



## FIRST DISTRICT NEWSLETTER

THE AMERICAN LEGION DEPARTMENT OF MN

### Legion Contacts

#### Commander

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### VICE—COMMANDER INFORMATION

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**Area Three** -  
Open

**Area Four** - Cole Wilcox  
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## JUNE 2025

### IMPORTANT DATES

June 6th - Remember  
D Day  
June 14th— Flag Day  
June 14th—Army  
Birthday  
June 23rd—Coast  
Guard Auxiliary Birth-  
day  
June 27th—PTSB  
Awareness Day  
June 30th—First Dis-  
trict Changeover—  
Stewartville Post 164 at  
6:30 PM  
July 4th—  
Independence Day  
July 10—12, 2025—  
Department Conven-  
tion in Wilmar.

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### MEDICAL EQUIPMENT AVAILIABLE

Kasson Post 333 has a over supply of medical equipment which includes hospital beds with mattresses, wheel chairs (both regular and elec-  
tric), motorized scooters and much more. If inter-  
ested please call Richard Denny at 507—259—2081  
for more information.

## THE IMPORTANCE OF THE AMERICAN LEGION CHAPLAIN

An American Legion chaplain is not merely a title; it is a calling. Entrusted with the spiritual welfare of members, families, and communities, chaplains embody the Legion's commitment to mutual support, patriotism, and humanity. Their responsibilities span a wide range of duties, including leading prayers at meetings, officiating ceremonies, providing comfort in times of grief, and offering counsel to those in need.

At the core of the chaplain's role is the practice of prayer and faith. Whether opening a meeting with solemn invocation or lending spiritual support during memorial services, the chaplain's presence reaffirms the American Legion's dedication to values that transcend differences. Through these moments of reflection, chaplains remind us of the sacrifices made by our nation's veterans and the enduring strength found in unity.

Chaplains also play a vital role in celebrating the patriotic spirit embedded in the American Legion. During flag ceremonies, commemorative events, or gatherings on holidays such as Memorial Day and Veterans Day, chaplains help instill a deeper appreciation for the sacrifices made by those who serve. Their prayers often echo themes of gratitude, courage, and remembrance, ensuring that the contributions of veterans are honored with dignity.

For many veterans, the return to civilian life is fraught with challenges—some visible, others hidden. Chaplains often play a crucial role in addressing the "invisible wounds" of service, such as PTSD, moral injury, and depression. Through prayer, counseling, and connection to resources, chaplains help veterans find pathways to healing and self-acceptance.

Being an effective chaplain requires commitment and preparation. The American Legion offers resources, workshops, and training sessions to equip chaplains with the skills necessary to fulfill their duties. Topics may include grief counseling, interfaith communication, and understanding the unique spiritual needs of veterans and their families.

In conclusion the American Legion chaplain stands at the intersection of faith, service, and community, embodying the highest ideals of the organization. Through prayer, compassion, and outreach, they ensure that the legacy of our nation's veterans is honored not only in words but in deeds. Their ministry reminds us all of the power of unity, the importance of remembrance, and the enduring impact of service.

In serving as an American Legion chaplain, one becomes more than a spiritual guide—they become a beacon of hope, a champion of patriotism, and a steward of community. It is a noble calling, one that enriches the lives of all involved and carries forward the proud traditions of the American Legion.

## Greetings Area 4,

As always let's continue to get those memberships in!

I would like to thank everyone as I close out my 3rd year as the Area 4 Vice Commander position, which is available by the way, it has been a very informative past few years.

It was not an easy decision not to take the position for another year. I have learned so much about the legion in the past few years of being your Vice Commander.

Post 317 of Emmons, thank you for not only inviting me and my family to both of the dedications to your memorial, which is AWESOME, and Glenville post 264 for asking the 1st district for help in creating your new constitution and bylaws and also electing new officers.

I would also like to thank 1st District Commander Mark Maloney for helping me realize why the American Legion is still a great organization. If not for Commander Maloney, I would not be a member today, your word of wisdom sometimes misconstrued rang in this jarheads ear!

As always, Commander, GO NAVY BEAT ARMY!

Remember your post is only as strong as your weakest member, with that being said we as a legion are only as strong as our weakest member. We are all adults and veterans. I don't care if you served during peacetime or you are a combat veteran, we are all family. Less than 1% of this great nation signs up to put their life on the line for this great country, so let's remember that when we are looking for new members.

SEMPER FIDELIS  
Cole Wilcox  
Area 4 Vice Commander

## FROM AREA ONE

As I conclude my role as a 1st District Vice Commander, I reflect on the experience of serving in this capacity for the last three years. It has been a significant journey working alongside some very dedicated individuals.

During my tenure, I have observed the consistent commitment of our members to uphold the values of the American Legion. Challenges and milestones were encountered, and I found that it is essential for membership to become actively involved within their posts to overcome these obstacles. Setting aside politics and individual disagreements is crucial. Members should consistently prioritize the best interests of their Post and the Legion over personal interests and gains.

As I transition out of this role, I am confident that the 1st District will continue to progress under new leadership. I acknowledge Commander Maloney for his hard work and commitment over the past two years. Additionally, my appreciation goes to Wayne Hammon for his excellent and effective work as District Adjutant; his ~~wisdom~~ advice was always beneficial. I extend thanks to all members for their consistent support and engagement. It has been a privilege to serve as a 1st District Vice Commander, and I intend to remain an active member.

Thank you for your contributions toward a brighter future for our veterans.

Robert Schmidt  
1st District  
Vice Commander

## REQUESTS FOR NATIONAL DELEGATE

1. Chuck Kruger
2. Mary Hanson
3. Sy Fix
4. Myron Ehrich
5. Glenn Mueller

## IMPORTANT MILIARY DATES

June 6th ———D Day

June 14th ———Flag Day

June 14th ——— US Army Birthday

June 23rd—Coast Guard Auxiliary

Birthday

June 27th ——PTSB Awareness

Day.

June 28th - Operation Red Wings

Observant

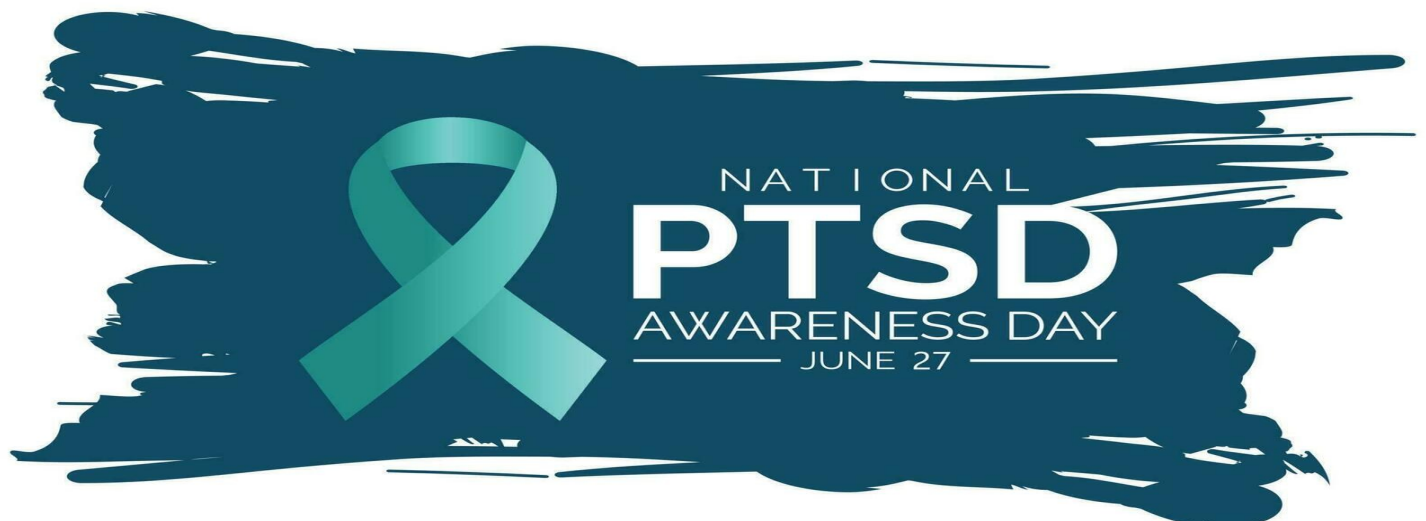
## From the newly elected 1st District American Legion Commander.....

