



# The American Legion, Department of Minnesota, 5th District Family

2023 January 29

# FLASH

## Fifth District TAL Meeting Saturday February 4th 8:30 AM joint executive board and membership meeting

### Minneapolis Post 1

(Shared with the Fraternal Order of Eagles)  
2507 E 25th Street  
Minneapolis, MN 55406

Click to view map and directions: <https://goo.gl/maps/uqTTsm3NXtDtK1cLA>

Join Zoom Meeting by Computer, tablet or smartphone

<https://us06web.zoom.us/j/84307897147?pwd=ZFK1aXhzdStLU0dlcTVpa3dCbkwwdz09>

### AMERICAN LEGION

#### Fifth District Officers

**Commander**  
Lynne Nottage

**1st Vice Commander**  
Andru Peters

**2nd Vice Commander**  
Wade Larson

**3rd Vice Commander**  
Andrew Rose Sr.

**Adjutant**  
Ray Eiden

**Finance**  
Dennis Delong

**Chaplain**  
Harry DeCrescenzo

**Sergeant-At-Arms**  
Don Gustafson

Dial by your location on a regular phone  
+1 646 931 3860 US  
+1 929 436 2866 US (New York)  
+1 301 715 8592 US (Washington DC)  
+1 309 205 3325 US  
+1 312 626 6799 US (Chicago)  
+1 386 347 5053 US  
+1 507 473 4847 US

Meeting ID: 843 0789 7147 Passcode: 293888

Find your local number: <https://us06web.zoom.us/j/84307897147?pwd=ZFK1aXhzdStLU0dlcTVpa3dCbkwwdz09>

Ther meeting will be a joint executive and membership meeting to allow the meeting to end in time for participants to be able to go to the Seetheart Membership Rally.



# I WANT YOU TO RENEW!!!

**VA U.S. Department of Veterans Affairs Suicide Prevention Training**

**S.A.V.E.: Teaching YOU how to help Veterans at risk for suicide**

S.A.V.E. will help you act with care and compassion if you encounter a Veteran who is in suicidal crisis.

- Signs of suicidal thinking should be recognized
- Ask the most important question of all
- Validate the Veteran's experience
- Encourage treatment and Expedite getting help



**Who:** American Legion Family members and friends  
**What:** S.A.V.E. suicide prevention training  
**Where:** Zoom  
<https://us02web.zoom.us/j/84972149508?pwd=Ny80SVlQSO9pT1E0TzdkUFMwTjJwUT09>  
 Meeting ID: 849 7214 9508 Passcode: 293649  
 One tap mobile  
 (US) +13017158592, 84972149508#,,,, \*293649#  
 (Washington DC) +13052241968,, 84972149508#,,,, \*293649#  
**When:** Tues. February 21, 2023 5:30:45pm

## BE THE ONE

Everyone has a role to play in preventing suicide



# Next Fifth District ALA Meeting Saturday February 4th Minneapolis Post 1 or via Zoom

(Shared with the Fraternal Order of Eagles)  
2507 E 25th Street  
Minneapolis, MN 55406

Click to view map and directions: <https://goo.gl/maps/uqTTsm3NXtDtK1cLA>

## Fifth District Officers

### President

Jill Davis

### 1st Vice President

Cari Lamb

### 2nd Vice President

Deb Bayer

### Secretary

LuAnn Grill

### Treasurer

Becky Nelson

### Chaplain

Julie Martin

Executive board meeting at 8:30 am  
General Membership meeting at 9:00 am

Topic: 5th District ALA Monthly Meeting  
Join Zoom Meeting

<https://us02web.zoom.us/j/88079759186?pwd=bDQ4aGczTzNIWW9rSTFjZ3ZJSUNTZz09>

Dial by your location

+1 646 558 8656 US (New York)

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 719 359 4580 US

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 360 209 5623 US

+1 386 347 5053 US

+1 507 473 4847 US

+1 564 217 2000 US

+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 689 278 1000 US

Meeting ID: 880 7975 9186

Passcode: 222809

Find your local number: <https://us02web.zoom.us/j/88079759186>



## Fifth District Officers

### Commander

Shawn Davis

### 1st Vice Commande

Robert Bristo

### 2nd Vice Commander

Matt Verkuilen

### Adjutant

Matt Verkuilen

### Finance

Leroy Gonzales

## Next District Riders Meeting

### Wednesday February 8th at 7 PM

Knights of Columbus Bloomington Event Center  
1114 American Blvd W  
Bloomington, MN 55431



### District Representative

Joe Starr

Someone is riding their motorcycle in January in single digit weather.





# Unit 435 Omelet Breakfast Fundraiser is back!

Sunday February 12th  
8 AM until we are out of food  
or Noon,  
whichever happens first!

