FIRST DISTRICT NEWSLETTER

THE AMERICAN LEGION DEPARTMENT OF MN

JAN 2018

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IMPORTANT DATES

January 1, 2018 - New Years Day—Happy New Years to all.

January 6,, 2018 - First District Mid—Winter at Albert Lea Post 56, Albert Lea, MN. 9am e-board 10am conference.

January 6, 2018—First District Oratorical Contest. 1 PM at Albert Lea Post 56 during the District Mid Winter.

January 20, 2018 - 1st & 3rd Fishing contest at Montgomery Post 179.

February 3, 2018 - The Department Sweetheart Rally at North St Paul Post 39 at 1 PM.

February 6—8, 2018—National Commanders Tour. More details inside this newsletter.

February 24, 2018 - The First District Area Four Veteran Affairs and Rehab rally in Alden Post 404. Fun and social time at 2PM with the rally at 4 PM.

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COMMEMORTIVE COINS FOR MINNESOTA

HERE ARE THE FRONT AND BACK PITCURES OF THE 100TH ANIVERSERY COIN FOR THE DEPARTMENT OF MINNESOTA.

THEY ARE TEN (10) DOLLARS EACH AND IF YOU WANT ONE OR MORE PLEASE EITHER LET BILL GOEDE OR WAYNE HAMMON JR KNOW AND SHOULD HAVE THEM AT THE FIRST DISTRICT MID-WINTER ON JANUARY 6, 2018.

!!!!!!!!!!!!!!!! ATTENTION !!!!!!!!!!!!!!!!!!

If your Post, Unit , Squadron or ALR Chapter needs information for the Oratorical Contest please contact Sy Fix and he will get the information to you.

It is very important to get this information to our schools as soon as possible so the students can get started on this project.

Don't just throw this information at the school offices, make sure and get it to one of the teachers who teaches the constitution. We have not had a public or parochial student compete in several years.

Sy Fix - First District Oratorical Chairman

FIRST DISTRICT COMMITTEE CHAIRMANS

All committee chairman's are supposed to give a report at the District Mid-Winter on January 6,2018. I need each one of you to send me a copy to me by e-mail, if possible, by the last week of December.

I will put your report on a flash drive and have it up on the TV in the hall while you give your report.

If you cannot make it to mid-winter your report will be given by me to the members present.

My contact information is on the front page of this newsletter.

First District Adjutant—Wayne Hammon Jr

Greetings First District:

I hope everyone had a very Merry Christmas and a very Happy New Year. As of December 16th the 1st District was still in second place in Department, only .49% out of first place. With a little extra effort I think we can do it.

We had our Department Pearl Harbor Rally up at West Duluth Post# 71, December 2nd. We had a great turn out, good program and a super pork chop dinner. District Commanders and other membership committee members met prior to the rally to brainstorm on membership recruitment and retention. It was a very warm and wonderful weekend in Duluth.

We had our annual District Christmas Party at Hayfield on Sunday December 17th. We had pretty good turnout. We weren't able to go Caroling at the local rest home so we did it at the club. After the Caroling we played bingo for a couple of hours with 50% of the earnings going to my Commanders Project. We were able to earn over $200. At the end of the day we were served a fabulous roast beef dinner. Post# 330 did a superb job. Thanks a bunch!!!!!

Our District Midwinter Conference will be held January 6th in Albert Lea. We will begin with coffee and rolls at 8:00a.m. Followed by our Executive Board meetings at 9:00a.m. The Conference will get under way at 10:00 a.m. with a joint meeting. Around 11:30 am. we will break for lunch. After lunch around 12:30 p.m. we will have the Oratorical Contest. Following the Oratorical Contest we will break into our separate sessions to conduct our individual units business. Around 3:00p.m. we will reconvene to finish District business. Remember all District Committee Chairmen must give a report. Please plan to attend this conference so we can cover any and all
business that pertains to our District.

For God and Country!!!!

District Commander

!!!!!!!!!!! Important !!!!!!!!!!!!

If any post has a resolution to come before the District Convention in May it **MUST** be in the hands of the resolution chairman (Rich Gosse) no later than thirty (30) days prior to the call to order of the District Convention which is May 18, 2018.

If you want it looked over by Rich to make sure it is correct get it to him by April 1, 2018 so there will be time to communicate back and forth.

Rich Gosse - First District Resolution Chairman.

Phone - 651—565—4687

Law Officer and/or Firefighter of the year award

Any post that has a candidate for Law Officer or Firefighter of the year needs to contact The District Chairman (Richard Skillestad) as soon as possible as the applications **HAVE** TO BE IN Department no later than April 1, 2018.

If you need an application please contact Richard and he will explain what needs to be done.

Richard Skillestad - First District Law and Order Chairman

Phone - 507 — 250 — 5329

FROM AREA ONE

FROM AREA TWO

Happy New Year to you all! I hope that you all had a very Merry Christmas and were surrounded by your loved ones. If you are in the area, WC Post 295 will be hosting our Annual American Legion and Auxiliary Cancer Breakfast on Jan 7, 2018. We will serve from 7:00 am until 1pm. Our menu includes pancakes, French toast, scrambled eggs and more. Suggested donation is $ 7.00 for an adult. Remember, 100% of the proceeds will be given to the Eagles Cancer Telethon.
1st District's Mid Winter will be held in Albert Lea on Jan 6th. Hope to see you there!

