



Don't get caught by the big PHISH

Good day everyone.

PLEASE review the email below.

From: Timothy A (Tim) Weaver <executive.post49383201030@gmail.com>
 Date: Wed, Apr 20, 2022 at 8:59 AM
 Subject: IMPORTANT PLS
 To: <5thdistrict@mnsal.org>

Shawn
 Do you have a free schedule this morning?

Why?

This is an example of Email Phishing. There are several types of phishing. Phishing is defined as *a type of social engineering where an attacker sends a fraudulent (e.g., spoofed, fake, or otherwise deceptive) message designed to trick a person into revealing sensitive information to the attacker or to deploy malicious software on the victim's infrastructure like ransomware.*

Phishing is just one way criminals attempt to gather something about someone or some organization. The goal might be money. It could be infiltration with other long-term goals of intel or even compromising the individual or organization.

Either way, it is up to YOU to recognize the signs of phishing and take appropriate action. We do try to limit the information that is out on our media channels, but the channels of communication that need to be out there (people have to get a hold of us somehow) can be compromised and likely will be as technology improves.

What you should do: (Content in the links are not associated with our organization or myself, but are provided as a reference to help you learn)

- Review [this linked video for information about phishing.](#)
- Review the information on [this webpage](#), especially the graphic which provides some information on what to watch out for with Email Phishing.
- Familiarize yourself with the red flags from the previous items and be cyber savvy at all times.
- If something does not look or feel right, be suspicious. Bypass the email and contact the sender through normal channels that have been used before to confirm the information.

So why is the attached email a phishing attempt?

- The email address that this is from is not one I recognize. I doubt Commander Tim would either.
- Commander Tim does not normally send email in the morning, at least related to our organization.
- IMPORTANT PLS is not an email header I think our Commander would use.
- Also, It is all capitalized. This is unusual and not normal.
- Read the sentence within the body. It does not sound right, nor is how we would ask if you were free for something today. This is likely from someone who speaks English as a second language or is a machine translation (though I think the machine translation would phrase it better).



ROUND-UP

National Commander

Chris Carlton (IN)

National Vice-Commander Central Region

David Mennel (MI)

National Vice-Commander Eastern Region

Ernie LaBerge (MA)

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Michael Kirschner (CO)

National Vice-Commander Southern Region

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Jack Youngs (ID)

Immediate Past National Commander

Michael Fox (CA)

Leading Candidate

Don "J.R." Hall (MD)

Trailing Candidate

Joseph Navarrete (NM)

Round-Up is a publication designed to disseminate information related to Sons of The American Legion and the American Legion Family. It is published weekly and distributed each Sunday.

SUBMITTING ARTICLES: All submissions are to be made electronically to jef-fvrabelsr@gmail.com. If you need assistance, please send an email to same.

PNVC Jeff Vrabel, Sr., Editor

All information must be submitted by noon each Friday



The current SAL membership report can be accessed on the national website at

www.legion.org/membership/standings

BE THE ONE



MEMBERSHIP RENEWAL

TARGET DATE

December 14, 2022



CHRIS CARLTON

NATIONAL COMMANDER

2022 – 2023

"Purpose is why we journey,
passion is the flame that lights the way."



DAVID MENNEL

NATIONAL VICE-COMMANDER CENTRAL REGION

2022 – 2023

MONTHLY BUSINESS MEETING

Third Thursday of Each Month

8:00 p.m. Eastern Time

(720) 527-5854 | 202 4742#



ERNIE LABERGE

NATIONAL VICE-COMMANDER EASTERN REGION

2022 – 2023

MONTHLY BUSINESS MEETING

Fourth Tuesday of Each Month

7:00 p.m. Eastern Time

(605) 313-4388 | 346 8542#



MICHAEL KIRSCHNER

NATIONAL VICE-COMMANDER MIDWEST REGION

2022 – 2023

MONTHLY BUSINESS MEETING

First Tuesday of Each Month

7:00 p.m. Mountain Time

(605) 313-5379 | 830 520



RON ROBERTS
NATIONAL VICE-COMMANDER
SOUTHERN REGION
2022 – 2023

MONTHLY BUSINESS MEETING
 Second Tuesday of Each Month
 7:00 p.m. Central
 (701) 802-5001 | 472 0682



JACK YOUNGS
NATIONAL VICE-COMMANDER
WESTERN REGION
2022 – 2023

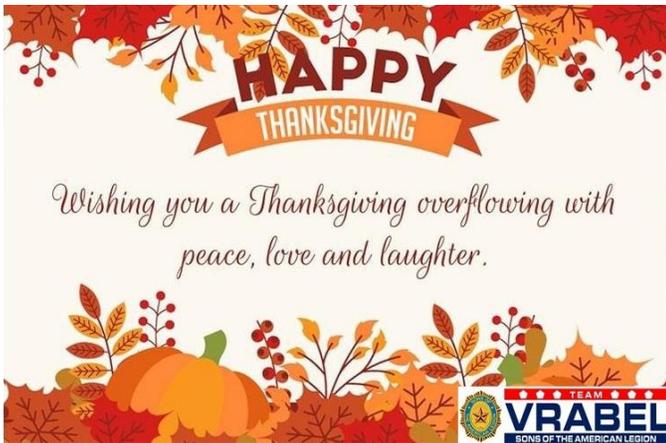
MONTHLY BUSINESS MEETING
 Fourth Wednesday of Each Month
 7:00 p.m. Mountain Time
[Join Zoom Meeting](#)
 847 2013 6661 | 697 464

important enough to share that I have taken the time out of work to distribute this so that we can all be prepared and cyber savvy. If you have any questions, reach out to me. Thank you!

Shawn Davis, National Executive Committeeman
 Detachment of Minnesota
salshawndavis@gmail.com



REGIONAL UPDATES



PHISHING continued from page 1

- And the Number one Reason why this is an Email Phishing attempt.
 - If this were actually from Commander Tim, he would have texted me the question!