\$13.00 for a custom made omelet,  
hash-browns, toast, and drink  
(coffee, juice, or milk)

## **New Location**

Wold Chamberlain  
American Legion Post 99  
5600 S 34th Ave  
Minneapolis, MN 55417

# A Welcome Expansion

By

Vincent J. “Jim” Troiola,  
National Commander



Dear American Legion Family members and friends,

I have said repeatedly that in spite of our Be the One outreach efforts, most Legionnaires are not professional therapists. I view our role as connectors. We are friends and confidants of any veteran experiencing crisis and we are committed to helping veterans obtain whatever treatment and therapy they may need.

The American Legion applauds the [groundbreaking announcement made by the Department of Veterans Affairs earlier this month](#). As of Jan. 17, veterans in suicidal crisis can go to any VA or non-VA health-care facility free of charge. Eligible veterans include those discharged or released from active duty after more than 24 months under conditions other than dishonorable. Also included are members of the reserves who served more than 100 days under a combat exclusion or in support of a contingency operations. Victims of military sexual trauma or harassment incurred during their service time are also eligible. Significantly, veterans need not be enrolled in the VA system to receive this benefit.

In announcing this benefit, VA Secretary Denis McDonough said, “Veterans in suicidal crisis can now receive the free, world-class emergency health care they deserve – no matter where they need it, when they need it, or whether they’re enrolled in VA care. This expansion of care will save veterans’ lives, and there’s nothing more important than that.”

The American Legion share his view that nothing is more important than saving the lives of the people who have defended our nation. It is why [Be the One](#) is The American Legion’s top priority.

Under the new benefit, VA will provide, pay for or reimburse treatment and transportation costs for up to 30 days of inpatient or 90 days of outpatient care. VA will also determine eligibility for other benefits and include referrals for follow-up treatments following the period of emergency suicide care.

Many incidents and issues contribute to a veteran experiencing a crises. Access and affordability of treatment should not be among them.

Vincent J. “Jim” Troiola, National Commander

# ***Wold Chamberlain American Legion Post 99 Family Fundraiser***



## **Pancake & Sausage Breakfast Fundraiser**

**Sunday, February 26, 2023**

8:00 am to Noon

Wold Chamberlain

American Legion Post #99

5600 34<sup>th</sup> Avenue South

Minneapolis, MN 55417

\$10.00 donation for adults

\$5.00 for children under 10 years of age

Eggs & Extra Sausage \$1.00 each



# St. Paul Winter Carnival 2023



The 4th and 5th Districts marching in the St. Paul Winter Carnival King Boreas Grande Day Parade.



Robert Bristo checks his flag



Department Commander Jennifer Havlick addresses the crowd post parade.

5th District Adjutant Ray Eiden is recognised.



5th District Finance Officer Leroy Gonzales at the gathering.

The Department Commander with Lee and Joanne Davis from Post 435.



Pictures by  
Lou Michaels  
and  
Shawn Davis

# 5th District Oratorical



The 5th District Oratorical Contest was held on Saturday January 14th at Wold Chamberlain American Legion Post 99.

We would like to thank all those who made this event possible.

**Wold Chamberlain  
American Legion Post 99**

**Dick Ward**

## L Picture

1st Vice Commander  
Andru Peters  
Daniel Vickers  
2nd Vice Commander  
Wade Larson

## R Picture

1st Vice Commander  
Andru Peters  
Daniel Vickers  
Dick Ward

Pictures by  
Shawn Davis



## OCW grants: over \$360,000 help servicemembers, veterans

The American Legion | January 10, 2023



In 2022, The American Legion's Operation Comfort Warriors (OCW) program provided 62 grants totaling \$363,349. OCW supports servicemembers and veterans recovering from wounds and illnesses with items to aid in their rehabilitation that are not normally provided by the federal government. OCW grants have helped wounded warriors and veterans in their recovery with fitness equipment, sports therapy equipment, electronic devices, clothing, games, art supplies and more.

Of the OCW grants issued in 2022, 38 went to servicemembers, 10 to American Legion posts/districts, nine to veteran- related events and five to VA medical facilities. A few grants include:

- **\$29,500 worth of gaming equipment** to help the non- profit Stack Up update Joint Base Lewis-McChord's Warrior Zone that includes a gaming area for service-members.
- a paddle board to help injured Afghanistan veteran James Gafney stay active and healthy. "I can't thank this (American Legion OCW) program enough. I think it's a great program to help a lot of veterans," he said.
- \$4,950 to provide food and drinks for those attending an Indianapolis screening of Irreverent Warriors' movie "The Hike Back Film." Irreverent Warriors provides a community for veterans across the nation through local therapeutic events, as well as works with other veteran organizations who provide services such as job placement, training, housing, service dogs and more.
- \$10,000 grant to provide meals to those who attended the 2022 Team River Runner (TTR) Adaptive Paddling Conference, which provides classroom and hands-on training to assist disabled veterans through TRR programs.