. Greetings from Commander Elect Brian...forgive me if I am rusty...it's been 12 years since I last did I one of these.

This upcoming year will be one of changes...some changes are mandated by the changing times...what worked years ago doesn't work now. Some changes are dictated by the changing opinions of the members of the District. We will all learn together.....

District Changeover will be June 30th at 6 pm in Stewartville.

Brian Medinnus  
First District Commander







Reflecting on the past two years of being a district commander and doing the job with PTSD has been a profound experience. It is a testament to the strength of character and resilience that can emerge from the most challenging circumstances. As a commander, the responsibility to lead, inspire, and care for the members of the American Legion is paramount. Despite the personal battles with PTSD, the commitment to elevating the district to first place and the unwavering care for its members has been the driving force behind this journey.

Post-Traumatic Stress Disorder (PTSD) is a mental health condition triggered by experiencing or witnessing a traumatic event. Symptoms can include flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event. For veterans, PTSD is a lingering shadow of their service, affecting their daily lives and mental well-being. The journey of managing PTSD while fulfilling the duties of a district commander has been an intricate balance of personal healing and professional dedication.

Leading with PTSD comes with unique challenges. The weight of responsibility can sometimes exacerbate the symptoms, making it difficult to navigate the complexities of command. However, it is the same experience that fosters a profound sense of empathy and understanding towards fellow members who might be battling their own demons. This shared experience creates a bond that is both unspoken and powerful, forming the foundation of a supportive and resilient community.

The journey to make the district of the American Legion first place is not solely about accolades or recognition. It is about fostering a sense of unity, purpose, and pride among its members. Despite the personal struggles, the role of a commander is to inspire and lead by example. Turning adversity into strength involves harnessing the lessons learned from PTSD to create a compassionate and understanding environment where every member feels valued and supported. Despite nay sayers I think I have shown if you treat the members and show members that they have support if the post is not doing the correct things. When post commanders feel they are the kings not realizing that the post may differ from post to post on how they operate day to day business, But THE AMERICAN LEGION mission and if you use the American legion name and emblems you are basically chain store of the corporation which is the American legion which in how and what we do nationwide. Also, my advice is that to make a good leader you need to know that it is not personal you need to show the members you back them and the bylaws that are written .The bylaws do not mean anything unless you as a leader can with the help of the

committee of officers enforce them and help post members with those problems by advising them and also give them an understanding of team work and bylaws and not confusing the fact that we have bylaws and we use Roberts rules for holding meets and to discuss problems as they call it .a gentlemen's argument not to use as I have seen it as a means of bullying it will tell you that these are steps if not covered by your by laws but will

Refer to your bylaws. You also to be a good leader to be willing to remember that you have ask yourself is it in the legions best interest or is it in your interest I have been told by doing and following the bylaws from national and offi8cers guides that was printed by national not worry about members that is the post problem well that is not true if you maintain the members you have then the n you have to work twice as much to get more members you have to get new members and replace the ones you have lost the last two things is do not get bullied by department officers who think they have power when they do not the one that has the knowledge is with the power no officer can tell you what to do but only guide and advise its up to the members to make the distinction not one person .All then the officers were helping in correcting a problem with a post they were disrespected and called un capable of handling such a problem .Well I tell them that the district officer had check with each other and check with bylaws and judge advocate of the legion and it was researched by whole district officers and so that I feel that the 1<sup>st</sup> district officers are owed an appropriate apology for the lack of support and also insulting a American legion members wife and also that member being the district commander.

Thank you!

For God and country

First district commander

Mark A. Maloney III



### **IMPORTANT INFO**

**The district needs your help. We need younger members to step up and accept an officer position before all the experience to help mentor them is gone.. Call Jim Kellogg for more information at 507-438-1123**





LeRoy-Ostrander 6th grade class helping Post 161 members with grave marker flags and a lesson on raising flags.

ABOVE



The American Legion, Dept of MN, First District 2025 Membership Report for May 28,

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
9	Winona	6	31	0	390	427	28	455	451	100.89%	0	0
90	Lewiston	3	10	0	65	78	2	80	81	98.77%	0	0
190	St Charles	0	13	0	70	83	0	83	99	83.84%	0	0
	Winona County	9	54	0	525	588	30	618	631	97.94%	0	0
50	Wabasha	1	40	0	136	177	4	181	202	89.60%	0	0
110	Lake City	27	15	0	124	166	2	168	158	106.33%	0	0
179	Plainview	9	24	0	100	133	1	134	142	94.37%	0	0
546	Kellogg	0	6	0	43	49	0	49	55	89.09%	0	0
573	Elgin	1	3	0	22	26	1	27	27	100.00%	0	0
579	Millville	1	18	0	83	102	0	102	108	94.44%	0	0
588	Mazeppa	3	9	0	50	62	0	62	64	96.88%	0	0
	Wabsha County	42	115	0	558	715	8	723	756	95.63%	0	0
92	Rochester	15	86	0	512	613	60	673	651	103.38%	0	0
119	Byron	13	17	0	93	123	3	126	106	118.87%	0	0
164	Stewartville	8	20	0	229	257	1	258	277	93.14%	0	0
446	Rochester	0	2	0	3	5	0	5	15	33.33%	0	0
551	Eyota	2	24	0	145	171	0	171	179	95.53%	0	0
	Olmsted County	38	149	0	982	1169	64	1233	1228	100.41%	0	0
	Area One	89	318	0	2065	2472	102	2574	2615	98.43%	0	0
295	West Concord	0	6	0	28	34	1	35	39	89.74%	0	0
330	Hayfield	3	16	0	159	178	0	178	180	98.89%	0	0
333	Kasson	10	29	0	183	222	5	227	230	98.70%	0	0
384	Dodge Center	1	7	0	52	60	2	62	68	91.18%	0	0
422	Claremont	0	3	0	24	27	0	27	29	93.10%	0	0
	Dodge County	14	61	0	446	521	8	529	546	96.89%	0	0
52	Blooming Prairie	0	16	0	58	74	1	75	77	97.40%	0	0
77	Owatonna	5	49	0	259	313	21	334	343	97.38%	0	0
296	Ellendale	7	5	0	30	42	2	44	36	122.22%	0	0
	Steel County	12	70	0	347	429	24	453	456	99.34%	0	0
75	New Richland	0	8	0	30	38	1	39	46	84.78%	0	0
228	Waseca	5	20	0	214	239	3	242	261	92.72%	0	0
281	Janesville	0	3	0	60	63	2	65	76	85.53%	0	0
587	Waldorf	1	0	0	16	17	0	17	20	85.00%	0	0
	Waseca County	6	31	0	320	357	6	363	403	90.07%	0	0
	Area Two	32	162	0	1113	1307	38	1345	1405	95.73%	0	0