So be cyber savvy, and if something does not look or feel right, do some digging and take appropriate action.

P.S. Since I mentioned that Commander Tim does not send emails in the morning, it is true that neither do I. I am usually heads down at work and do not have access to my personal accounts. But I feel that this is



NATIONAL COMMISSIONS & COMMITTEES

Advisory Committee

Joe Mayne (MN), Chairman

Americanism Commission

Chris Casey (NE), Chairman
Fourth Thursday of Each Month
7:30 p.m. Eastern
(508) 924 3315



FLYING FLAGS FOR HEROES
www.flyingflagsforheroes.com

As of November 18, 2022, **7,578** flags have been placed and reported to honor our veterans since **September 1, 2022**

Century Committee (CENTCOM)

Jeff Vrabel, Sr. (OH), Chairman
jeffvrabelsr@gmail.com

Child Welfare Foundation Committee

Mark Nave (PA), Chairman
Third Wednesday of Each Month
8:00 p.m. Eastern Time
(605) 472-5332 | 808 417
Online Meeting ID:
<https://join.freeconferencecall.com/coolcameo>

Children & Youth Committee

James A. Noble (NJ), Chairman
Second Wednesday of Each Month
7:30 p.m. Eastern Time
[Join Zoom Meeting](#)
Meeting ID: 748 3803 9406 | 3fkNJ5

Finance Commission

William G. Hill (MD), Chairman
8:00 p.m. Eastern Time
[Join Zoom meeting](#)
Meeting ID: 931 8495 9980 | 171 635

December 8 | February 9 | April 13
May 6 (NEC) | July 13

Internal Affairs Commission

William Clancy, III (NY), Chairman
Fourth Thursday of Each Month
6:00 p.m. Eastern Time
(605) 313-6050 | 344 590

Legislative Commission

Thomas G. Deal (MD), Chairman
Third Thursday of ODD Months
7:30 p.m. Eastern Time
(267) 807-9601 | 988 284 103#

Member Training and Development Committee

Mike Monserud (IA), Chairman
First Monday of Each Month
8:00 p.m. Eastern
(605) 468-8772 | 625 2764#

Membership Committee

Thom Skelley (TX), Chairman
Third Tuesday of Each Month
8:00 p.m. Eastern Time
(605) 472-5756 | 771 7294#

The current SAL membership report can be accessed on the national website at www.legion.org/membership/standings

additional membership information appears later in this edition

As we continue to work our membership, the efforts are becoming more clear. 43 Detachments are at or above the 35% mark, along with three Regions. By today's numbers, we need a little more than 27,000 members to achieve the December 14th goal of 45%. The good news is we picked up 43,000 members between the middle of October to the middle of November. If we did it once, we can do it again!! Keep reaching out to the Detachments in your regions to see if they need help. Congratulate the ones that are kicking tail and taking names, while offering support to those in need. Push the rest of National Renewal Month and remind folks that paying 2023 membership dues can make a great holiday gift.

Keep up the hard work-Keep the Faith and KEEP MEMBERSHIP ROLLING IN!!

#	DETACHMENT	2023 DET. YEAR END GOAL	NEEDED TO MEET 45% TARGET 12/14/2022	2023 ACTUAL MBRSHIP	% OF YEAR END GOAL	2023 RENEWAL %
1	HAWAII	77	-47	82	106.49%	94.74
2	LOUISIANA	1,790	-457	1,262	70.50%	65.11
3	FRANCE	158	-36	107	67.72%	66.67
4	SOUTH DAKOTA	1,362	-274	887	65.12%	51.51
5	OKLAHOMA	1,348	-216	823	61.05%	50.74
6	PUERTO RICO	123	-13	68	55.28%	26.23
7	WISCONSIN	4,187	-373	2,257	53.90%	48.99
8	GEORGIA	4,490	-351	2,371	52.81%	46.27
9	ALABAMA	2,066	-130	1,060	51.31%	44.38
10	MONTANA	1,108	-62	561	50.63%	47.65
11	IOWA	4,857	-223	2,409	49.60%	44.83
12	MISSISSIPPI	722	-32	357	49.45%	44.74
13	MEXICO	31	-1	15	48.39%	16.13
14	MARYLAND	16,058	-453	7,679	47.82%	43.60
15	OREGON	1,414	-34	670	47.38%	38.62
16	VERMONT	3,818	-25	1,743	45.65%	41.88
17	DELAWARE	2,430	-13	1,106	45.51%	38.96
18	ILLINOIS	13,398	7	6,022	44.95%	42.27
19	FLORIDA	21,519	80	9,604	44.63%	36.54
20	KANSAS	5,919	38	2,626	44.37%	40.67
21	NORTH CAROLINA	2,727	19	1,208	44.30%	36.99
22	NEVADA	357	5	156	43.70%	39.00
23	IDAHO	644	13	277	43.01%	36.31
24	WYOMING	1,298	34	550	42.37%	37.09
25	MISSOURI	3,219	88	1,361	42.28%	36.45
26	NEBRASKA	7,015	262	2,895	41.27%	39.83
27	SOUTH CAROLINA	1,473	58	605	41.07%	35.04
28	TEXAS	5,569	269	2,237	40.17%	33.73
29	VIRGINIA	4,109	201	1,648	40.11%	34.50
30	NORTH DAKOTA	1,056	60	415	39.30%	32.67
31	COLORADO	2,729	156	1,072	39.28%	35.03
32	INDIANA	36,387	2,196	14,178	38.96%	35.51
33	TENNESSEE	1,718	109	664	38.65%	30.97
34	OHIO	30,636	2,038	11,748	38.35%	35.17
35	MICHIGAN	24,271	1,724	9,198	37.90%	32.89
36	NEW JERSEY	9,386	758	3,466	36.93%	33.29
37	ALASKA	1,608	132	592	36.82%	30.81
38	NEW YORK	29,864	2,447	10,992	36.81%	33.38
39	CONNECTICUT	1,867	157	683	36.58%	32.67
40	RHODE ISLAND	336	29	122	36.31%	29.09
41	MASSACHUSETTS	5,442	496	1,951	35.85%	32.32
42	CALIFORNIA	10,714	1,030	3,791	35.38%	29.63
43	NEW HAMPSHIRE	5,677	553	2,002	35.27%	31.73
44	MAINE	2,617	306	872	33.32%	28.15
45	UTAH	449	54	148	32.96%	25.06
46	ARKANSAS	447	57	144	32.21%	27.33
47	WASHINGTON	2,485	342	776	31.23%	23.11
48	ARIZONA	8,004	1,201	2,401	30.00%	22.98
49	WEST VIRGINIA	2,362	398	665	28.15%	24.23
50	MINNESOTA	11,378	1,985	3,135	27.55%	26.07
51	PENNSYLVANIA	60,803	12,136	15,225	25.04%	22.24
52	KENTUCKY	2,609	549	625	23.96%	20.79
53	NEW MEXICO	1,483	343	324	21.85%	17.80
54	DIST OF COL	114	34	17	14.91%	11.50
55	PHILIPPINES	70	30	2	2.86%	1.47
Grand Totals:		367,798	27,655	137,854	37.48%	33.25