Learn more about how to apply for an OCW grant or donate to the program at [legion.org/ocw](https://legion.org/ocw). One hundred percent of donations go toward grants. Operation Comfort Warriors provides comfort items for wounded, injured or ill military personnel. All donations to this fund go directly towards the purchase of these comfort items.

# 5th District American Legion Membership Report as of January 25, 2023

MN Dist 0005 LGN

Post	Name	Location	New	PUFL	Renewal	HQ Tran	Totals	Goal	% of Goal
MN-0001	Minneapolis	Minneapolis	0	23	176	1	200	231	86.58
MN-0099	Wold-Chamberlain	Minneapolis	2	13	59	0	74	97	76.29
MN-0129	The Hellenic Inc	Minneapolis	0	12	39	0	51	54	94.44
MN-0230	North Side	Minneapolis	1	3	25	0	29	35	82.86
MN-0234	Vincent L Giantvalley	Minneapolis	0	5	26	0	31	42	73.81
MN-0291	Johnnie Baker	Minneapolis	1	3	17	0	21	23	91.30
MN-0310	Courthouse	Minneapolis	0	3	4	0	7	8	87.50
MN-0355	Bainbridge	Minneapolis	0	4	0	0	4	4	100.00
MN-0396	Minneapolis Fire And Po	Minneapolis	0	2	9	0	11	14	78.57
MN-0435	Minneapolis-Richfield	Richfield	2	124	426	0	552	838	65.87
MN-0440	Gopher	Minneapolis	0	12	20	0	32	38	84.21
MN-0468	Joe Smith	Minneapolis	0	4	0	0	4	7	57.14
MN-0493	Viking Inc	Minneapolis	2	1	44	0	47	49	95.92
MN-0504	Bearcat Incorporated	Minneapolis	0	4	9	0	13	14	92.86
MN-0511	Aviation	Crystal	0	13	17	0	30	53	56.60
MN-0540	Minneapolis Post Office	Minneapolis	0	3	0	0	3	5	60.00
MN-0548	University Of Minnesota	Minneapolis	0	16	10	0	26	37	70.27
MN-0555	Arthur And Leonard Falk	Minneapolis	0	28	49	1	78	96	81.25
MN-0581	Herb Gager	Minneapolis	2	1	11	0	14	21	66.67
MN-0618	Longton	Minneapolis	0	24	0	0	24	24	100.00
MN-5222	Patrick M Novack	Minneapolis	0	1	2	0	3	14	21.43



**TESTIMONIAL DINNER  
CELEBRATING  
AMERICAN LEGION AUXILARY  
DEPARTMENT OF MINNESOTA  
PRESIDENT  
MARY KUPERUS**

**HOSTED BY:  
NEW LONDON UNIT 537**



**APRIL 22, 2023,  
SPICER  
AMERICAN  
LEGION POST 545**

**SOCIAL HOUR: 5PM  
DINNER: 6PM  
PROGRAM FOLOWING  
COST: \$25**

**SEND RESERVATIONS  
BY APRIL 14TH TO:  
BEV DRESSER  
PO BOX 225  
NEW LONDON MN 56273**

**MENU:  
BROASTED CHICKEN  
& MEATBALL BUFFET**

**MAKE CHECKS  
PAYABLE TO  
UNIT 537**

**ENTERTAINMENT:  
"CUSTOM MADE BAND"**



**NAME \_\_\_\_\_ # OF GUESTS: \_\_\_\_\_  
CONTACT # AND EMAIL: \_\_\_\_\_**

Date	What	Location
Saturday February 4th, 2023 8:30 AM	5th District Membership Meeting	Minneapolis Post 1 25th Ave and 25th Street, Mpls
Saturday February 4th 10:30 AM - 2 PM	Sweetheart Family Rally	Osseo Post 172 260 4th Ave SE, Osseo 55369
Saturday March 4th, 2023	5th District Membership Meeting	Minneapolis Post 1 25th Ave and 25th Street, Mpls
Saturday April 1st, 2023	5th District Membership Meeting	Minneapolis Post 1 25th Ave and 25th Street, Mpls
Friday & Saturday April 14 - 15, 2023	Department Junior Conference	New Prague, MN
Saturday April 15, 2023	Appreciation Rally	New Prague, MN
Thursday April 20 - Sunday April 23rd	MN Legion College	Camp Ripley
Saturday April 22, 2023	Dept. President Mary Kuperus Testimonial	Spicer American Legion Post 545
Saturday April 29th	5th District Testimonial	TBD

Send in content that should be shared to

[news@mnfightingfifth.org](mailto:news@mnfightingfifth.org)

Please have content sent to us by the 15th of each month.  
The plan will be to get the Fifth District Flash out 1 week  
prior to the next District Meeting.



Visit our website at [www.mnfightingfifth.org](http://www.mnfightingfifth.org)

Find us on  Facebook [www.facebook.com/MNFifthDistrict](http://www.facebook.com/MNFifthDistrict)