snap something, I wasn't ready for that yet. But, we are Minnesotans so we will survive and be back on our bikes soon.

The riders went out to the nursing homes on December 6th and delivered coins and gnome tree ornaments to the veterans and their spouses. What an awesome experience that was. They were so happy to see us and talk about their time in the service. One gentleman had just gotten his tree up, so he put his wife's ornament right on the tree. They do love getting those coins and would show us the ones from years past.

I handed out the meat raffle schedule for the year of 2026. Make sure you get one if you weren't at the last meeting, I have assigned everyone in the riders a day to sell meat raffles. If you can't work your shift, you will need to trade with someone, but it will be your responsibility to do this. You will only have one, possibly 2 days to sell this year.

As we wrap up another year, I want to thank all the riders who

have tirelessly helped out with the meat raffles, helping out at events and just coming up and enjoying a meal and a cold beverage. I appreciate each and every one of you.

I want to wish everyone a happy holiday season. Enjoy your time with your family and friends and stop by the Legion with them for a meal and a drink.

Respectfully,

Theresa Knudtson - ALR Secretary

### A note from the Club Manager:

I just want to take a minute to thank all our veterans, their families and all the people that come up to the Legion and show your support. For next year, I ask that we make the year the best one ever at the Legion.

I ask that you continue to support your club in any way that you are able, whether it be a donation, volunteering, enjoying a meal, or attending an event. I thank you from the bottom of my heart. To all the volunteers who have helped me over the past year, I also want to say a huge Thank you for all you have done for me. I hope everyone has a very merry Christmas and be sure to join us on New Years Day.

Sincerely, Theresa Knudtson - Club Manager

## Donations and Memorials

|                      |                           |
|----------------------|---------------------------|
| Tom/Sandy Norby      | Mem of Beth Stahl         |
| Donald/Elaine Ehrich | Donation                  |
| Tom/Sandy Norby      | Mem of Ron Linde          |
| Tom/Sandy Norby      | In honor of Lorraine      |
|                      | Branstad's 100th Birthday |

## Honor Guard Donations/Memorials

|                  |                  |
|------------------|------------------|
| Albert/Sue Allen | Mem of Ron Linde |
|------------------|------------------|

Hello Fellow Veterans:

Welcome to the upcoming special holidays! Some things make you wonder about life and who gets to participate and who doesn't. I remember this day as the day 62 years ago that I was first married. I was in the Army stationed in Georgia at Fort Benning and was unknowingly training for our entering into a war in Southeast Asia. A place called Viet Nam, only on our maps it was French Indo China. We were young and making big plans for our future and we had no idea what was in store for us. September of 1964 I was part of an operation where the whole unit went and was accompanied by all our gear and all our Huey helicopters and sent to an Army Airfield in the Delta south of Saigon named Vinh Long. I was later moved farther south to another airfield called Soc Trang. I lived in a hooch/building that had housed the French Army and before that it was occupied by the Japanese that had built it when they were the invaders of the country. Lots of lessons learned so many years ago. My life was spared so I could live on, unlike so many other young soldiers, thousands over the next 15 years. I thank the Lord for my life. I returned home and raised a family. My wife of 44 years passed from cancer in 2007.

I think of the upcoming holiday season and the reason for the season. I think of the most wonderful country in the world and how very lucky we are to be able to live here and worship as we like. You cannot do that in many other countries because they hate Christians so very much and want us all gone. As the Christmas season comes with all the celebration, festivities, and gift giving, I think of all the non-believers, the ones who do not believe in God or that he exists. The atheists and the Devil even believe he exists as he is always trying to corrupt everything and everyone. They all get to reap the benefits of the season, like paid holidays and time off. Everyone gets caught up in the fun and gift giving and seem to forget whose birthday it really is! I pray for you all who have defended this great country and your families, I pray for your health and happiness, and I pray that we can continue to enjoy the freedoms that we have all fought for!

God Bless you all and God Bless America!!

Robert J Sharp, CMDR.

VFW Post 447

Albert Lea, MN

Greetings from the Auxiliary!

A new year with unlimited possibilities is here. I have not always thought of New Year's Resolutions, but the idea of a fresh start is wonderful. What will you do with a clean slate?

Thank you to all of those that helped with lefse and bake sales. We have raised some good funds that will be distributed over the next several months. Thank you also to all those that helped visit the assisted living facilities. We had a great time visiting and sharing with many veterans and spouses. Some of the new Junior Auxiliary members participated, which added another layer of fun. We even sang some holiday tunes as well as sung Happy Birthday to a lovely lady. We plan to visit again soon.

Thank you to those that have already paid your 2026 dues. Your membership and faithful service is vital to the work we do in the community for our veterans. If you are near or far, young or a bit older you matter, and we are glad to have you!

Quilt of Valor resumes on January 16 at 3 pm in the event center. Please join us as we honor another 5 veterans with presentations. All are welcome!

Our auxiliary meeting will be on January 22 at 7pm. Please join us as we plan out 2026.

And as always stop at the club for meal, beverage or fellowship OR all three. We need our club and our club needs us.

"Cheers to a new year and another chance for us to get it right." Oprah Winfrey

Enjoy every moment!

Beth Birch, Auxiliary President

### **2026 Dues Reminder**

We have a goal to reach 100% renewals for 2026 so if you haven't paid your dues, please help us reach that goal!!  
Legion = \$55.00 • Auxiliary = \$34.00 • SAL = \$30.00

### **Quilts of Valor**

January 16th – 3:00 pm

We are honoring the following Veterans with a Quilt: Robert Hanson, Todd Haroldson, Dean Hoeve, James Olson, Robert VanRiper. Please join us as we thank those who have served our country to protect our Freedom!



**Ronald M Linde**, 81 yrs, died November 18, 2025, served in the Army in the Lebanon era. Member of the Post for 51 continuous years.

**Donly E Cromwell**, 90 yrs, died November 27, 2025, served in the Marine Corps in the Korean era. Member of the Post for 7 continuous years.

**Gerald O Dunford**, 92 yrs, died December 13, 2025, served in the Army in Korean era. Member of the Post for 62 continuous years.

# LEO MARTIN CAREY



American Legion Post 56

Albert Lea, Minnesota

"Stay Active"



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# January 2026

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## LEGION AUXILIARY

Monthly meetings are on  
the 4th Thursday starting  
at 7:00 pm

Check our calendar for the  
date!

We invite you to attend our  
meetings.

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4th Tuesday of every  
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Post 447 VFW meetings are  
held on the 2nd Monday of  
every month at the American  
Legion Post 56 Clubrooms @  
7:00 pm. Come and join VFW  
Post 447. Veterans helping  
Veterans.