November is NATIONAL RENEWAL MONTH

HONOR THE VETERAN WHO MADE YOU ELIGIBLE

RENEW TODAY!

National Convention Committee

Christopher Byrd (NC), Chairman

National Executive Committee

Liaison Committee

Jim Stewart (NV), Chairman

National Vice-Commander

Selection Committee

James Hartman (MD), Chairman

Public and Media

Communications Commission

Kevin Chaplin (VA), Chairman

Fourth Tuesday of Each Month

8:00 p.m. Eastern Time

[Join Zoom Meeting](#)

Subcommittee on Resolutions

Ned Fox (CA), Chairman

Subcommittee

on National Appointments

Donald Allisot, Jr. (ME), Chairman

Veterans Affairs

& Rehabilitation Commission

Seth A. Rippe (NE), Chairman

Fourth Monday of Each Month

8:00 p.m. Eastern Time

[Join Zoom Meeting](#)

Meeting ID: 845 1668 0686

Passcode: 243945

2023 SAL REGIONAL BREAKDOWN

WESTERN REGION - JACK A. YOUNGS (ID)				
Detachment	Goal	Actual	% of Goal	
HAWAII	77	82	106.49%	
OREGON	1,414	670	47.38%	
NEVADA	357	156	43.70%	
IDAHO	644	277	43.01%	
ALASKA	1,608	592	36.82%	
CALIFORNIA	10,714	3,791	35.38%	
UTAH	449	148	32.96%	
WASHINGTON	2,485	776	31.23%	
ARIZONA	8,004	2,401	30.00%	
PHILIPPINES	70	2	2.86%	
Totals:	25,822	8,895	34.45%	

MIDWEST REGION - MICHAEL L. KIRSCHNER (CO)				
Detachment	Goal	Actual	% of Goal	
SOUTH DAKOTA	1,362	887	65.12%	
OKLAHOMA	1,348	823	61.05%	
MONTANA	1,108	561	50.63%	
MEXICO	31	15	48.39%	
KANSAS	5,919	2,626	44.37%	
WYOMING	1,298	550	42.37%	
NEBRASKA	7,015	2,895	41.27%	
TEXAS	5,569	2,237	40.17%	
NORTH DAKOTA	1,056	415	39.30%	
COLORADO	2,729	1,072	39.28%	
NEW MEXICO	1,483	324	21.85%	
Totals:	28,918	12,405	42.90%	

CENTRAL REGION - DAVID J. MENNEL (MI)				
Detachment	Goal	Actual	% of Goal	
WISCONSIN	4,187	2,257	53.90%	
IOWA	4,857	2,409	49.60%	
ILLINOIS	13,398	6,022	44.95%	
MISSOURI	3,219	1,361	42.28%	
INDIANA	36,387	14,178	38.96%	
OHIO	30,636	11,748	38.35%	
MICHIGAN	24,271	9,198	37.90%	
MINNESOTA	11,378	3,135	27.55%	
Totals:	128,333	50,308	39.20%	

EASTERN REGION - ERNEST E. LABERGE (MA)				
Detachment	Goal	Actual	% of Goal	
FRANCE	158	107	67.72%	
MARYLAND	16,058	7,679	47.82%	
VERMONT	3,818	1,743	45.65%	
DELAWARE	2,430	1,106	45.51%	
NEW JERSEY	9,386	3,466	36.93%	
NEW YORK	29,864	10,992	36.81%	
CONNECTICUT	1,867	683	36.58%	
RHODE ISLAND	336	122	36.31%	
MASSACHUSETTS	5,442	1,951	35.85%	
NEW HAMPSHIRE	5,677	2,002	35.27%	
MAINE	2,617	872	33.32%	
WEST VIRGINIA	2,362	665	28.15%	
PENNSYLVANIA	60,803	15,225	25.04%	
DIST OF COL	114	17	14.91%	
Totals:	140,932	46,630	33.09%	

SOUTHERN REGION - RONALD E. ROBERTS (MS)				
Detachment	Goal	Actual	% of Goal	
LOUISIANA	1,790	1,262	70.50%	
PUERTO RICO	123	68	55.28%	
GEORGIA	4,490	2,371	52.81%	
ALABAMA	2,066	1,060	51.31%	
MISSISSIPPI	722	357	49.45%	
FLORIDA	21,519	9,604	44.63%	
NORTH CAROLINA	2,727	1,208	44.30%	
SOUTH CAROLINA	1,473	605	41.07%	
VIRGINIA	4,109	1,648	40.11%	
TENNESSEE	1,718	664	38.65%	
ARKANSAS	447	144	32.21%	
KENTUCKY	2,609	625	23.96%	
Totals:	43,793	19,616	44.79%	