Vice Commander
Myron Ehrich

FROM AREA THREE

Greetings from Area Three:

I hope everyone had a Merry Christmas and Santa stopped by and brought everything you wanted. I hope everyone had a good 2017 and I'm wishing everyone and a happy 2018. I have a favor to ask all Posts, especially Area Three. We are at a point when we have our Post meetings, fewer people are showing up. The same people who attend the meetings are the ones who do most of the work for the American Legion. Our membership is aging and if we want to keep the American Legion vital we need to recruit younger people to get involved. If this doesn't happen the American Legion will fall by the wayside. If you haven't been involved in your local American Legion, would you please consider doing so in the New Year? Be sure to keep our service men and women in your thoughts and prayers as we start a new year.

HAPPY NEW YEAR

Area Three Vice Commander
Carroll Hill

FROM AREA FOUR

Hello Comrades,

I hope you had a Merry Christmas and wish you a Happy New Year. The Christmas party at Hayfield Post 330 was fun. Bingo, making money for our District Commander Les, singing Christmas carols and a good supper. Good Times!
First I want to thank our Commander and all the officers who made 2017 a good year and hope they all continue in 2018. Our membership is outstanding but let's go for the gold and be number one. Another membership turn in is coming up in January. Please bring all you can and remember membership needs everyone to do their part.
Mid-Winter Conference is January 5, 2018 at Albert Lea Post 56. Executive Board at 9 AM , Sessions at 10Am. Also the Oratorical Contest will be at 1PM. Hope to see you there!
Remember to always thank a Veteran!

Rollie Hanson, Area 4 Vice Commander

First district membership report for 12/14/2017

POST	LOCATION	GOAL	PREV.	TURN IN	TOTAL	PERCENT	LEFT	Date
9	WINONA	597	472	32	504	84.42%	93	12/14/2017
90	LEWISTON	78	44	12	56	71.79%	22	11/16/2017
190	ST CHARLES	144	121	14	135	93.75%	9	12/7/2017
WINONA COUNTY TOTALS		819	637	58	695	84.86%	124	12/14/2017
50	WABASHA	242	201	1	202	83.47%	40	12/7/2017
110	LAKE CITY	141	121	4	125	88.65%	16	12/7/2017
179	PLAINVIEW	194	158	3	161	82.99%	33	12/14/2017
546	KELLOGG	73	55	5	60	82.19%	13	12/14/2017
573	ELGIN	37	26	1	27	72.97%	10	11/23/2017
579	MILLVILLE	140	156	5	161	115.00%	-21	12/7/2017
588	MAZEPPA	78	56	7	63	80.77%	15	12/14/2017
WABASHA COUNTY TOTALS		905	773	26	799	88.29%	106	12/14/2017
92	ROCHESTER	988	786	22	808	81.78%	180	12/7/2017
119	BYRON	148	119	14	133	89.86%	15	12/7/2017
164	STEWARTVILLE	305	256	11	267	87.54%	38	12/7/2017
446	ROCHESTER	17	11	3	14	82.35%	3	9/14/2017
551	EYOTA	183	139	2	141	77.05%	42	12/7/2017
OLMSTEAD COUNTY TOTALS		1641	1311	52	1363	83.06%	278	12/14/2017
AREA ONE TOTALS		3365	2721	136	2857	84.90%	508	12/14/2017
295	WEST CONCORD	57	43	4	47	82.46%	10	12/7/2017
330	HAYFIELD	242	187	3	190	78.51%	52	12/14/2017
333	KASSON	269	226	8	234	86.99%	35	11/23/2017
384	DODGE CENTER	87	69	3	72	82.76%	15	12/14/2017
422	CLAREMONT	36	25	3	28	77.78%	8	11/23/2017
DODGE COUNTY TOTALS		691	550	21	571	82.63%	120	12/14/2017
52	BLOOMING PRAI-	111	98	3	101	90.99%	10	12/7/2017
77	OWATONNA	556	417	1	418	75.18%	138	12/7/2017
296	ELLENDALE	33	20	9	29	87.88%	4	12/14/2017
STEELE COUNTY TOTALS		700	535	13	548	78.29%	152	12/14/2017
75	NEW RICHLAND	58	44	3	47	81.03%	11	11/16/2017
228	WASECA	342	270	17	287	83.92%	55	12/7/2017
281	JANESVILLE	102	90	1	91	89.22%	11	12/14/2017
587	WALDORF	22	21	5	26	118.18%	-4	11/2/2017
WASECA COUNTY TOTALS		524	425	26	451	86.07%	73	12/14/2017
AREA TWO TOTALS		1915	1510	60	1570	81.98%	345	12/14/2017

Happy New Year to All:

Well, so far it's been a great year. Don't let up now, because now that it's after the 31st of Dec. all that haven't paid will be delinquent and like I've said could lose some benefits, when they need it most. Besides the sooner you get to goal the sooner everyone will quit bothering you.(Mostly Me) All you have to do is ask a person if they belong, nine out of ten will join, so always carry that membership form and just ask.