1	940	Lanesboro	2	12	0	81	95	0	95	105	90.48%	0	0
1	68	Spring Valley	0	7	0	47	54	3	57	61	93.44%	0	0
1	81	Harmony	0	0	0	19	19	0	19	23	82.61%	0	0
1	94	Rushford	5	9	0	83	97	1	98	97	101.03%	0	0
1	166	Preston	0	13	0	32	45	1	46	50	92.00%	0	0
1	197	Chatfield	2	1	0	28	31	2	33	36	91.67%	0	0
1	299	Mabel	4	27	0	98	129	1	130	134	97.01%	0	0
1	369	Wykoff	0	0	0	15	15	0	15	18	83.33%	0	0
1	400	Canton	0	0	0	19	19	0	19	24	79.17%	0	0
1	492	Fountain	0	0	0	8	8	0	8	10	80.00%	0	0
1	526	Peterson	1	4	0	26	31	0	31	30	103.33%	0	0
1	544	Ostrander	0	2	0	13	15	2	17	20	85.00%	0	0
1	637	Whalan	0	0	0	9	9	0	9	11	81.82%	0	0
1		Fillmore County	14	75	0	478	567	10	577	619	93.21%	0	0
1	191	Caledonia	1	11	0	96	108	1	109	123	88.62%	0	0
1	249	Spring Grove	0	11	0	115	126	1	127	131	96.95%	0	0
1	423	Houston	0	9	0	83	92	1	93	97	95.88%	0	0
1	498	Hokah	0	1	0	18	19	0	19	20	95.00%	0	0
1	595	LaCrescent	3	40	0	152	195	3	198	219	90.41%	0	0
1		Houston County	4	72	0	464	540	6	546	590	92.54%	0	0
1		Area Three	18	147	0	942	1107	16	1123	1209	92.89%	0	0
1	56	Albert Lea	6	36	0	360	402	11	413	441	93.65%	0	0
1	264	Glenville	2	8	0	54	64	1	65	63	103.17%	0	0
1	266	Hartland	0	1	0	12	13	0	13	14	92.86%	0	0
1	317	Emmons	2	3	0	34	39	0	39	45	86.67%	0	0
1	404	Alden	0	3	0	66	69	0	69	75	92.00%	0	0
1	552	Freeborn	0	5	0	21	26	1	27	30	90.00%	0	0
1		Freeborn County	10	56	0	547	613	13	626	668	93.71%	0	0
1	91	Austin	9	46	0	290	345	5	350	381	91.86%	0	0
1	105	Lyle	1	8	0	61	70	0	70	73	95.89%	0	0
1	140	Grand Meadow	0	4	0	26	30	0	30	34	88.24%	0	0
1	146	Adams	0	21	0	115	136	0	136	161	84.47%	0	0
1	161	LeRoy	0	4	0	35	39	0	39	47	82.98%	0	0
1	570	Austin Spam	1	0	0	10	11	0	11	12	91.67%	0	0
1		Mower County	11	83	0	537	631	5	636	708	89.83%	0	0
1		Area Four	21	139	0	1084	1244	18	1262	1376	91.72%	0	0
1	1111	Dakota	0	0	0	0	0	0	0	0	0.00%	0	0
1		District Totals	160	766	0	5204	6130	174	6304	6605	95.44%	0	0

## DISTRICT VICE COMMANDER STANDINGS

	Vice Commanders											
	Area One	89	318	0	2065	2472	102	2574	2615	98.43%	0	0
	Area Two	32	162	0	1113	1307	38	1345	1405	95.73%	0	0
	Area Three	18	147	0	942	1107	16	1123	1209	92.89%	0	0
	Area Four	21	139	0	1084	1244	18	1262	1376	91.72%	0	0

## The American Legion Department of Minnesota 2025 District Membership Report

Dist	Rank										
1	1st	Mark Maloney	160	766	0	5204	6130	174	6304	6605	95.44%
2	4th	James Olson	123	548	0	4303	4974	19	4993	5293	94.33%
3	3rd	Joe Tappainer	277	1529	0	7215	9,021	93	9,114	9,636	94.58%
4	8th	Jon Haworth	42	248	0	1219	1509	35	1544	1,690	91.36%
5	10th	Lynn Nottage	27	248	0	993	1268	9	1277	1481	86.23%
6	2nd	Frank Grittner	253	1049	0	7395	8697	225	8,922	9,409	94.82%
7	6th	Carl Wilson	86	600	0	3839	4525	15	4540	4,937	91.96%
8	9th	Philip Bodle	69	293	0	2399	2761	22	2783	3063	90.86%
9	5th	Steve NaSalle	104	511	0	4059	4674	40	4714	5114	92.18%
10	7th	Kristy Janigo	184	882	0	5570	6636	82	6718	7327	91.69%
99			17	206	0	1510	1733	0	1733	2752	62.97%
To-tals			1342	6880	0	43,706	51,928	714	52,642	57,307	91.86%

### FROM YOUR MEMBERSHIP DIRECTOR

Legionnaires,

The 1st District is in first place in the membership challenge. We are currently at 95.44%. Thank you to all of the posts that have really put in the effort to work on their membership.

I can't stress enough, the 2025 year is not over until December 31st. When you get your packets in June, do not give up on getting to 100% in your post. We have seen a significant number of posts at 100% drop in the past few years. So far we have 9 posts at goal or over. Don't know what your goal is? Look at the report in this newsletter. We can't keep losing members like we do every year.

A prerequisite to your post receiving your membership packet is a filled out Consolidated Post Report. The 1st District has had 100% participation the past few years, but it has been a struggle. The CPR must be in before July 1st. Posts that submit them in hard copy to Department must have them in by June 23rd. Every post does something. Item 124 should include the 25cents of our dues that go to the Hospital Association. Item 125 should include the volunteer time of the person that filled out the CPR.

Please contact me if you have any questions.

Thank you for all you do for the American Legion

Mary Hanson

1st District Membership Director

[mfhanson52@charter.net](mailto:mfhanson52@charter.net)

507-440-3606

## FROM AREA ONE

Vice

commander

**1<sup>st</sup> District Posts - Please get out and talk with your softball teams. We are hearing from some teams in the 1st that want to join MN American Legion softball this year and next - be prepared for teams to be contacting you for support. Please support them the same way you have boys' baseball for over 100 years.**

**Thank you,**

**Luann McMahan  
MN American Legion Softball  
Vice Chair**

**Veterans - WE NEED YOU!! Please contact us for more information**

# VETERANS WE NEED YOU!



**Our communities need you!  
Are you looking for extra  
income while making a positive  
impact on your community?  
Throughout Minnesota we are  
short of umpires -  
we need you!!.**



**WE ARE PROUD PARTNERS OF THE BEHIND THE  
MASK PROGRAM - FOR MORE INFORMATION ON  
FREE TRAINING AND EQUIPMENT CONTACT THEM  
AT: [HTTPS://UMPIRESBEHINDTHEMASK.COM/](https://umpiresbehindthemask.com/)**

## CONSOLIDATED POST REPORTS INFORMATION

In order for us to be eligible for 100% award by national all CPR's MUST be in before July 1st. If you are using hard copy? They must be into the Department no later than June 23rd. That will give us time to get those reports sent in by July 1st. Online reports should be done by June 30th. If you have started one? Don't forget to submit it.

Every Post has something to report. If you look at the form items 124 and 125 are automatic to check. 124 because of the 25 cents of our dues go to Hospital Association so take the 25 cents times the number of members in your post and round up to the nearest dollar. And 125 filled in because it took whoever filled out the form volunteer time to do it. Rounding up to the nearest hour.

We can't procrastinate. June 25th will creep up on us. Then there will be this mad rush to get the job done. In case you haven't noticed I am absolutely 100% passionate about finally getting Minnesota and our Commander on the national stage. This is so doable.