Veterans Employment & Education Commission

Jim Coats (NY), Chairman
Third Wednesday of Each Month
8:00 p.m. Eastern Time



CHAPLAIN'S CORNER

Pro Deo Et Partia – For God and Country
Minister Jeffrey L. Gibson Sr.
National Chaplain
Sons of The American Legion

SONS OF THE

AMERICAN LEGION

Military Records at the National Archives

The National Archives is proud to have in its holdings a variety of military records, from photos to documents to searchable databases, which are available on [National Archives News](#). NARA's holdings regarding veterans and military records include:

- [Veterans' Service Records](#)
- [Genealogy Research in Military Records](#)
- [American Revolution](#)
- [Civil War Records](#)
- [World War I](#)
- [World War II Records](#)

We invite you to explore the wealth of records held by the National Archives that document U.S. military encounters from the 18th century through the 20th century, including the [Veterans Day Military History roundup](#) on the Unwritten Record blog, [Eleven Military Stories Honoring Veterans at the National Archives](#) from National Archives News, and our [Veterans Day Resources](#) on [archives.gov](#).



Legion Rider's 'Be the One' moment is on a bracelet

The American Legion | November 15, 2022



Larry "Grumpy" Haitz knew he had to stop talking and do something about saving the lives of veterans from suicide. He endured the loss of a son-in-law who died by suicide, stood in

flag lines for veterans who died by suicide, and supported a fellow American Legion Rider who lost his son from suicide. Haitz, an American Legion Rider of Chapter 241 in Le Mars, Iowa, created a bracelet to help people who encounter a veteran in crisis quickly remember the suicide prevention hotline number so veterans know they are not alone.

The bracelet's message is: Call 988 Option 1 – UR NEVER ALONE

"All this together made me decide to try to do something, anything, to address the horrendous number of veteran suicides in my Legion district and beyond," Haitz said. "The hope is that the 988 press 1 message would 'click' with the wearer if they encountered a vet who was depressed for whatever reason. Every opportunity I get, I hand them out." Haitz ordered 1,000 wristbands to hand out for free. When he shared what he was doing with fellow Post 241 members and Riders, "the support was overwhelming," he said. "The wristbands are a big success and have gone out not only to this area but well beyond."

And with a grant from Northwest Iowa American Legion Riders and donations from other Legion Family members, Haitz purchased key fobs and lanyards with the same

message to hand out. The merchandise is from a Legion Rider-owned company called Wicked Graphix.

The bracelet, lanyard and key chain with the suicide prevention hotline is how Haitz is saving the lives of veterans. It's his way to Be the One.

The American Legion's Be the One initiative aims to eliminate the stigma associated with mental health wellness and, in turn, reduce the rate of veteran suicide. Learn more at betheone.org.

"Five years ago, when we started talking about 22 a day (veteran suicide numbers), that's all talk. If somebody doesn't pick it up and do something, it's only going to get worse. That's what Be the One is to me - it's I have to do something. I feel the need to Be the One to do something so this is what I'm doing.

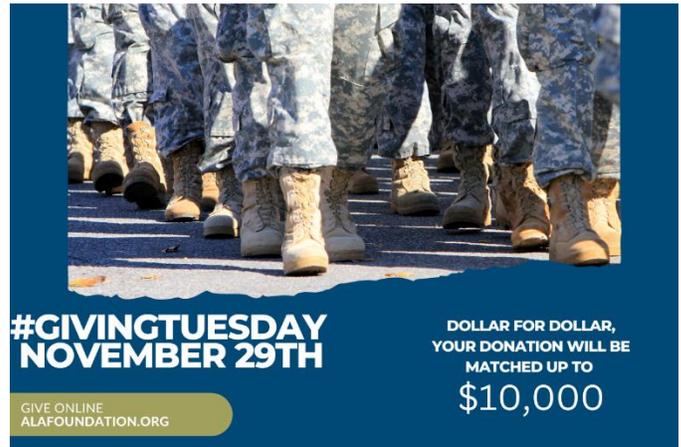
"I hope this resonates with other people, and they start doing something so they can Be the One. If we all do something, anything, it's going to help. If we save one life, it's all worth it."



A Community of Volunteers Serving Veterans, Military, and their Families



AMERICAN LEGION AUXILIARY
FOUNDATION



Engage the public, reduce veteran suicide

[Henry Howard](#) | November 17, 2022



As The American Legion shines a light on veteran suicide, the NBA's Portland Trailblazers assisted the Department of Oregon in illuminating the Be the One initiative on Nov. 15, Military Appreciation Night.

Cory Brockman, first vice commander in the Department of Oregon, conceived the idea to engage and educate fans about the program with swag items.

"Over the past couple of years, we have moved from developing Buddy Check slipknot bracelets to expanding our outreach tools for the Be the One initiative to engage the public," he explained as American Legion Family members staffed a high-profile Be the One booth inside the arena as fans streamed in to watch the Blazers game against San Antonio.

American Legion Family members distributed 771 bracelets in about 90 minutes to veterans and civilians, ranging in age from young children to seniors. Fans expressed thanks, asked about the program, and strapped the bracelets on their wrists.

“The bracelets are a civic engagement tool, whether you are a veteran, family member or just John Doe Public,” said Brockman, a member of Post 104 in Aloha, Ore. “All of us want to support veteran suicide prevention.”

Printed on the bracelets were the words “Be the One” and the website URL. They were in a plastic baggie with an information card explaining the [Be the One program](#). It was created to reduce the perceived stigma around mental health treatment while empowering everyone to act when the life of a veteran may be in danger.