We are still in second place, would like us in 1st but if we get there in the end that's OK too. But let's lead for a while and when Les calls me he can say we're in first place. (You will be the ones in first place)

At mid-winter Wayne will pick up the turn in's for me. I hope to leave soon for a while in Texas to see friends and then to AZ. To see more friends from MN. (That's where they all go.) He will also be covering for Les I think he's going to FL. I guess it was only 9 below here (Eyota) today ready to go now.....

PS. Hope my computer works this year while I'm gone...It must not have liked the warm weather before or the Texas dust…

District Membership Director - Gary Miller

40	LANESBORO	106	93	1	94	88.68%	12	12/7/2017
68	SPRING VALLEY	85	76	4	80	94.12%	5	11/9/2017
81	HARMONY	34	22	2	24	70.59%	10	10/5/2017
94	RUSHFORD	134	93	17	110	82.09%	24	12/14/2017
166	PRESTON	76	53	5	58	76.32%	18	11/2/2017
197	CHATFIELD	50	48	1	49	98.00%	1	11/9/2017
299	MABEL	179	109	37	146	81.56%	33	12/7/2017
369	WYKOFF	19	1	17	18	94.74%	1	11/23/2017
400	CANTON	13	6	6	12	92.31%	1	12/14/2017
492	FOUNTAIN	15	1	7	8	53.33%	7	8/23/2017
526	PETERSON	37	25	4	29	78.38%	8	12/7/2017
544	OSTRANDER	29	22	2	24	82.76%	5	12/7/2017
637	WHALEN	15	12	1	13	86.67%	2	12/7/2017
FILLMORE COUNTY TOTALS		792	561	104	665	83.96%	127	12/14/2017
191	CALEDONIA	170	145	5	150	88.24%	20	11/23/2017
249	SPRING GROVE	162	118	4	122	75.31%	40	12/7/2017
423	HOUSTON	113	92	1	93	82.30%	20	12/7/2017
498	HOKAH	20	14	2	16	80.00%	4	12/7/2017
595	LA CRESCENT	324	254	2	256	79.01%	68	12/7/2017
HOUSTON COUNTY TOTALS		789	623	14	637	80.74%	152	12/14/2017
AREA THREE TOTALS		1581	1184	118	1302	82.35%	279	12/14/2017
56	ALBERT LEA	678	535	11	546	80.53%	132	12/14/2017
264	GLENVILLE	87	63	9	72	82.76%	15	12/7/2017
266	HARTLAND	15	1	14	15	100.00%	0	9/14/2017
317	EMMONS	72	60	2	62	86.11%	10	12/7/2017
404	ALDEN	109	89	1	90	82.57%	19	11/23/2017
552	FREEBORN	38	36	2	38	100.00%	0	11/9/2017
FREEBORN COUNTY TOTALS		999	784	39	823	82.38%	176	12/14/2017
91	AUSTIN	610	460	13	473	77.54%	137	12/14/2017
105	LYLE	92	71	7	78	84.78%	14	12/14/2017
140	GRAND MEADOW	50	42	1	43	86.00%	7	12/14/2017
146	ADAMS	219	173	1	174	79.45%	45	12/7/2017
161	LEROY	66	42	6	48	72.73%	18	12/7/2017
570	AUSTIN SPAM	5	5	1	6	120.00%	-1	8/23/2017
MOWER COUNTY TOTALS		1042	793	29	822	78.89%	220	12/14/2017
AREA FOUR TOTALS		2041	1577	68	1645	80.60%	396	12/14/2017
1111	DAKOTA	51	0	0	0	0.00%	0	11/23/2017
DISTRICT ONE TOTALS		8953	6992	382	7374	82.36%	####	12/14/2017

AREA ONE		3365	2721	136	2857	84.90%	508	12/14/2017
AREA TWO		1915	1510	60	1570	81.98%	345	12/14/2017
AREA THREE		1581	1184	118	1302	82.35%	279	12/14/2017
AREA FOUR		2041	1577	68	1645	80.60%	396	12/14/2017

FIRST DISTRICT CHRISTMAS PARTY — HAYFIELD POST 330

Commander Les and wife Diane

Austin Spam Post 570 members present

Roland Hanson and wife Lola

More members present at the Christmas Party

THE AMERICAN LEGION
DEPARTMENT OF MINNESOTA
ROOM 300A • 20 WEST 12TH STREET • ST. PAUL, MN 55155-2000

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E-MAIL: department@mnlegion.org
www.mnlegion.org

December 18, 2017

Dear District Commander:

Enclosed please find the schedule for the National Commander's Tour of Minnesota, February 6-8, 2018. We want to make this a memorable tour for National Commander Denise Rohan.

Officers at each Post we are going to visit received a letter (in addition to a phone call) asking them to make contact with their Post, Unit and SAL members to ensure we are not coming to an empty house. I am also asking you to take responsibility in ensuring there are members from other Posts and there are District officers present. **Please be sure to encourage all Auxiliary and SAL members to attend.**

Also, once you review the schedule, please make sure that your goal or All Time High Posts have their picture taken with the National Commander.

Let's make this the best-attended tour ever.