Let's do this!!

Thanks everyone

Sy Fix

Americanism Committee

District Name	Unitname	Status Code	# of Responses
MN Dist 0001 LGN	MN Post 0009	No Data	No Data
MN Dist 0001 LGN	MN Post 0040	No Data	No Data
MN Dist 0001 LGN	MN Post 0050	No Data	No Data
MN Dist 0001 LGN	MN Post 0052	No Data	No Data
MN Dist 0001 LGN	MN Post 0056	SUBMITTED	64
MN Dist 0001 LGN	MN Post 0068	SUBMITTED	No Data
MN Dist 0001 LGN	MN Post 0075	No Data	No Data
MN Dist 0001 LGN	MN Post 0077	No Data	No Data
MN Dist 0001 LGN	MN Post 0081	SUBMITTED	No Data
MN Dist 0001 LGN	MN Post 0090	No Data	No Data
MN Dist 0001 LGN	MN Post 0091	DRAFT	40
MN Dist 0001 LGN	MN Post 0092	No Data	No Data
MN Dist 0001 LGN	MN Post 0094	SUBMITTED	29
MN Dist 0001 LGN	MN Post 0105	SUBMITTED	12
MN Dist 0001 LGN	MN Post 0110	No Data	No Data
MN Dist 0001 LGN	MN Post 0119	No Data	No Data
MN Dist 0001 LGN	MN Post 0140	No Data	No Data
MN Dist 0001 LGN	MN Post 0146	SUBMITTED	45
MN Dist 0001 LGN	MN Post 0161	DRAFT	64
MN Dist 0001 LGN	MN Post 0164	SUBMITTED	64
MN Dist 0001 LGN	MN Post 0166	SUBMITTED	5
MN Dist 0001 LGN	MN Post 0179	No Data	No Data



MN Dist 0001 LGN	MN Post 0190	No Data	No Data
MN Dist 0001 LGN	MN Post 0191	No Data	No Data
MN Dist 0001 LGN	MN Post 0197	SUBMITTED	No Data
MN Dist 0001 LGN	MN Post 0228	SUBMITTED	18
MN Dist 0001 LGN	MN Post 0249	SUBMITTED	13
MN Dist 0001 LGN	MN Post 0264	SUBMITTED	12
MN Dist 0001 LGN	MN Post 0266	SUBMITTED	4
MN Dist 0001 LGN	MN Post 0281	SUBMITTED	13
MN Dist 0001 LGN	MN Post 0295	No Data	No Data
MN Dist 0001 LGN	MN Post 0296	SUBMITTED	4
MN Dist 0001 LGN	MN Post 0299	No Data	No Data
MN Dist 0001 LGN	MN Post 0317	No Data	No Data
MN Dist 0001 LGN	MN Post 0330	No Data	No Data
MN Dist 0001 LGN	MN Post 0333	SUBMITTED	No Data
MN Dist 0001 LGN	MN Post 0369	SUBMITTED	1
MN Dist 0001 LGN	MN Post 0384	No Data	No Data
MN Dist 0001 LGN	MN Post 0400	No Data	No Data
MN Dist 0001 LGN	MN Post 0404	No Data	No Data
MN Dist 0001 LGN	MN Post 0422	SUBMITTED	63
MN Dist 0001 LGN	MN Post 0423	No Data	No Data
MN Dist 0001 LGN	MN Post 0446	No Data	No Data
MN Dist 0001 LGN	MN Post 0492	DRAFT	1
MN Dist 0001 LGN	MN Post 0498	SUBMITTED	2
MN Dist 0001 LGN	MN Post 0526	No Data	No Data
MN Dist 0001 LGN	MN Post 0544	No Data	No Data
MN Dist 0001 LGN	MN Post 0546	No Data	No Data
MN Dist 0001 LGN	MN Post 0551	No Data	No Data
MN Dist 0001 LGN	MN Post 0552	No Data	No Data
MN Dist 0001 LGN	MN Post 0570	SUBMITTED	No Data
MN Dist 0001 LGN	MN Post 0573	SUBMITTED	5
MN Dist 0001 LGN	MN Post 0579	SUBMITTED	13
MN Dist 0001 LGN	MN Post 0587	No Data	No Data
MN Dist 0001 LGN	MN Post 0588	No Data	No Data
MN Dist 0001 LGN	MN Post 0595	No Data	No Data
MN Dist 0001 LGN	MN Post 0637	No Data	No Data
MN Dist 0001 LGN	MN Post 1111	No Data	No Data



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## **A Grateful Farewell: Reflecting on Two Years of Service**

As I conclude my term as **President of the 1st District of Minnesota American Legion Auxiliary**, I am overwhelmed with gratitude for the privilege of serving this extraordinary organization and its inspiring members.

To the incredible **members of the 1st District**, thank you for entrusting me with the honor of leading and representing you. Your unwavering dedication to supporting **veterans, military families, and communities** has been my constant source of inspiration. Together, we have achieved so much, and it has been an honor to witness the profound impact of your efforts.

It has truly been a pleasure to meet so many of you, hear your stories, and celebrate your accomplishments—**seeing familiar faces and finally putting faces to the voices I have talked to over the past two years**. A special thank-you to our **first-time attendees at the District convention**—I hope participation continues to grow year after year!

## **Cherishing the People Who Made It Possible**

Throughout my tenure, I have been fortunate to work alongside some of the most **compassionate and dedicated individuals**. A special mention to **Beverly**, whose encouragement was instrumental in starting me on this journey and whose presence has always guided me.

I am deeply grateful to **Marie Goede, Joyce Olson, Cindy Nelson, Sandy Fredrickson, Louise Kleibor, Sharon Hammon, and Audrey Erwin**—your **mentorship, support, and camaraderie** have meant the world to me. To my **officers and chairmen**—thank you for your unwavering contributions; I truly could not have done this without you. Whether through organizing events, volunteering, or advocating for vital causes, your passion and unity embody the **spirit of our Auxiliary** and have inspired me to grow both as a leader and an individual.

I also extend my **sincere appreciation** to the **officers, committee chairs, and members** whose collaboration and encouragement have helped me navigate challenges and celebrate successes. Your dedication has made this journey deeply rewarding. From advancing **programs** to strengthening our **outreach**, we have upheld our mission and **created lasting changes in the lives we serve**.

## **Looking Ahead**

As I step down from my position, my commitment to the **1st District American Legion Auxiliary** remains **steadfast**. I look forward to continuing to serve alongside you in new

roles, fostering the shared mission that unites us all. I am always available to **mentor and support others**, just as I have been so graciously mentored throughout this journey.

A heartfelt thank-you goes to **Wayne Hammon Jr.**, whose contributions have been **vital to the operations of the 1st District**, and to **Gary Weaver**, my steadfast **driver, advisor, and supporter**. And to my husband, **Tim**, thank you for your **unwavering support**, even when my ambitions seemed overwhelming. Your wisdom reminds me that, while I aspire to fix everything, some things must be tackled **one step at a time**.

A special thank-you also to **Commander Mark Maloney, SAL Commander Josh Erickson, and Riders Director Sunshine Maloney**—your presence and contributions made this journey **even more rewarding and fun**.

### **Final Words of Gratitude**

Thank you for allowing me the honor of serving as your **President**. This role has been deeply fulfilling, and I am **forever grateful** for the **trust, support, and friendships** I have gained. Together, let us look toward the future—**continuing to strengthen our Auxiliary** and advance our **shared mission**.

Till we meet again, let us remember that our **obligation to our country** can be fulfilled only through the faithful performance of all duties of citizenship. Let **service to the community, state, and nation** remain our main objective.