“It takes a community — not just an individual — to end veteran suicide,” Brockman said. “The bracelets are an engagement tool. They are a way to reach out to the community. They can wear one and share one. They can pass one off to a veteran or family member. They are designed as an engagement tool so the public can ask questions of us, so they know what to do. And ask questions of veterans: Are you doing all right? Is your home life OK? Are you healthy? How can I help you?”

For Brockman, who served in the Air Force and Army, the effort is personal.

“I’ve seen enough veterans to know the hurt inside and they are not well,” he said, referencing the daily number of veteran suicides, estimated to be 22. “In my mind, one is too many. Being a veteran, we’ve been there on the front lines, or we’ve been there supporting our troops on the front lines. It’s just taking care of our veteran community. A healthy veteran is a healthy veteran family is a healthy community.” Navy veteran Allyson Kropf, commander of Post 158 Tigard, Ore., is a mental health therapist. She specializes in helping veterans with post-traumatic stress disorder.

“That is something that is very near and dear to my heart,” she said. “Having this program in The American Legion is amazing because it is so needed and fantastic.”

Such volunteer work is a labor of love and compassion for Kropf.

“I don’t see it as work,” she explained. “Coming out here isn’t work, it’s more fun to give back and I love doing it. It’s really nice to be out here talking about the thing that I love.”

Kainoa Yamada was among the veterans who stopped to speak with Legion members about Be the One, the organization itself and more.

“I think what The American Legion is doing is awesome, supporting all of our veterans,” said Yamada, who separated

from the Air Force in 2020. “It’s absolutely amazing that they are out here. We’re all just supporting each other. It’s amazing for everyone to come together.”

The American Legion’s support of Yamada began when he was a youth. He attended Oregon American Legion Boys State in 2018.

“The Boys State experience for me was wonderful,” he recalled. “It meant a lot. I felt amazing when they did sponsor me.”

Brockman’s wife, Catherine, sees the volunteer work as part of her service.

“It’s very important for us to be here to show that you don’t have to have served to be able to serve now, and serve the veterans,” said Catherine, the department first vice commander for the Auxiliary. “To be here now, we want to be able to let veterans, servicemembers and their spouses know that we play an important part. We are here supporting our veterans because they supported us by defending our country.”

She noted the interest of fans who inquired about Be the One. “We want to put the awareness out there that you don’t have to be a veteran, or be in a veteran family to be able to ‘Be the One.’ That’s all it takes. You have to talk to them and be aware of them. They need somebody to listen to them, and you just have to be there.”

While not every American Legion post will have access to a major professional sports franchise, both Brockmans noted how the concept is scalable. For example, posts in smaller communities can engage with veterans and civilians at bazaars, farmers markets, parades, and similar events.

“For us, we scaled up the bracelets because they are a great engagement tool,” Cory Brockman said. “Wear one, share one. Give the packet to someone else. In a smaller community, it’s just doing it on a smaller scale. Find an event that you can focus your outreach on. Small communities have great parades — Fourth of July celebrations, holiday festivities and bazaars. It’s not that you have to be in a large metropolitan area to take care of veterans. This venue allows us a great opportunity to engage a lot of the public who don’t know veterans, but we can tell their stories. Thank you for coming tonight. Thank you for supporting our veterans. Thank you for being the one.”



BUDDY CHECK

WE ARE HERE FOR YOU!

SPORTS

Legion Baseball alumni earn awards for 2022 MLB season

The American Legion | November 16, 2022

After a Major League Baseball season that culminated in former American Legion Baseball player Dusty Baker (Post 412/Fair Oaks, Calif.) managing his first World Series championship team, a handful of fellow ALB alumni received postseason honors.

Cy Young Award

Justin Verlander made just one start in 2020 and missed the entire 2021 season after Tommy John surgery.

Then the 39-year-old ace who played American Legion Baseball for Post 201 in Powhatan, Va., had a stellar comeback season to earn the American League Cy Young Award. It's his third Cy Young after winning it with Detroit in 2011 and Houston in 2019.

This year, Verlander was 18-4 with a 1.75 ERA during the regular season for the World Series champion Astros. He led the American League in wins, ERA, WHIP (0.83), opponents' OPS (.497), opponents' batting average (.186) and hits per nine innings (5.97).

Overall, Houston was 20-8 in games Verlander started, and he was 9-0 in 12 starts after a loss for the Astros.

Manager of the Year

For the seventh straight season, the American League Manager of the Year is a former American Legion Baseball player.

Terry Francona, who played Legion Baseball in Pennsylvania, was named the 2022 AL Manager of the Year after guiding the Cleveland Guardians to a 92-70 record and the Central Division title.

It's Francona's third Manager of the Year award after winning it with Cleveland in 2013 and 2016.

"The best part about this is it gives me the opportunity to brag about the people I work with -- the coaches and the baseball ops guys and certainly our players," Francona [told MLB.com](https://www.mlb.com). "Everybody talks about culture and things like that. I really believe we live it out every day, and for that I'm really proud."

In both 2020 and 2021, health issues sidelined Francona before the end of the season. But in Cleveland's first season as the Guardians, the young roster quickly jelled under Francona and ended up winning the division by 11 games.

Dual honors for Realmuto

Philadelphia Phillies catcher J.T. Realmuto (Post 170/Midwest City, Okla.) was honored with Gold Glove and Silver Slugger awards after a standout season.

Realmuto won his third Silver Slugger Award after becoming just the second catcher with 20 home runs and 20 stolen bases in a season, finishing with 22 homers and 21 steals. (Fellow ALB alum Ivan Rodriguez, who played for Post Vega Baja in Puerto Rico, was the first 20-20 catcher during his 1999 American League MVP season.)

Realmuto also had 26 doubles, 84 RBIs and 75 runs scored while batting .276 for the season.

He also earned his second Gold Glove Award after leading all qualified catchers with a 44 percent caught-stealing rate.