Sincerely,

Michael Schaffer

MIKE SCHAFFER
Department Commander

MS/jmk

pc: Larry Ryan, Department Membership Director
Department Vice Commanders
Dan Ludwig, Past National Commander
Marland Ronning, NECman
Bill Barbknecht, Alternate NECman
Donna Arends, President, American Legion Auxiliary
Sandie Deutsch, Secretary, American Legion Auxiliary
Shawn Davis, SAL Detachment Commander

NATIONAL COMMANDER'S TOUR
February 6 – 8, 2018

Tuesday, February 6, 2018

Location	Meal Time	Event	Phone
Bayport Post 491	8:00 am	Breakfast	651-439-5463, Judy Johnson
Spicer Post 545	12:00 noon	Lunch	320-894-9402, Tammy
Fulda Post 318	5pm, 6pm	Social, Dinner	507-329-0500, Jim Troje

Wednesday, February 7, 2018

Location	Meal Time	Event	Phone
Windom Post 206	8:00 am	Breakfast	507-830-1440, Fred Meyer
-breakfast will be held at Jack Slades Steakhouse, 2390 Highway 60 East, Windom			
Litchfield Post 104	12:00 noon	Lunch	320-693-2350, Deb
Lake Crystal Post 294	5pm, 6pm	Social, Dinner	507-726-6050, Carla *-call between 7am-1pm, M-F*

Thursday, February 8, 2018

Location	Meal Time	Event	Phone
Waseca Post 228	8:00 am	Breakfast	commanderpost228@gmail.com
Wayzata Post 118	12:00 noon	Lunch	763-479-6405, Carol *-call by January 25 for reservations*
Osseo Post 172	5pm, 6pm	Social, Dinner	763-425-4858, Michelle

FIRST DISTRICT COMMANDER

LES SHAUNCE'S

PROJECT FOR THE YEAR

A SIX PASSENGER GOLF CART FOR THE STATE VETERANS CEMETERY IN PRESTON, MN.

TO BE USED TO TRANSPORT FAMILY MEMBERS TO THE GRAVE SITES OF THEIR LOVED ONES.

IF THE FUNDS COME FROM GAMBLING THE CHECK NEEDS TO BE MADE OUT TO THE PRESTON CEMETERY. OTHERWISE MAKE THEM OUT TO THE FIRST DISTRICT. COMMANDERS PROJECT IN MEMO

DELEGATE INFORMATION FOR THE NATIONAL CONVENTION

I have received a couple of questions from posts in our district on how the delegates are selected so here is a short explanation.

We have a limited number of delegate and alternates than can go to the National Convention set by our membership numbers. Some of the delegates are automatic selections but everyone planning on going must send a request letter to the district adjutant and a committee appointed at the district convention will pick the delegates and alternates.

But anyone can go as a quest, there is no limit on how many quests that can go. As a quest you still have to pay the registration fee but you do not have to stay in the convention hotel which the delegates and alternates have to. As a quest you still need to send a letter to the district adjutant so your name can be forwarded to Department. The quests will be issued a name badge which allows you the get into the exhibition hall and convention hall.

I hope this short explanation helps with some of the questions that are out there and if you want to contact me that is fine also. My contact information is on the front page of this newsletter.

First District Adjutant - Wayne Hammon Jr.

SAMMY MUELLER'S POLAR PLUNGE 2018

Again this year Glenn Mueller's daughter Samantha will be doing the polar plunge for Special Olympics. Her goal is to raise seven hundred fifty (750) dollars. The plunge is in February of 2018.

But if she can raise two thousand dollars Jill Mueller (her mom) will jump with her.

A copy of the Special Olympics 501-C3 paperwork is on the following page for you.

Form **W-9**
(Rev. December 2011)
Department of the Treasury
Internal Revenue Service

Request for Taxpayer Identification Number and Certification

Give Form to the requester. Do not send to the IRS.

Print or type
See Specific Instructions on page 2.

Name (as shown on your income tax return)
SPECIAL OLYMPICS MINNESOTA

Business name/disregarded entity name, if different from above

Check appropriate box for federal tax classification:
☐ Individual/sole proprietor ☑ C Corporation ☐ S Corporation ☐ Partnership ☐ Trust/estate

☐ Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=partnership) ▶

☐ Exempt payee

☐ Other (see instructions) ▶ 501(C)(3)

Address (number, street, and apt. or suite no.)
100 WASHINGTON AVE SO, SUITE 550

Requester's name and address (optional)

City, state, and ZIP code
MINNEAPOLIS, MN 55401

List account number(s) here (optional)

Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on the "Name" line to avoid backup withholding. For individuals, this is your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN* on page 3.

Note. If the account is in more than one name, see the chart on page 4 for guidelines on whose number to enter.

Social security number
			-			-				

Employer identification number
4	1	-	1	2	2	8	1	5	7

Part II Certification

Under penalties of perjury, I certify that:

1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and
2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding, and
3. I am a U.S. citizen or other U.S. person (defined below).

Certification instructions. You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions on page 4.

Sign Here Signature of U.S. person ▶ [signature] Date ▶ 9-12-2013

General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

Purpose of Form

A person who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) to report, for example, income paid to you, real estate transactions, mortgage interest you paid, acquisition or abandonment of secured property, cancellation of debt, or contributions you made to an IRA.

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN to the person requesting it (the requester) and, when applicable, to:

1. Certify that the TIN you are giving is correct (or you are waiting for a number to be issued),
2. Certify that you are not subject to backup withholding, or
3. Claim exemption from backup withholding if you are a U.S. exempt payee. If applicable, you are also certifying that as a U.S. person, your allocable share of any partnership income from a U.S. trade or business is not subject to the withholding tax on foreign partners' share of effectively connected income.