Let us always be watchful—of our **organization** and ourselves—that nothing shall ever swerve us from the path of **Justice, Freedom, Loyalty, and Democracy**.

With gratitude, **Michelle Weaver**

1st District Auxiliary President

[weaver.michelle595@gmail.com](mailto:weaver.michelle595@gmail.com)

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# 2024-2025 Membership Bulletin

Dist	Unit	Unit Location	2025 DNO	85% by 3/15/25	95% by 5/23/25	100% by 7/4/25	102% by 7/26/25	Junior	Senior	Total	Percent to Date	100% Date
01	0009	Winona	114	3/3/25	108	114	116	3	102	105	92.11%	
01	0040	Lanesboro	101	NO	5/8/25	101	103	0	97	97	96.04%	
01	0050	Wabasha	111	1/14/25	3/3/25	111	113	2	107	109	98.20%	
01	0052	Blooming Prairie	89	NO	5/21/23	89	91	1	85	86	96.63%	
01	0056	Albert Lea	205	NO		195	205	0	178	178	86.83%	
01	0068	Spring Valley	48	10/26/24	46	48	49	4	37	41	85.42%	
01	0075	New Richland	32	10/26/24	30	32	33	0	30	30	93.75%	
01	0077	Owatonna	98	1/28/25	5/8/25	98	100	1	95	96	97.96%	
01	0081	Harmony	44	3/3/25	42	44	45	12	27	39	88.64%	
01	0090	Lewiston	29	2/21/25	3/3/25	3/3/25	3/3/25	4	26	30	103.45%	3/3/25
01	0091	Austin	88	NO	84	88	90	0	74	74	84.09%	
01	0092	Rochester	115	12/9/24	5/8/25	115	117	8	102	110	95.65%	
01	0094	Rushford	50	12/17/24	48	50	51	1	46	47	94.00%	
01	0105	Lyle	45	10/26/24	43	45	46	10	31	42	93.33%	
01	0110	Lake City	37	1/14/25	1/14/25	1/14/25	38	4	33	37	100.00%	1/14/25
01	0119	Byron	14	10/8/24	10/15/24	10/15/24	10/15/24	0	15	15	107.14%	10/15/24
01	0140	Grand Meadow	63	1/28/25	1/28/25	63	64	6	54	60	95.24%	
01	0146	Adams	120	3/3/25	114	120	122	9	99	108	90.00%	
01	0161	Le Roy	42	12/17/24	4/15/25	42	43	14	27	41	97.62%	
01	0164	Stewartville	164	1/14/25	4/15/25	164	167	8	151	159	96.95%	
01	0179	Plainview	113	No	107	113	115	6	83	89	78.76%	
01	0190	Saint Charles	6	12/17/24	12/17/24	12/17/24	12/17/24	0	7	7	116.67%	12/17/24
01	0191	Caledonia	64	12/9/24	61	64	65	2	56	58	90.63%	
01	0197	Chatfield	18	9/17/24	17	18	18	0	17	17	94.44%	
01	0228	Waseca	229	NO	218	229	234	11	188	199	86.90%	
01	0249	Spring Grove	73	NO	69	73	74	2	60	62	84.93%	
01	0264	Glenville	86	12/9/24	1/14/25	2/11/25	2/11/25	14	77	91	105.81%	2/11/25
01	0295	West Concord	26	NO	25	26	27	0	22	22	84.62%	
01	0299	Mabel	106	12/31/24	101	106	108	8	92	100	94.34%	
01	0330	Hayfield	175	3/3/25	166	175	179	11	142	153	87.43%	
01	0333	Kasson	125	NO	119	125	128	3	105	108	86.40%	
01	0369	Wykoff	18	10/15/24	11/5/24	11/5/24	11/5/24	0	20	20	111.11%	11/5/24
01	0384	Dodge Center	56	12/9/24	53	56	57	6	44	50	89.29%	
01	0404	Alden	36	NO	5/8/25	5/21/25	37	2	34	36	100.00%	5/21/25
01	0422	Claremont	20	12/25/24	12/25/24	12/25/24	20	3	17	20	100.00%	12/25/24
01	0423	Houston	109	1/14/25	104	109	111	2	95	97	88.99%	
01	0498	Hokah	18	11/12/24	17	18	18	0	17	17	94.44%	
01	0526	Peterson	44	NO	42	44	45	1	36	37	84.09%	
01	0544	Ostrander	9	NO	9	9	9	0	7	7	77.78%	
01	0551	Eyota	88	2/21/25	84	88	90	2	77	79	89.77%	
01	0552	Freeborn	55	9/17/24	9/17/24	11/26/24	11/26/24	11	46	57	103.64%	11/26/24
01	0573	Elgin	8	12/25/24	8	8	8	0	7	7	87.50%	
01	0579	Millville	39	11/26/24	12/17/24	12/17/24	2/11/25	0	40	40	102.56%	12/17/24
01	0587	Waldorf	15	11/26/24	14	15	15	1	13	14	93.33%	
01	0588	Mazeppa	34	12/17/24	32	34	35	0	29	29	85.29%	
01	0595	La Crescent	148	12/31/24	141	148	151	8	130	138	93.24%	
01	0637	Whalan	14	9/24/24	13	14	14	0	12	12	85.71%	9/24/24
		<b>Total</b>	<b>3341</b>					<b>181</b>	<b>2889</b>	<b>3070</b>	<b>91.89%</b>	





Mayor from Lake City welcomes members at the first district convention in Lake City. Great history as he told his story about his ties to the American Legion family of how he received his certificate of completing School Safety Patrol at Legionville 40 years ago!!



Commander Brian Medinnus and Auxiliary President Wanda Prescher for 2025-2026.

## Preston Veterans Home: update

We want to thank Glen Mueller and the Preston dietary staff for the excellent Pheasant Dinner. That was put on for the residents. President Judy was very impressed with the meal and her first time to the home. If anyone is interested in volunteering at the home, please contact me at [w.prescher1951@gmail.com](mailto:w.prescher1951@gmail.com) I will send you what you need to do for the application. Gabby is planning on a first training session in March.

They would like patriotic pillowcases and the table squares! They will appreciate whatever they receive!

Wanda Prescher  
First District Representative.

## Girls State

Girls State deadline has been extended to April 15<sup>th</sup>! To help with recruiting. If your unit is looking to sponsor a girl and have not been able to recruit one, we have girls looking for sponsorship who really want to attend. Thank you to units who helped to sponsor some of these girls looking for sponsorship and do not have an American Legion in their community.

For those who have registered their student, you will receive a code late April to give to your student for everything that needs to be done. **THIS REPLACES THE MAILED PACKET as in the past!**

You and the student will receive everything she and her parents need to fill out and sign via electronically. Just want everyone to be aware of this major change. More info will go out along with the code. This is new to all of us, and we need to be patient in how this rolls out for the first time! I thank everyone that works for our Girls State Program here in the 1<sup>st</sup> District, we always have a great turnout. You still have some time to hopefully recruit a young lady!

Thank you for all you do for our Girls State Program!  
Wanda Prescher MN ALA Girls State Chairman

## Submission of Annual Reports and Unit Information

**Dear Unit Chairman,**

In the beginning of February, I sent out the annual report forms along with the list of District Chairman. If there is no chairman listed for a particular program, please send the report to me.

The Annual Reports should encompass all activities conducted by your Unit from April 1, 2024, through March 31, 2025. These reports should be submitted to your District Chairman on or before April 15, 2025. Additionally, Impact Reports should cover the period from May 1, 2024, to April 30, 2025, and should be submitted to the Unit President for calculation and subsequent submission to the District President.

