

# POST 178, Grove

proudly presents



**Karen Ritter**  
for  
**Vice Commander East**  
**2026 \* 2027**



Karen was born in Dillon, Montana in 1984 and moved around the Western and Central US until her family settled in Tahlequah, Oklahoma in 1994.

She is the granddaughter of a Navy Captain on her maternal side, the daughter of an Army Tech Sergeant, the cousin of a Navy Senior Chief Petty Officer, and the aunt of a Sergeant (retired), and the aunt of a Sergeant First Class still on active duty.

She wanted to follow in the footsteps of those before her after being in the JROTC program at her high school and during her first year of college the ROTC program there before joining the Army.

Since medically retiring from the Army, she went back to college and graduated in 2011 with a Bachelor of Science in Paralegal Studies/Criminal Justice degree.

Then she spent numerous hours volunteering in the local elementary and high school. In 2022, she joined the American Legion to continue her Voluntary Services to help Veterans as well. She spent 13 years as a caregiver to her Veteran father as well.

Karen is the mother of her son Lonnie Evans who is a Sons of the American Legion Squadron 178. She is also the Unit Auxiliary Secretary at Unit 178 and the Bingo Chairperson at her Post 178. She became a member of the Post and Unit 178 in March of 2023.

# Eligibility

**Karen Ritter** earned her eligibility in the American Legion for her service with the United States Army from July 2005 - June 2008 and through her deployment with Operation Iraqi Freedom from August 2006-June 2007.

She was a Heavy Wheeled Motor Transportation Operator (Truck Driver 88M). She medically retired as an E-4 Specialist. She has been a member of the American Legion since May 2022.

## Education

### Bachelor of Science

Northeastern State University 2011  
(Paralegal Studies/Criminal Justice)

### American Legion:

Oklahoma Legion College 2023



# American Legion

## Post Level Activities

Post Finance Officer,  
Post Commander,  
Bingo Committee Chairperson

## District Level Activities

District Commander,  
1st Vice Commander,  
3rd Vice Commander

## Department Level Activities

Women Veteran's Committee Chairperson,  
Constitution & By-Laws Committee Chairperson

## National Level Activities

Constitution & By-Laws Commission



# Affiliations



## Honors

ARCOM (Army Commendation Medal), Children and Youth Award for generous commitment to the Grand View Elementary Academic Team in Tahlequah, Ok.

## Memberships

TAL, ALA, Inaugural Oklahoma American Legion College





## Hello American Legion Family!



I am **Karen Ritter** of Post 178 in Grove, Oklahoma.

I am a candidate for the  
Department of Oklahoma Vice Commander East  
and I would appreciate your support and vote!

Support, Guidance, & Visibility: Be there to support the district commanders and guide them for the betterment of their assigned districts. Make myself available to the posts. I'm retired and don't work. Motivate and educate on how to retain membership and find ways to keep from letting them walk out the back door even if their current post is not the right place for them.

I'm willing to travel as evidenced by me attending the Lincoln Pilgrimage in Springfield Illinois on February 11th and 12th 2025 and the National Auxiliary President Pam Ray's Homecoming in October 2025. I can make myself available at most times to help work with the Districts and Posts.

I'm dedicated to supporting, guiding, and being available to those who need it. I know from experience of being a District Commander for almost 4 years that without the support from the District Team, the Post leadership, and the Department leadership that I would not have been able to do an effective job. We all need support to be successful in what we want to accomplish. I have had several mentors who helped guide me to get to where I am today. Without them I wouldn't have accomplished anything and would have failed from the beginning.

I want to provide that same thing to those who wish to move up as well or just to help them have a successful post. I want to remain visible. Without visibility, how are the membership supposed to know who you are and what you can do to aid them. Through visibility I will show that I am available when they need me. I am not afraid to ask for help if needed. If multiple issues arise, I will start with the priority issues first and work through them. I will ask for help, if need be, to respond in a timely manner.

Teamwork is key to being successful.

I am dedicated to helping make the American Legion better than it was yesterday.