Note. If a requester gives you a form other than Form W-9 to request your TIN, you must use the requester's form if it is substantially similar to this Form W-9.

Definition of a U.S. person. For federal tax purposes, you are considered a U.S. person if you are:

- An individual who is a U.S. citizen or U.S. resident alien,
- A partnership, corporation, company, or association created or organized in the United States or under the laws of the United States,
- An estate (other than a foreign estate), or
- A domestic trust (as defined in Regulations section 301.7701-7).

Special rules for partnerships. Partnerships that conduct a trade or business in the United States are generally required to pay a withholding tax on any foreign partners' share of income from such business. Further, in certain cases where a Form W-9 has not been received, a partnership is required to presume that a partner is a foreign person, and pay the withholding tax. Therefore, if you are a U.S. person that is a partner in a partnership conducting a trade or business in the United States, provide Form W-9 to the partnership to establish your U.S. status and avoid withholding on your share of partnership income.

ATTENTION WOMEN VETERANS, SOME INFORMATION ABOUT THE ALL WOMEN AMERICAN LEGION SPAM POST 570 IN AUSTIN, MN

American Legion SPAM® Post 570 is looking for new members, and we want you, women veterans!

The all-women SPAM® Post 570 was originally founded in 1946 by Jay C. Hormel, with 20 local women veterans. Eight of these women worked at the Hormel plant. As the post grew, it included veterans from all branches of the military. Jay had also initiated a program prior to the close of World War II as an effort to help find jobs for returning soldiers, augmenting his company's sales staff with women veterans. These women became known as the "Hormel Girls". Those Hormel Girls with both military background and musical talents were required to join SPAM® Post 570, with the intention of having the post form a marching band to compete in the August 1947 National American Legion Convention in New York City. Jay handed this near-impossible task to Dale Schamber, SPAM® Luncheon Meat product manager, who managed to find 74 eligible candidates willing to embark on an arduous five-week training session of marching and practicing for the event. The team was the first all-women American Legion Drum and Bugle Corps to enter this prestigious competition, and was a big hit at the convention even though it did not win. Photos of Austin's "All GI Girls SPAM Post 570" showed how welcome they were to the crowds and other parade participants.

Not all SPAM® Post 570 members were chosen to join the Hormel Girls and promote Hormel products across the country. The SPAM® Post members in Austin focused on American Legion's mission, and were "devoted to mutual helpfulness . . . committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans". Post activities included participation in Veteran's Day events, work in child welfare, baskets for the needy, and visits to local hospitals. They held meetings where girls could speak with recruiting officers, and provided educational programs for expecting mothers. Members also volunteered as part of "Operation Skywatch", manning a ground observation post to monitor aircraft and weather.

Although the Hormel Girls sales teams and SPAM® Post 570 shared some of their history for several years, the Hormel Girls eventually disbanded in 1953. On the other hand, SPAM® Post 570 remains an "active" post on the American Legion books, and now, in 2017, a new generation of women veterans would like to re-energize this historic post, and invites any interested parties to join up – musical ability is no longer required! Female members of other American Legion posts are also welcome to transfer their memberships to SPAM® Post 570.

The SPAM® Museum is proud to be a sponsor of SPAM® Post 570.

For more information or to join our post, contact Eileen Chao, Adjutant, SPAM® Post 570, at 507-437-4583 or echao8@charter.net.

MISSION ADVOCACY

Taking action. Shaping legislation.

Female Vets Face Health Obstacles

Women who've served in the military are more likely to suffer from suicidal thoughts, cardiovascular disease, arthritis, and other problems according to a new study, coproduced by MOAA, looking at the health of female veterans.

Female vets report higher rates of cancer, mental illness, chronic obstructive pulmonary disease, and depression when compared to women with no military experience, the *Health of Women Who Have Served Report* found. MOAA teamed with United Health Foundation to produce the report.

More than 8 percent of the female veterans surveyed over a four-year period reported having suicidal thoughts in the past year — nearly twice that of their civilian counterparts. About a third reported arthritis, compared to about 26 percent of civilian women. Other findings include:

- About 13 percent of women who served had cancer, compared with roughly 11 percent of women who did not.
- Nearly 42 percent reported getting insufficient sleep, compared to 34 percent of civilian women.
- About a third of female veterans reported mental illness in the last year, compared to about 22 percent of women who didn't serve.

There are about 2 million female veterans and another 200,000 women on active duty, according to the report. Since 2000, there's been a 30 percent increase in the number of women who've joined the military, says Rep. Julia Brownley (D-Calif.), who serves on the House Committee on Veterans Affairs.

"While we have made improvements, the VA remains ill-prepared to deal with growing number of women veterans whose mental and physical health care needs can be different from their male peers and from civilian women," Brownley says.

The data on female veterans from the MOAA-United Health Foundation study, Brownley adds, will help congressional veterans committees set new policy that benefits them.

Now that there's data on some of the health problems facing female veterans, it's important to research their causes, says Capt. Kathy Beasley, USN (Ret), director of MOAA's government relations health affairs.