SQUADRON EVERLASTING

to have a member's information listed here,
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FROM THE EDITOR

Last weekend, I had the opportunity to visit Nashville. What a great city. We toured The Hermitage, the home of President Andrew Jackson, walked the famous Broadway, and went to Nissan Stadium to see the Denver Broncos play the Tennessee Titans.

As it was Veterans Day weekend, the National Football League honored veterans at all games. In Tennessee, there was an American flag the size of the field, active-duty military and veterans were on the field for pre-game ceremonies, and players and coaches wore towels, hats, etc. But they did more.



On the seats of season ticketholders who are known to be veterans, there was a small sign, an American flag, and a Tennessee Titans lapel pin.



I am not sure how many seats were designated like this, but it is a remarkable way to recognize remarkable people. This simple, yet effective display, let fans in the vicinity know that a veteran was at the game, and showed the veterans who were honored that not only the Tennessee Titans care about them, but all proud Americans care for them as well. Hat's off to the

Tennessee Titans for this great tribute.

It may be hard to believe, but there was something that was even more special about this game. In the seat pictured above was seated a female veteran. To her left was a male veteran. The two were together, but only her chair had the flag. Here's what they did; on their backs, they wore stickers that provided information on the Veterans Crisis Line, including phone numbers for veterans in need to call.

Again, a simple and impactful gesture making an impact. I wish I had asked their names so I could recognize them by name, but I did not. All I know is that they are heroes in my eyes, as they are serving veterans and are taking veterans in need seriously. This simple gesture went a long way for me.



Have a great week, and continue serving those who served, and supporting our children and youth!

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Jeff Vrabel, Sr., Editor

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November 16, 2022

Dear American Legion Family and friends,

Team Rubicon offered the labor and expertise. Team American Legion offered shelter and infrastructure. Together, this community of veterans has had a major impact on relief operations for Floridians reeling from the devastating blows inflicted by Hurricanes Ian and Nicole.

Charlie Seiler is a Vietnam veteran and member of [American Legion Post 103](#) in Punta Gorda, Fla. His house was badly damaged by Ian and covered with debris. Health issues prevented Seiler, 81, from performing the exhaustive labor required to make his home safe.

A visit from the governor of Florida and Team Rubicon changes his fortunes. "I asked what I could do to help,"

Seiler said. "They said 'stay out of the way.' There was 30 to 40 feet of debris piled up. Rubicon cleared it and took care of the safety issues. The governor made a call and by dark I had my electricity back. I don't get emotional, but I did that day."

[Team Rubicon describes itself on its website](#) as a veteran-led humanitarian organization that serves global communities before, during and after disasters and crises. During the first few weeks following Hurricane Ian, more than 325 Rubicon volunteers descended upon the impacted communities in Florida. On any given night, Post 103 shelters dozens of Rubicon "greyshirts."

"The post took a vote that they can stay as long as they need to," Post 103 Commander John Dollinger told national headquarters. "Yes, we had to give up our kitchen and dining room, but we made a decision that they can stay. No questions asked and the vote was unanimous."

Because of its proximity to Fort Myers, Punta Gorda, and other devastated areas, Post 103 is perfectly suited as a Forward Operating Base for Team Rubicon.

"These hardened walls make it easier to secure our items," Alandra Swords, a Rubicon volunteer from Edgewater, Wash., said. "Home is where you are and having individuals here who served and to form a camaraderie with when you come home at night is amazing. This FOB is our receiving and distribution center."

More than seven years ago, our National Executive Committee saw many similar values shared by groups like Team Rubicon and The American Legion. The NEC unanimously passed [Resolution No. 20: Encourage Collaboration with Selected Post-9/11 Generation Veterans Groups](#).

It resolved that The American Legion "seek active coordination wherever feasible" with Team Rubicon and other selected groups. It also called for departments and posts "to build and maintain mutually beneficial relationships" with these organizations.

From what I can see, Post 103, the Department of Florida and Team Rubicon epitomize the wisdom of that resolution. Hurricanes are a powerful force. But so are greyshirts and blue caps.

Veterans Strengthening America,

Vincent "Jim" Troiola, National Commander
The American Legion

Veterans homelessness sees sharpest decrease in over five years

The American Legion | November 17, 2022

New data show veteran homelessness has decreased 11% since early 2020.

That's the sharpest decrease in veteran homelessness in more than five years, according to the 2022 [Point-in-Time Count](#) (PIT) from the Department of Veterans Affairs (VA), the Department of Housing and Urban Development (HUD) and the U.S. Interagency Council on Homelessness (USICH). One of VA's priorities is reducing veteran homelessness.

"One veteran experiencing homelessness will always be one too many, but the 2022 PIT Count shows that we are making real progress in the fight to end veteran homelessness," said VA Secretary Denis McDonough. "There is still a long way to go, but under President Biden's leadership, we at VA, HUD and USICH will not stop until every veteran has a good, safe, stable home in this country they fought to defend."

PIT is an annual effort by HUD to estimate the number of Americans without safe, stable housing. It is one of the tools used to assess annual progress toward VA's goal of ending homelessness among the veteran population.

HUD Secretary Marcia Fudge said the data show that we are closer today than ever before in ensuring every veteran has a home.

"All veterans deserve to have what they need to lead healthy, safe and successful lives — that starts with a place to call home," she said. "The data released today shows we are closer than ever in ensuring that every veteran in America has a home and challenges us to ensure that every veteran — and every person in America — has a home."

The most notable results from PIT show:

- The total number of veterans who experienced homelessness was 33,136 – a decrease of 11% over January 2020, the last year a full count was conducted.
- 19,572 veterans experienced sheltered homelessness, and 13,564 veterans experienced unsheltered homelessness.
- Veterans who experience sheltered homelessness live in places such as emergency shelters, transitional housing programs or other supportive settings.

- Veterans who experience unsheltered homelessness live in places not meant for human habitation. This includes cars, parks, sidewalks, abandoned buildings and on the street.
- The estimated number of veterans experiencing homelessness in America has declined by 55.3% since 2010.