There are a few reports we aim to achieve 100% participation from all Units, particularly in Americanism and Community Service. I know you are all active in your communities and consistently pledge allegiance to the flag at your meetings. The Risk and Compliance reports are also essential, as they are crucial for the proper functioning of the Unit.

The District Chairman will present their reports at our Convention on May 17, 2025, in Lake City. If you or a member of your Unit will attend the Convention, please prepare a short 2-minute report to be presented at the District Convention. These reports can also be emailed to me by May 1, 2025.

If you have any questions or need further clarification, please do not hesitate to reach out. Your reports can be mailed or emailed, whichever works best for you.

Thank you for your attention to this matter.


Michelle Weaver  
1st District Auxiliary President  
[weaver.michelle595@gmail.com](mailto:weaver.michelle595@gmail.com)  
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## **District Convention Awards and Certificates – May 17, 2025**

We are pleased to recognize the outstanding achievements of our units at the **District Convention** held on **May 17, 2025**. Your dedication and commitment to service continue to strengthen our community and the values we uphold.

If no one from your unit was able to attend, I will be mailing the awards and certificates to the respective **Unit Presidents**.

### **AMERICANISM:**

 **The Betty Gartner Memorial Award** – Peterson Unit 526  **Certificate of Appreciation** – Wabasha

### **AUXILIARY EMERGENCY FUND:**

 **Certificates of Appreciation**

- LeRoy Unit 161
- Plainview Unit 179
- Stewartville Unit 164
- Glenville Unit 264
- Hayfield Unit 330

Rochester Unit 92

### **CHILDREN AND YOUTH:**

 **The District Child Welfare Gavel Trophy** – Peterson Unit 526  **The Myrna Gunderson Trophy** – Hayfield Unit 330  **Certificates of Appreciation**

- Albert Lea Unit 56
- Plainview Unit 179
- Rochester Unit 92

Stewartville Unit 164

### **COMMUNITY SERVICE:**

 **The Evelyn Lyke Community Service Trophy** – Elgin Unit 573

### **EDUCATION AND SCHOLARSHIP:**

 **The Mildred Holtz Gavel Bell Trophy** – Hayfield Unit 330

#### **HISTORY:**

 **The Irene Martin History Trophy** – Albert Lea Unit 56

#### **JUNIOR ACTIVITIES:**

 **The Bev Jardine Trophy** – Stewartville Unit 164




#### **LEADERSHIP:**

 **The Cheryl Nymann Award** – Hayfield Unit 330

#### **LEGISLATION:**

 **The Bette Berg and Louella Gusau (B & L) Trophy** – Owatonna Unit 77

#### **MEMBERSHIP:**

 **The Marie Goede Membership Trophy** – Glenville Unit 264  **The Lynette Hillman Wolff Membership Trophy** – La Crescent Unit 595  **The Carol Kruger Membership Trophy** – Byron Unit 119 (Reached on 10/15/2024)

#### **MEMORIAL:**

 **The Audrey Erwin Memorial Trophy** – Hayfield Unit 330

#### **MUSIC:**

 **The Lois Deyo Music Trophy** – Hayfield Unit 330

#### **NATIONAL SECURITY:**

 **The National Security Trophy** – Hayfield Unit 330

#### **POPPY:**

 **The Lillian Koch Trophy** – Hayfield Unit 330

#### **PUBLIC RELATIONS:**

 **The Anna Schmitz Public Relations Trophy** – Owatonna Unit 77

#### **VETERANS AFFAIRS AND REHABILITATION:**

 **The District Rehabilitation Gavel Trophy** – Peterson Unit 526  **The Gladys Johnson Gavel Bell Trophy** – Albert Lea Unit 56



## SERVICE TO VETERANS:

🏆 **The Loretta Lechner Service to Veterans Trophy** – Hayfield Unit 330

Congratulations to all the recipients! Your dedication to **service, leadership, and community impact** is truly commendable. If you have any questions or need further details, feel free to reach out.

Thank you for all that you do! ❤️ us

*Michelle Weaver*

*1st District Auxiliary President*

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### Greetings Legion Family Members

I attended the First District American Legion Auxiliary Convention in Lake City at Willd Wings Plaza on May 16 & 17, 2025..

On Friday May 16 I attended the First District Auxiliary Executive Board meeting and on May 17th I was the time keeper for the Auxiliary session.

In the upcoming year I would like to work on getting more Jr Auxiliary members to attend district events. I am also keeping the same project (Preston Veteran's Home recreation Fund.

May everyone have a safe and fun summer.

Regan McElroy

First District Auxiliary Honorary Jr President

### FROM YOUR HONORAY AUXILIARY



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 spare time, I enjoy hanging out with my friends and going shopping.

My project this year in the Outdoor Recreation Activities Fund for the Preston Veterans Home. The project is to help take the veterans hunting, fishing and ect. I would like to than everyone who has donated so far. Remember that the check needs to be made out to the First District American Legion Auxiliary and in the memo line put – Honorary Jr Presidents project.

Regan McElroy - First District Auxiliary Honorary Jr President



# SONS OF THE AMERICAN LEGION NEWS



## COMMANDER

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## FROM YOUR COMMANDER

Commander's article is on the next page

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## WEST SIDE VICE COMMANDER

Open



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First District SAL Advisor and Past First District SAL Commander, Brian Medinnus installing the new SAL Officers for 2025—2026.

On May 17th during to First District American Legion Convention the members present okayed the SAL Officers as presented by Advisor Brian Medinnus. They were approved.



Greetings District Legion Family,

The 2025 SAL District Convention was held on May 3rd in Lake City. Attendance was not great, but there were a few new faces. Thank you to Commander Maloney, President Weaver and Detachment Vice-Commander Neville for attending, and thank you to the Lake City Post and Wild Wings for hosting us. Also, a special "thank you" goes out to Colonel B. Wayne Quist (USAF, RET) for addressing the convention on the topic of PTSD and providing all in attendance with a free copy of the book "Veterans in Crisis" which he co-wrote. All in all, it was a good convention.

Here are the 2025-26 SAL District Officers:

Commander:	Josh Erickson (Winona)
East Vice-Commander:	Brian Tomashek (Winona)
West Vice-Commander:	OPEN
Finance Officer:	Gary Weaver (La Crescent)
Adjutant:	Dave Bilderback (Rochester)
Membership Director:	Greg Lemmer (Winona)
Chaplain:	Brian Tomashek (Winona)
Sergeant-at-Arms:	Greg Lemmer (Winona)
Parliamentarian:	Gary Weaver (La Crescent)
Historian:	OPEN

As you can see, there are two open offices and three officers pulling double-duty. With 1,688 paid SAL members, we should be able to pull together ten members to fill out our Executive Committee! Every member in good standing (dues paid for the current year) is eligible to hold office, so if anyone is remotely interested in one of the open offices, or would like more information on the duties of a particular office, please do not hesitate to reach out.

In addition to the ten district offices, there is also the office of 1st & 3rd Vice-Commander at the Detachment level. We are supposed to alternate with the 3rd District to fill this office each year, however we had nobody to put up this year. Glen Neville (Forest Lake, 3rd District) has agreed to stay on for a second year, but we need someone from the 1st District to step up and take this office next year.

Also on the topic of conventions, I was on vacation in northern Michigan with extended family, so my apologies for not attending the District Legion Convention. However, congratulations to Brian Medinnus on being elected as the District Legion Commander. Brian has been instrumental in his role as SAL Advisor for many years, and I look forward to continue working with him.