— By Senior Staff Writer Gina Harkins

Fighting for MOAA's interests are, from left, Lt. Col. Aniela Szymanski, USMCR; Capt. Kathy Beasley, USN (Ret); Amanda Meyers; Cmdr. René Campos, USN (Ret); Forrest Allen; MOAA President and CEO Lt. Gen. Dana T. Atkins, USAF (Ret); Col. Dan Merry, USAF (Ret); Col. Jim O'Brien, USAF (Ret); Brooke Goldberg; Col. Mike Barron, USA (Ret); and Jamie Naughton (not pictured).

I read this article that was sent to me by the Department Membership Director Larry Ryan and thought the facts were very interesting so decided to include it in this newsletter.

Wayne Hammon Jr - First District Adjutant

Rochester Post 92 Honor Guards ringing bells for the Salvation Army at Shields .

INFORMATION FOR VETERANS WHO USE LOWES MILITARY DISCOUNT

LOWE'S

MILITARY DISCOUNT

★ ★ ★

Lowe's is proud to offer 10% off eligible purchases every day to active military personnel and veterans. Effective January 5th, 2018, enrollment will be required to continue receiving the military discount. Visit Lowes.com/Military to enroll. Create or log in to your existing MyLowe's account and follow the on-screen instructions. We want to ensure your experience is simple. If you do not have access to the Internet or would like additional assistance enrolling, please see an associate in store.

Enroll today at Lowes.com/Military

See associate or Lowes.com/MilitaryTerms for terms and conditions.

PROUD RECIPIENT OF THE FREEDOM AWARD

We're honored to be recognized in 2016 by the US Department of Defense for our continued employment and support of National Guard and Reserve members.

FREEDOM AWARD

FIRST DISTRICT AUXILIARY NEWS

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Treasurer

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I would like to wish everyone a very Happy and Safe New Year.

PRESIDENT CHERYL

PS: Remember that committee chairman are supposed to give reports at Mid — Winter so have them ready.

Gilmore-Stensrud Post #552 in Freeborn MN Auxiliary dates of upcoming events
January 27, 2018 Soup N' Pie/Dessert at Freeborn Legion Hall time: 4:00 to 6:00
Thank You
Sandy Anderson
Auxiliary President

First District Auxiliary Spreadsheet 12/25/17

Unit		Location	Goal	Previous	Turn In	Total	Precent	Left
	9	Winona	181	106	0	106	58.56%	75
	90	Lewiston	42	17	13	30	71.43%	12
	190	St Charles	81	46	13	59	72.84%	22
	50	Wabasha	142	91	5	96	67.61%	46
	110	Lake City	88	67	0	67	76.14%	21
	179	Plainview	185	117	0	117	63.24%	68
	546	Kellogg	141	103	8	111	78.72%	30
	573	Elgin	24	14	0	14	58.33%	10
	579	Millville	50	35	0	35	70.00%	15
	588	Mazeppa	54	36	5	41	75.93%	13
	92	Rochester	183	109	5	114	62.30%	69
	119	Byron	95	45	22	67	70.53%	28
	164	Stewartville	188	148	18	166	88.30%	22
	551	Eyota	109	74	7	81	74.31%	28
Pod One Total			1563	1008	96	1104	70.63%	459
	295	West Concord	37	2	29	31	83.78%	6
	330	Hayfield	198	143	7	150	75.76%	48
	333	Kasson	151	104	20	124	82.12%	27
	384	Dodge Center	81	43	6	49	60.49%	32
	422	Claremont	22	21	0	21	95.45%	1
	52	Blooming Prairie	118	82	17	99	83.90%	19
	77	Owatonna	138	67	18	85	61.59%	53
	75	New Richland	66	46	4	50	75.76%	16
	228	Waseca	237	188	0	188	79.32%	49
	281	Janesville	61	35	0	35	57.38%	26
	587	Waldorf	30	22	1	23	76.67%	7
Pod Two Totals			1139	753	102	855	75.07%	284
	40	Lanesboro	104	5	0	5	4.81%	99
	68	Spring Valley	47	37	2	39	82.98%	8
	81	Harmony	53	39	0	39	73.58%	14
	94	Rushford	78	43	16	59	75.64%	19
	197	Chatfield	40	37	0	37	92.50%	3
	299	Mabel	139	93	5	98	70.50%	41
	369	Wykoff	17	17	0	17	100.00%	0
	526	Peterson	38	37	0	37	97.37%	1
	544	Ostrander	18	10	0	10	55.56%	8
	637	Whalen	25	14	0	14	56.00%	11
	191	Caledonia	79	70	2	72	91.14%	7
	249	Spring Grove	144	105	0	105	72.92%	39
	423	Houston	144	122	7	129	89.58%	15
	498	Hokah	21	19	0	19	90.48%	2
	595	LaCrescent	233	146	12	158	67.81%	75
Pod Three Totals			898	232	26	258	28.73%	640
	56	Albert Lea	342	240	15	255	74.56%	87

264	Glenville	111	75	8	83	74.77%	28
317	Emmons	32	1	23	24	75.00%	8
404	Alden	49	32	0	32	65.31%	17
552	Freeborn	65	60	0	60	92.31%	5
91	Austin	169	97	20	117	69.23%	52
105	Lyle	55	1	47	48	87.27%	7
140	Grand Meadow	79	55	0	55	69.62%	24
146	Adams	148	90	9	99	66.89%	49
161	Leroy	68	26	5	31	45.59%	37
Pod Four Totals		1266	306	127	433	34.20%	833
Total		5000	3232	366	3598	71.96%	1402

Merry Christmas and Happy New Year;
It's a busy time of year I know but let's work on getting memberships turned in. I am hoping for a big turn in at the 1st District Mid-Winter on January 6th.