Data from the 2022 PIT does not reflect the efforts launched by VA, HUD and USICH in 2022. This includes [VA's goal to house 38,000 veterans](#) during this calendar year. VA has placed nearly 31,000 homeless veterans into permanent housing as of September. This puts them on track to meet or exceed its goal.

"Not only did we lower the number of veterans experiencing homelessness, but we made this progress during a global pandemic and economic crisis," said USICH Executive Director Jeff Olivet. "This proves that, even under the most difficult circumstances, we can take care of each other and address homelessness."

Much of the funding comes from Biden's American Rescue Plan, which provided VA's homeless programs with \$481 million in additional funding to support veterans.

If you are a veteran who is experiencing homelessness or at risk for homelessness, call the National Call Center for Homeless Veterans at 877-4AID-VET (877-424-3838). Or visit the [VA Homeless Programs website](#) to learn about housing initiatives and other programs for veterans exiting homelessness.



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Auburn sailor killed at Pearl Harbor returns to Illinois

Bradley Zimmerman, WCIA | November 11, 2022



DECATUR, ILL. (WCIA) — As the nation honors its veterans this weekend, a central Illinois sailor received a homecoming 80 years in the making.

Electrician's Mate 1st Class Edward Conway, born in Auburn, was one of approximately 2,400 Americans who died in the attack on Pearl Harbor on Dec. 7, 1941. It was only recently, however, that Conway's remains were identified and repatriated. He was buried with military honors in Decatur on Saturday.

Navy records indicate that Conway was born on Sept. 1, 1912, and enlisted in the U.S. Navy at the age of 21. He trained in San Diego before receiving his first assignment aboard a destroyer in 1934. He became a fireman later that year and an electrician in 1935.

Conway transferred from ship to ship over the next few years. In 1940, shortly after his promotion to Electrician's Mate 1st Class, Conway reported for duty at Pearl Harbor and was soon assigned to the battleship USS Oklahoma. It was aboard Oklahoma that Conway would lose his life the following year at the age of 29.

On Dec. 7, 1941, Oklahoma was moored in Pearl Harbor when the Imperial Japanese Navy launched an air raid on the base and the U.S. Pacific Fleet. Oklahoma was targeted by torpedoes, sustained several hits, and quickly capsized due to flooding. 429 men, including Conway, went down with their ship.

Only 41 of those men were identified when their bodies were recovered from the wreck. The other 388, including Conway, were classified as nonrecoverable and were buried as unknowns in the National Memorial Cemetery of the Pacific, nicknamed the Punchbowl, in Honolulu. They remained there for almost 75 years.

2015 marked the inaugural year of the Defense POW/MIA Accounting Agency, a Department of Defense agency dedicated to recovering American personnel listed as prisoners of war or missing in action from previous wars. One of its first projects was to identify the unknowns of Oklahoma.

The 388 men were exhumed from the Punchbowl and analyzed using DNA samples submitted by Oklahoma families. Using this method and referring to Navy medical and dental records, DPAA personnel identified Conway's remains in October of 2021. His family was notified a year later.

Captain Robert McMahon, Director of the Navy Casualty Office, said that the DPAA has identified 355 unknowns from Oklahoma since the project started. 33 sailors could not be identified and were reburied in the Punchbowl on Dec. 7, 2021, the 80th anniversary of the attack.

The success of the Oklahoma project led the DPAA to expand its work to other ships at Pearl Harbor the morning of the attack. That expansion resulted in [the identification of a sailor from Moccasin](#).

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11/17/22		2023 NATIONAL MEMBERSHIP STANDINGS				
Region	Goal	Actual	Needed for Quota	Percent	Increase	Quota Date
1 Southern 1, 2, 3	43,793	19,616	(24,177)	44.79%	551	
2 Midwestern 1, 3	28,918	12,405	(16,513)	42.90%	662	
3 Central 1, 3	128,333	50,308	(78,025)	39.20%	2,843	
4 Western 1	25,822	8,895	(16,927)	34.45%	419	
5 Eastern	140,932	46,630	(94,302)	33.09%	3,192	
TOTALS 1	367,798	137,854	(229,944)	37.48%	7,667	

11/17/22		2023 CENTRAL REGION STANDINGS						
Detachment	Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1 Wisconsin 1, 2, 3, 4	4,187	2,257	(1,930)	53.90%	103	46.64%	7	
2 Iowa 1, 3, 4	4,857	2,409	(2,448)	49.60%	325	38.82%	17	
3 Illinois 1, 2, 3	13,398	6,022	(7,376)	44.95%	14	42.16%	13	
4 Missouri 1, 2, 3	3,219	1,361	(1,858)	42.28%	117	33.03%	29	
5 Indiana 1, 3	36,387	14,178	(22,209)	38.96%	827	33.31%	33	
6 Ohio 1	30,636	11,748	(18,888)	38.35%	430	33.83%	32	
7 Michigan	24,271	9,198	(15,073)	37.90%	956	29.18%	40	
8 Minnesota	11,378	3,135	(8,243)	27.55%	71	25.49%	50	
TOTALS 1, 2, 3	128,333	50,308	(78,025)	39.20%	2,740			

11/17/22		2023 WESTERN REGION STANDINGS						
Detachment	Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1 Hawaii 1, 2, 3, 4, 5, 6, 7, 8, 9, Q, 10	77	82	5	106.49%	-	94.74%	1	10/10/22
2 Oregon 1, 3, 4	1,414	670	(744)	47.38%	24	37.01%	11	
3 Nevada	357	156	(201)	43.70%	10	36.77%	22	
4 Idaho 1, 2, 3	644	277	(367)	43.01%	19	34.27%	24	
5 Alaska 3	1,608	592	(1,016)	36.82%	4	30.56%	35	
6 California 1	10,714	3,791	(6,923)	35.38%	175	28.24%	42	
7 Utah	449	148	(301)	32.96%	1	24.83%	44	
8 Washington	2,485	776	(1,709)	31.23%	95	20.26%	49	
9 Arizona	8,004	2,401	(5,603)	30.00%	91	21.93%	47	
10 Phillipines	70	2	(68)	2.86%	-	1.47%	55	
TOTALS 1	25,822	8,895	(16,927)	34.45%	419			