To close, it would be remiss of me to not recognize the veterans and first responders who made the ultimate sacrifice to protect our freedom and liberty at home and abroad, and especially not to recognize all the Gold Star families. ***"...Memorial Day is for those who never got to take the uniform off."***

Josh Erickson  
District SAL Commander

# Squadron Summary

**NO ONE ON THE GOOSE EGG!!!!**

**Increased percentage of improvement year over year.**

**2023 at this same time was 88.93%**

**2024 at this same time was 94.65%**

**2025 at this same time was 97.59**

**All Squadrons deserve a huge thank you for working on membership, and getting through the issues with getting them rounded up and turned in. Also a thank you to East Vice Commander Brian T. and Commander Josh E. for their support of membership.**

**Now as we all know membership packets for 2026 are just around the corner. There will be more information forth coming, however all Squadrons should start thinking of how they can achieve larger submittals in a more timely basis.**

**The Commander, and East Vice Commander and I will be setting up meetings for East, Central and West Squadrons to pick up packets. All Squadrons will be expected to have a representative attend with an officers list and be ready with at least one membership submittal. There should be NO goose eggs after these meetings are held. More details on that will be forth coming.**

**God Bless our troops, past and present and God Bless the USA.**

**Sincerely,**

**Greg Lemmer**

**1st District SAL**

**Membership Director Greg Lemmer**

**[gslemmer@hbc.com](mailto:gslemmer@hbc.com) Cell 507-312-2222**







# DETACHMENT OF MINNESOTA

## 2025 MEMBERSHIP GOALS

Report Date:

5/28/2025

2024 Results as of 7/31/2024	11448
<b>Current Received as of 5/28/2025</b>	<b>11179</b>
2025 Detachment Goal	11910

93.86% \*Includes traditional and online renewals

0 #DIV/0! set from national

Vice Commanders	2024 Results	2025 Goal	Current at Dept.	Percentage	Placing
1st and 3rd	3854	3999	3873	96.85%	1
2nd and 7th	2215	2323	2160	92.98%	3
4th and 5th	759	787	693	88.06%	5
6th and 9th	2510	2620	2499	95.38%	2
8th and 10th	2126	2208	1954	88.50%	4
<b>Totals</b>	<b>11464</b>	<b>11937</b>	<b>11179</b>	<b>93.65%</b>	

\*The above goals are set by the District Leadership

Districts	2024 Results	2025 Goal	Current at Dept.	Percentage	Placing
1st District	1670	1743	1701	97.59%	3
2nd District	1313	1385	1203	86.86%	9
3rd District	2184	2256	2172	96.28%	4
4th District	410	422	396	93.84%	5
5th District	349	365	297	81.37%	10
6th District	1631	1693	1560	92.14%	6
7th District	902	938	957	102.03%	1
8th District	489	509	458	89.98%	7
9th District	879	927	939	101.29%	2
10th District	1637	1699	1496	88.05%	8
<b>Totals</b>	<b>11464</b>	<b>11937</b>	<b>11179</b>	<b>93.65%</b>	

\*The above goals are set by the District Leadership

1982 MN SAL AT-LARGE

4

2025 Original Goal	Percentage	Ranking
3992	97.02%	1
2315	93.30%	3
787	88.06%	5
2608	95.82%	2
2208	88.51%	4

\*The above goal set by the Detachment Membership Director

2025 Original Goal	Percentage	Ranking
1743	97.59%	3
1377	87.36%	9
2249	96.58%	4
422	93.84%	5
365	81.37%	10
1693	92.14%	6
938	102.03%	2
509	90.03%	7
915	102.62%	1
1699	88.05%	8

\*The above goal set by the Detachment Membership Director



## 1st District

Sqdrn.	Location	2024 Results (7/31/2024)	2025 Goal	Total at Dept		Grand Total	% of Goal	Date Goal Reached
9	Winona	145	147	153	0	153	104.08%	2/23/2025
40	Lanesboro	68	70	68	0	68	97.14%	
50	Wabasha	20	22	22	0	22	100.00%	4/13/2025
52	Blooming Prairie	39	41	34	0	34	82.93%	
56	Albert Lea	109	111	89	0	89	80.18%	
77	Owatonna	102	104	101	0	101	97.12%	
90	Lewiston	46	48	47	0	47	97.92%	
91	Austin	58	60	60	0	60	100.00%	4/30/2025
92	Rochester	77	79	85	0	85	107.59%	3/2/2025
94	Rushford	26	28	35	0	35	125.00%	2/23/2025
105	Lyle	27	29	31	0	31	106.90%	4/13/2025
119	Byron	24	26	25	0	25	96.15%	
146	Adams	104	106	100	0	100	94.34%	
161	Leroy	37	39	35	0	35	89.74%	
164	Stewartville	120	122	111	0	111	90.98%	
166	Preston	42	44	55	0	55	125.00%	12/15/2024
179	Plainview	10	12	6	0	6	50.00%	
190	St Charles	3	5	3	0	3	60.00%	
191	Caledonia	7	9	8	0	8	88.89%	
228	Waseca	134	136	134	0	134	98.53%	
264	Glenville	54	56	70	0	70	125.00%	3/2/2025
266	Hartland	11	13	10	0	10	76.92%	
281	Janesville	7	9	6	0	6	66.67%	
299	Mabel	17	19	19	0	19	100.00%	4/28/2025
317	Emmons	31	34	49	0	49	144.12%	11/25/2024
330	Hayfield	48	50	52	0	52	104.00%	4/30/2025
333	Kasson	42	44	32	0	32	72.73%	
384	Dodge Center	4	6	9	0	9	150.00%	4/13/2025
404	Alden	54	56	54	0	54	96.43%	
423	Houston	10	12	13	0	13	108.33%	12/2/2024
446	Rochester	32	34	31	0	31	91.18%	
546	Kellogg	12	14	12	0	12	85.71%	
551	Eyota	39	41	34	0	34	82.93%	
552	Freeborn	26	28	26	0	26	92.86%	
579	Millville	23	25	23	0	23	92.00%	
595	La Crescent	62	64	59	0	59	92.19%	
<b>1st District Totals</b>		<b>1670</b>	<b>1743</b>	<b>1701</b>	<b>0</b>	<b>1701</b>	<b>97.59%</b>	

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**CHAPLAIN - JILL REED****HISTORIAN - Karen "Sassy" Nay - Winona**

Hello All-

At the District Convention the resolution to add a Parliamentary officer has passed. Also, the following Riders were elected to the 2025-2026 offices.

Director – Wes Halverson

Vice Director – Roe Naylor

Secretary – Sunshine Maloney

Treasurer – Mark Maloney

Historian – Tricia Peterson

Chaplain – Jill Reed

(appointed by incoming Director)