Michelle Weaver
1st District Membership Chairman

As we, the Auxiliary are competing to see who finishes the race on membership for the 1st District I ask each of you, every member (this includes the Legion Family members), to please pass this on! Hang it in your posts, send it out in your newsletters,talk about it when you visit with others!

Please know as of Jan 31, 2018 you become a delinquent member and lose your continuous years of membership. If you would need to apply for any of our wonderful programs you would not be eligible.

Let's do our job and get membership done! Our organization has too many other programs to work on--(besides membership). This is who we are, what we do, and why we do it! Our Veterans, families and communities need us!

On behalf of the Department of MN, and the national organization, the American Legion Auxiliary, we find we have not received your renewal to the organization.

We miss you, and would invite you to rejoin the largest patriotic organization in the nation.

Most importantly is having you be a representative of "your Veteran"---the one who stood and gave so much for us. Your veteran, who helped keep America, strong & free!

As our membership team works for trying to turn the negative down slide of membership we ask you to re-consider renewing your dues.

Our mission is to take care of our Veterans, their families, and our communities. It is your membership that is the lifeblood of our organization. Please join us and mail your dues today or go online and pay by credit card.

Please let me know you received our message and please let me hear "I renewed!"

Thanks so much---

First District membership Team

FROM YOUR HONORY JUNIOR AUXILIARY PRESIDENT

JOHANNA (JO JO) WELTER

Greetings First District,

My name is Johanna (JoJo) Welter. I am the First District Honorary Junior Auxiliary President. My project is making patriotic fleece tie blankets for soldiers overseas. I am doing this project through Soldiers Wings South East Minnesota. I have already made & shipped 24 blankets. I received a wonderful Thank You from the troops is Poland.

I am adding a twist to my blanket project. If you know a veteran within the First District that you would like to nominate to receive a patriotic tie blanket, please send your nomination to me at, welterbunch@yahoo.com (in the subject line put) Tie Blanket
Or you can call me at 507-533-9434. (Approximate size is 60" x 72")
Include your name, who and why you are nominating them, branch of service they served and your contact information.

May God continue to bless the USA!
JoJo Welter

SONS OF THE AMERICAN LEGION NEWS

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New year's greetings!

I hope everyone's Christmas and New Years were wonderful. We are now officially on our back half of the membership year. Over the next couple of months we will be doing our best to get everyone off of the goose egg. I know there are a couple squadrons who have been stagnant and on the goose egg for a couple years or more. What can we do to change that? For the squadrons who aren't active, or who's post homes don't want anything to do with them, what can we do to change that? Allot of times people still think we are only sons and grandsons of veterans. But, many of our members, and some of our most active members are veterans as well. What can we do to lose the perception of being the "child"? All too often I hear stories of posts that don't want anything to do with their Sons. How do we change that? I invite everyone to the midwinter meetings in Albert Lea, to see what we bring to the American Legion Family. Only together as a "family" can we continue to be the advocates for our veterans and their families.
Once again, Happy New Year!

Commander Dave

SQUADRON 92, ROCHESTER, MN MONTHLY EVENT

SAL Fish and Chicken Dinner.

The Third Friday of each month - September thru May.

At the Legion Post 92 Club in Rochester.

$11.00 for all you can eat.

2017 - 2018 Individual Recruitment Award

The National Membership Committee offers a recruitment pin award for those members recruiting five (5) new members into the Sons of The American Legion within a membership year. This pin is suitable to wear upon your cover or lapel. You must meet the requirements and directions listed below:

- Recruit five (5) new members to S.A.L. **Must be new members only**, no renewals.
- All information must be legible. Un-readable forms will not be accepted.
- The new members membership record must be available on the national database.
- This form must be sent prior to midnight of August 31, 2018.
- Only one (1) award pin per member regardless of the total new members recruited.
- American Legion Family members are also eligible for this award.
- Information must be spelled out and complete. **No Abbreviations.**

Recruiter Information

Name_____ Member ID#_____

Address_____ City_____ State____ Zip Code_____

Full Squadron Name/Number_____ Detachment_____

Email_____ Phone_____

Unless specified different, the pin will be sent to the above address

New Member Information

#1 Name_____ 6 Digit Sequential Card or ID # _____

#2 Name_____ 6 Digit Sequential Card or ID #_____

#3 Name_____ 6 Digit Sequential Card or ID #_____

#4 Name_____ 6 Digit Sequential Card or ID #_____

#5 Name_____ 6 Digit Sequential Card or ID #_____

VERIFYING SIGNATURES

(Underline) SQUAD / POST COMMANDER_____DATE_____

(Underline) SQUAD / POST ADJUTANT_____ DATE_____

(Required) SQUADRON ADVISOR_____ DATE_____

RETURN COMPLETED FORMS TO: (Regional Membership Chairman)