11/17/22		2023 SOUTHERN REGION STANDINGS						
Detachment	Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1 Louisiana 1, 2, 3, 4, 5	1,790	1,262	(528)	70.50%	13	64.37%	2	
2 Puerto Rico 1, 2, 3, 4	123	68	(55)	55.28%	-	26.23%	5	
3 Georgia 1, 2, 3, 4	4,490	2,371	(2,119)	52.81%	6	46.23%	6	
4 Alabama 1, 2, 3, 4	2,066	1,060	(1,006)	51.31%	58	41.84%	9	
5 Mississippi 1, 3, 4	722	357	(365)	49.45%	2	44.46%	8	
6 Florida 1, 3	21,519	9,604	(11,915)	44.63%	265	35.49%	16	
7 North Carolina 1, 2, 3	2,727	1,208	(1,519)	44.30%	57	35.03%	19	
8 South Carolina	1,473	605	(868)	41.07%	4	34.82%	23	
9 Virginia	4,109	1,648	(2,461)	40.11%	159	31.13%	36	
10 Tennessee 1, 3	1,718	664	(1,054)	38.65%	(16)	32.04%	26	
11 Arkansas 1	447	144	(303)	32.21%	-	27.33%	45	
12 Kentucky	2,609	625	(1,984)	23.96%	3	20.67%	51	
TOTALS 1, 2, 3	43,793	19,616	(24,177)	44.79%	538			

11/17/22		2023 MIDWESTERN REGION STANDINGS						
Detachment	Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1 South Dakota 1, 2, 3, 4	1,362	887	(475)	65.12%	8	51.14%	3	
2 Oklahoma 1, 2, 3, 4	1,348	823	(525)	61.05%	14	49.73%	4	
3 Montana 1, 3, 4	1,108	561	(547)	50.63%	69	41.38%	14	
4 Mexico 1, 2, 3, 4	31	15	(16)	48.39%	-	16.13%	10	
5 Kansas 3	5,919	2,626	(3,293)	44.37%	398	34.24%	30	
6 Wyoming 1	1,298	550	(748)	42.37%	33	34.93%	25	
7 Nebraska 1, 3	7,015	2,895	(4,120)	41.27%	7	39.75%	21	
8 Texas 1, 3	5,569	2,237	(3,332)	40.17%	72	32.58%	27	
9 North Dakota 1, 3	1,056	415	(641)	39.30%	6	32.32%	28	
10 Colorado 1	2,729	1,072	(1,657)	39.28%	55	33.14%	31	
11 New Mexico	1,483	324	(1,159)	21.85%	-	17.80%	53	
TOTALS 1, 3	28,918	12,405	(16,513)	42.90%	654			

11/17/22		2023 EASTERN REGION STANDINGS						
Detachment	Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1 France 1, 2, 3, 4, 5	158	107	(51)	67.72%	38	43.79%	15	
2 Maryland 1, 3, 4	16,058	7,679	(8,379)	47.82%	357	41.57%	12	
3 Vermont 1, 3, 4	3,818	1,743	(2,075)	45.65%	157	37.97%	20	
4 Delaware 1, 3, 4	2,430	1,106	(1,324)	45.51%	68	36.26%	18	
5 New Jersey	9,386	3,466	(5,920)	36.93%	33	33.00%	34	
6 New York	29,864	10,992	(18,872)	36.81%	637	31.37%	39	
7 Connecticut	1,867	683	(1,184)	36.58%	11	32.13%	37	
8 Rhode Island	336	122	(214)	36.31%	3	28.79%	38	
9 Massachusetts	5,442	1,951	(3,491)	35.85%	103	30.55%	41	
10 New Hampshire	5,677	2,002	(3,675)	35.27%	218	28.27%	46	
11 Maine	2,617	872	(1,745)	33.32%	-	28.15%	43	
12 West Virginia	2,362	665	(1,697)	28.15%	10	23.86%	48	
13 Pennsylvania	60,803	15,225	(45,578)	25.04%	1,557	19.78%	52	
14 Dist. of Columbia	114	17	(97)	14.91%	-	11.50%	54	
TOTALS	140,932	46,630	(94,302)	33.09%	3,192			

11/17/22		2023 SUPER SIX STANDINGS						
Detachment	Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1 Florida 1, 3	21,519	9,604	(11,915)	44.63%	265	36.54%	19	
2 Indiana 1, 3	36,387	14,178	(22,209)	38.96%	827	33.51%	32	
3 Ohio 1	30,636	11,748	(18,888)	38.35%	430	35.17%	34	
4 Michigan	24,271	9,198	(15,073)	37.90%	956	32.89%	35	
5 New York	29,864	10,992	(18,872)	36.81%	637	33.38%	38	
6 Pennsylvania	60,803	15,225	(45,578)	25.04%	1,557	22.24%	51	
TOTALS	203,480	70,945	(132,535)	34.87%	4,672			

National Membership Totals	367,798	137,854	(229,944)	37.48%	7,667	33.25%		
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Q Quota

- 1 Met 09/14/22 goal of 10%
- 2 Met 10/13/22 goal of 25%
- 3 Met 11/09/22 goal of 35%
- 4 Met 12/14/22 goal of 45%
- 5 Met 01/19/23 goal of 60%
- 6 Met 02/15/23 goal of 75%
- 7 Met 03/15/23 goal of 80%
- 8 Met 04/19/23 goal of 90%
- 9 Met 05/17/23 goal of 100%
- 10 Met 07/16/23 goal of 105%