Sgt at Arms – Bruce Camerer

Parliamentarian – Chuck Stone

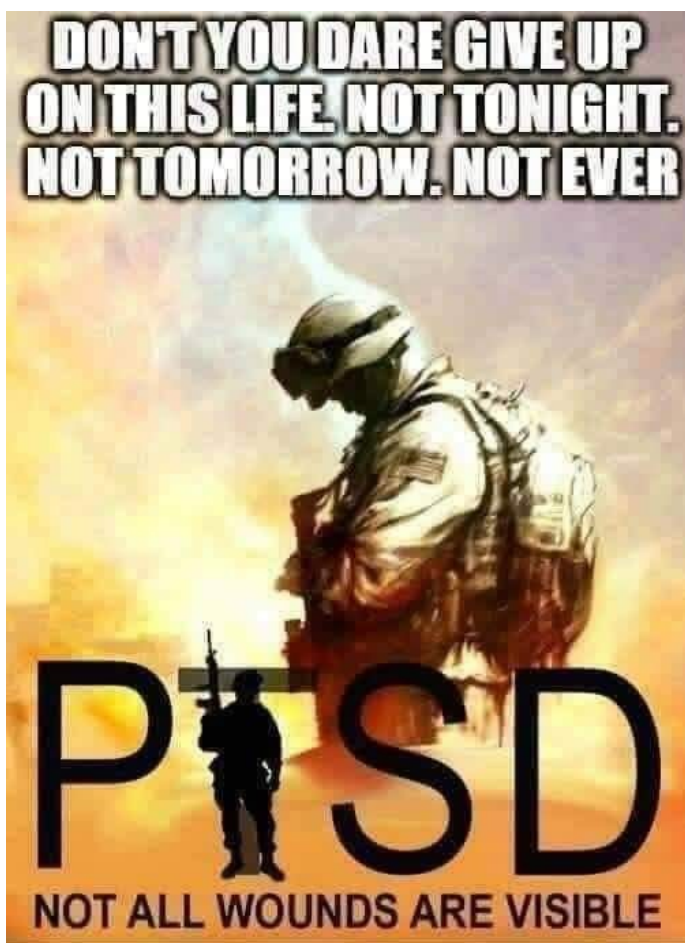
I have listed the upcoming Riders events. Everyone is welcome as all rides are open to all street legal vehicles.

UPCOMING EVENTS

- Thunder in the Valley – Saturday, June 7 (Rushford Legion Riders)
  - Mary's Angels Alzheimer Ride – Saturday, June 14 (Austin Legion Riders)
  - PTSD Awareness Ride – Saturday, June 28 (Eyota Legion Riders)
  - Big Jim/Toys4Tots Run – Saturday, June 28 (Austin Legion Riders)
  - **Installation of ALR District Officers** – Monday, June 30 at Stewartville Legion 6:30pm
  - MN Department Convention – July 10-12 Willmar Convention Center
  - Hero Ride/Rochester – Saturday, July 19 (POW MIA Riders)
  - Nation of Patriots Ride – July 21 & 22 (Glenville Legion Riders)
  - Prevent 22 Ride – July 26 (Austin Legion Riders)
  - MN Department Fund 85 Ride – July 23 – July 26; kickoff in Forest Lake & ending in Paynesville.
  - MN Department Legacy/Mission Ride – Aug 16 in Walker
  - Bob Kvaam Scholarship Ride – Saturday, Aug 23 (Austin Legion Riders)
  - Winona ALR Ride – Saturday, Aug 23
  - Dept ALR Romp at Legionville – Sept 12-14
- Together we can make a difference in the lives of Veterans and their families.

Sunshine Miller-Maloney  
First District ALR Secretary





## An app for on line mental health

[https://](https://www.facebook.com/100019040483031/posts/1054342938543712/?sfnsn=mo&mibextid=LROouL)

[www.facebook.com/100019040483031/  
posts/1054342938543712/?](https://www.facebook.com/100019040483031/posts/1054342938543712/?sfnsn=mo&mibextid=LROouL)

[sfnsn=mo&mibextid=LROouL](https://www.facebook.com/100019040483031/posts/1054342938543712/?sfnsn=mo&mibextid=LROouL) **Veter-**  
**ans in crisis now eligible for free**  
**care nationwide** [https://](https://www.google.com/amp/s/www.kttc.com/2023/01/17/veterans-crisis-now-eligible-free-care-nationwide/%3foutputType=amp)

[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](https://www.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 \*\*\***

www.adamslegionpost146.com • Facebook - visit: Adams Post 146

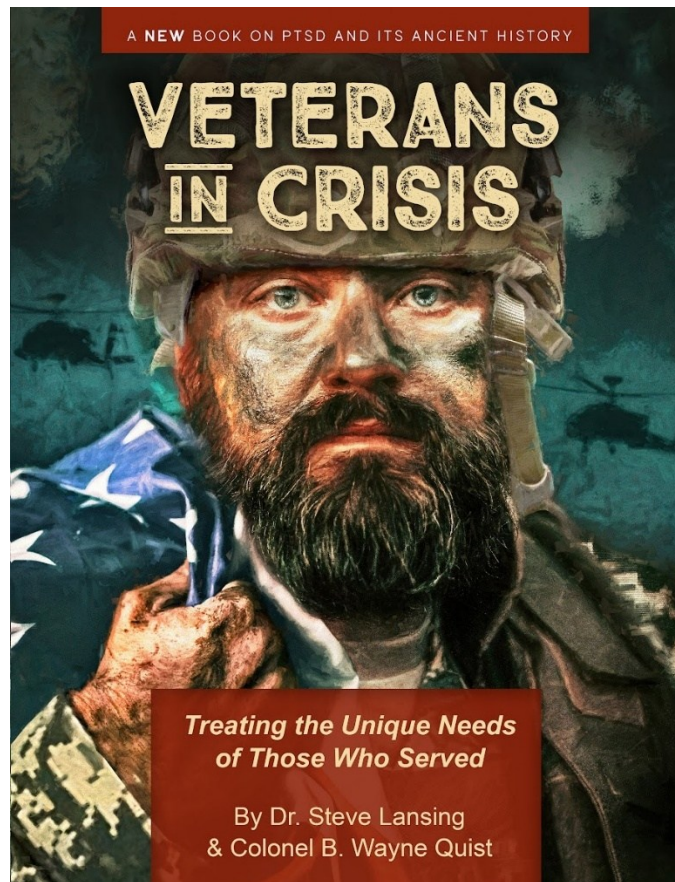




## VETERANS EMPOWERED INC.

SERVING AND SAVING VETERAN LIVES

*We provide free books and free PTSD therapy for disabled veterans in our Rochester clinical office.*



**PLEASE HELP WITH A CONTRIBUTION TO RAISE \$50,000 TO PRINT 10,000 ADDITIONAL COPIES OF OUR BOOK**

## **LEGION RIDERS**

### **ALL YOU CAN EAT PANCAKE BREAKFAST**

FIRST SUNDAY EACH MONTH 9AM—12 PM

\$12.00 AT THE DOOR

BREAKFAST INCLUDES: EGGS, SAUSAGE, BISQUITS & GRAVY,  
COFFEE, MILK OR ORANGE JUICE AND  
ALL YOU CAN EAT PANCAKES

### **PROCEEDS GO TO THE VETERANS HONOR FLIGHT**

AUSTIN AMERICAN LEGION POST 91

809 12TH ST SW, AUSTIN MN

## **AMERICAN LEGION RIDERS POST 91**

### **Winona American Legion**

#### **SAL Squadron 9**

#### **2025 Chicken Q Dates**

January 4	SAL Chicken Q
February 22	UAW Veterans Group. They will sell tickets and serve the meals. SAL will grill the chicken.
March 15	Event Sponsor is Pickwick Mill Inc. They will sell tickets and serve the meals. SAL will grill the chicken.
April 5	SAL Chicken Q
September 6	SAL Chicken Q
October 4	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.**



RETIRED WINONA POLICE OFFICER • LIFETIME AREA RESIDENT • DARN GOOD GUY

# MIKE SWANSON CANCER BENEFIT

FUNDRAISER FOR MEDICAL EXPENSES AS MIKE FIGHTS CANCER & LOSS OF MOBILITY



## \$13 CHICKEN DINNER + SILENT AUCTION



SATURDAY, JULY 19  
11 AM 'TIL SOLD OUT



WINONA AMERICAN LEGION  
302 EAST SARNIA

TO PURCHASE PRESALE TICKETS, CALL OR TEXT:

ASHLEY - 507-429-0701

KYLE - 507-208-3022

DINNER 11 AM - 1 PM FOR PRESALE TICKET  
HOLDERS ONLY. WALK-INS WELCOME AFTER  
1 PM (UNLESS SOLD OUT!)