East- Mark Nave (PA)	coolcameo@aol.com	10 N 50th St, Philadelphia, PA 19139
South- Raymond Rollins (GA	raymondrollins@yahoo.com	9685 Reinhardt College Pkwy, Waleska, GA 30183
Central- Brian Kessler (IA)	kesslerb@mchsi.com	PO Box 624, Lake Park, IA 51347
Midwest-Charles Keith (WY)	crkeith@hotmail.com	PO Box 433, Lander, WY 82520
West- Joseph Roberts (AZ)	azmembership@yahoo.com	6501 E Calle La Paz, Unit A, Tucson, AZ 85715

PINS WILL MAILED AT THE END OF EACH MONTH

AMERICAN LEGION RIDERS

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ROAD CAPTAIN

Joe Smillie
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The First District ALR meeting will be Saturday, January 6th, 2018 at 2 p.m. at the Albert Lea American Legion Post. This meeting will be held in conjunction with the First District American Legion Mid-Winter which begins at 10am. There will be an oratorical contest at 1 p.m. All are welcome to attend for the entire day. It is a good time to learn about the programs.

Reminder to send your "First District American Legion Rider of the Year nominations to Nancy Lewison by January 1st, 2018. Contact info: Nancy Lewison - email; lewisonnancy@gmail.com or call her at (507) 582-3390 with any questions.

Any chapter that wants to endorse someone for district offices should submit the information to Tonia Bettermann.

Dennis Lewison needs a count of the chapters. Please give detail for how many Legion, Auxiliary, and SAL members are in each chapter. This is for the First District Legion leadership.

American Legion Riders Post 551

Eyota, MN

Saturday, February 10th!

SPAGHETTI DINNER

4:30 PM until 7:30 PM

Includes a hearty meat sauce and garlic toast, and salad!!

$7.00 Non Member

$6.00 Legion Member

It's a 50th Anniversary Party

Let's Celebrate!

The children of Tom and Audrey Erwin—Jeanette, Stacy, Kevin, and Casey—invite you to celebrate 50 years of marriage on February 3, 2018, at the Dodge Center American Legion. Festivities begin at 4:00 p.m.

We will have food and a full cash bar.

Please RSVP to jenniferlerwin@gmail.com or call Jeanette at 612-730-9478, by January 29.

The American Legion is located at 401 Hwy Street West in Dodge Center.

JOIN US FOR OUR
2ND Annual
Spaghetti Dinner
$8.00 IN ADVANCE
$9.00 AT THE DOOR
Includes:
Spaghetti with Meat Sauce
Garlic Breadstick
and a side Caesar salad.
DATE: SATURDAY, JANUARY 13TH 2018
TIME: 5 - 8 PM
LOCATION: OWATONNA AMERICAN LEGION
Eat-In
Take-Out
ALL AGES WELCOME!

VETERANS DAY ON THE HILL 2018

WHEN: MARCH 12TH

Free Pre-Rally Breakfast and Info 8-10am
(5th Floor Veterans Services Bldg)
Rally in the Rotunda 10-11am
Regional Rooms for Lawmakers 12-2pm

WHERE
Minnesota State Capitol Rotunda
Pre-Rally at MN Veterans Service Building
20 West 12th Street, St. Paul, MN

NEW THIS YEAR– FREE PRE-RALLY BREAKFAST, REGIONAL ROOMS FOR LAWMAKERS TO COME TO YOU AFTER THE RALLY, METRO AREA PARK AND RIDE AND MUCH MORE. DETAILS @ DAVMN.ORG

DAV OF MINNESOTA
BENEFITS PROTECTION

ALL VETERANS AN SUPPORTERS AR INVITED TO RALL IN SUPPORT OF VETERANS LEGISLATION

INCLUDING:
KEEPING SURVIVING SPOUSES THEIR HOMES!
ENDING ILLEGAL PREDATORY LENDING AGAINST VETERANS BENEFITS!
INCREASING ACCESS TO THE OUTDOORS FOR OUR DISABLE VETERANS!
AND MUCH, MUCH MORE...

NEW METRO-ARE PARK AND RIDE WILL BE AVAILABLE FOR TH DAY OF THE EVEN

For details on location and tim check out WWW.DAVMN.OR

BUSSES WILL BE OFFERING FREE RIDES FROM ACROSS GREATE MN.

To see if a bus will be comin from your area checkout WWW.DAVMN.ORG

ANY QUESTIONS PLEASE CONTACT TRENT DILKS A TRENT@DAVMN.ORG

ADULT CARNIVAL

Carnival Games ~ start at 5:00

Silent Auction

Live Auction ~ 9 p.m.

Meat Raffles **Quilt Raffle**

Beer & Wine Tasting

Wine Wall **BIG Prizes**

Italian Beef Sandwiches

Awesome Carnival Food

CHALLENGE your friends!

TONS OF FUN FOR ALL!

Proceeds go toward kitchen & club improvements

Friday, January 26th, 2018 - 5 p.m.

Waseca American Legion

700 South State St ~ 507-833-9935

Annual West Concord American Legion & Auxiliary Cancer Breakfast

January 7, 2018 - 7:00 AM until 1:00 PM

- Pancakes
- French Toast
- Scrambled eggs
- Link sausage
- Homemade bars
- Coffee, juice, & milk

Suggested donation:

Adults	$7.00
Under 12	$5.00
Under 6	Free

100% of your donation is given to the Eagles Cancer Telethon

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