

BE THE ONE



ROUND-UP

Next Goal

75%

February 15, 2023

A weekly digest of happenings in the Sons of The American Legion

Volume 4 | Number 22 | Issue 170 & 171 | February 5, 2023



SONS OF THE AMERICAN LEGION BE THE ONE OFFICE OF THE NATIONAL COMMANDER

P.O. BOX 1055, INDIANAPOLIS, IN 46206-1055 WWW.LEGION.ORG/SONS P: 317-630-1205 F: 317-630-1413

Have you renewed your membership?

JANUARY - 2023

Happy New Year, Sons of The American Legion,

We're just past the 60 percent membership target date and I'm pleased to see that 47 of the 55 Detachments have reached that mark. And I want to congratulate the 15 Detachments who have already reached the 75 percent membership goal, led by the Detachment of Hawaii, which has reached 106.49% of its year-end goal as of Jan. 16.

I'm also thrilled that SAL members are now able to renew their membership online, at Legion.org/SAL-Renew. Thank you for your patience as our national staff worked to make online renewal a possibility. Don't forget that you can set up automatic annual renewal when renewing your membership online.

And of course, you can continue to pay your dues in person at the squadron level.

It's important to note that squadrons *need* to submit their Squadron Data Reports (SDR) so that we get an accurate membership count as well as get your squadron's dues in our system. The SDR is available at the Sons of The American Legion website under [Publications and Forms](#). The SDR should be sent to the Detachment and the email address [Post and Squadron Reports \(postsqdnupdates@legion.org\)](mailto:postsqdnupdates@legion.org) for processing.

Let's do all we can to make this our strongest membership year yet!

And let's also not forget, it is a new year, but our mission is still the same: to support our veterans and their families.

What are you doing to "Be The One?" There are many resources and ideas at Legion.org/BeTheOne. Please use these resources to "Be The One" to help a veteran in need. And don't forget to share your efforts through the link on the Be The One website.

I would also like to ask for your continued support of The American Legion's other efforts, such as the <https://www.legion.org/vcf> (VCF), the [Child Welfare Foundation \(CWF\)](#), and more. These programs and others serve such a vital role, and it's your charity that makes it happen.

Thank you all for your efforts to support our veterans and the entire Legion Family!

Be the One!

With passion and purpose.

Sincerely,

Christopher Carlton
Sons of The American Legion
National Commander

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



ROUND-UP

National Commander

Chris Carlton (IN)

National Vice-Commander Central Region

David Mennel (MI)

National Vice-Commander Eastern Region

Ernie LaBerge (MA)

National Vice-Commander Midwestern Region

Michael Kirschner (CO)

National Vice-Commander Southern Region

Ron Roberts (MS)

National Vice-Commander Western Region

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



**RENEW
ONLINE
TODAY**



**MEMBERSHIP
RENEWAL**

TARGET DATE

February 15, 2023



CHRIS CARLTON

NATIONAL COMMANDER

2022 – 2023



Chris Carlton, National Commander
Sons of The American Legion

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



**I WANT
YOU
TO RENEW!!!**



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#

The Central Region, along with the Southern and Eastern Regions, has accomplished something incredible. We are entering into the second half of our calendar year with statistical factual membership numbers Nationally. That is fantastic.

With the help of all five regions contributing to getting membership numbers up, we have done it. We are 7,757 members ahead of the February 15 Target Date goal of 75%. Records show last year there were NO REGIONS that made goals at this time last year.

We now have 35 Detachments that are above 75%. On behalf of the National Membership Committee, WELL DONE!

The Central Region increased membership from January 30 to February 2 by 1,798 members. This brought up the region 2.01% and from January 30 to February 2.

We closed the gap from 2.66% on January 30, now 1.85% February 2. "BELIEVE AND SUCCEED."

The Central Region with its Detachments are definitely meeting the challenges ahead of them, as well with all the other regions working together with overwhelming teamwork. The "BUDDY CHECKS" are always a great thing to remind someone that we do care about them, because we are "#SALSTRONG" and will always be there for are Veterans and their families.

Robert Bristo,
Central Region Membership Chairman
bristoman16@gmail.com



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

Just a reminder that this month's regional call will be held Tuesday here is the agenda:

https://mcusercontent.com/6ef10721cb8936b95f6130579/files/19afa04e-fbcb-44de-408b-a285a79f94cc/Midwest_Agenda.docx

I will talk more about this on the call, but I would personally like to say thank you for all the support and care that has been shown to me through this most difficult time in my life. The well wishes and prayers truly helped to keep me grounded. I wasn't sure if I was up for continuing this journey but, with your support I know I can carry on and trust me it's what Yvonne would want.

Here is the most recent membership report:

https://mcusercontent.com/6ef10721cb8936b95f6130579/files/f53b3fdd-6510-245f-917c-58c44342b5c5/2023_SAL_Membership_Report_as_of_February_2_2023.pdf

As you can see, we are still in 4th place but doing much better than what we were at this time last year keep up the good work.

On a personal note, my 50th birthday is on the next target date of Feb. 15th so please, please, give me a great present, and let's have every Detachment in the Midwest over the 75%, and let's shoot to be #1.

That would be a present that would bring a much-needed smile to my face!

Have a great weekend and hope to hear you all on the call on Tuesday.



RON ROBERTS
NATIONAL VICE-COMMANDER
SOUTHERN REGION
2022 – 2023

MONTHLY BUSINESS MEETING

Second Tuesday of Each Month

7:00 p.m. Central

(945) 218-0044 | 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](#)

Meeting ID: 847 2013 6661 | 697 464

Everyone,

I am letting you know that for the near future I will be filling in for Jim Fischer as his granddaughter was in a serious car accident. Please keep Jim and his family in your thoughts and prayers.

We need to keep/retain our members, otherwise we will continually shoot ourselves in the foot when we don't. Get your members involved, ask them what they like to do and give them the tools to make a difference within your squadron and post. It is guaranteed if you do this you increase the chances that you will retain them. You don't know if that person that didn't renew was a national commander in the making.

Please take the information that we send out to you, put your own twist on it for your detachment and see what happens. Good things will happen when you do this because now it relates to you.

Here's how our detachments stack up:

- Hawaii 109.09% of goal with a renewal rate of 94.74%
AWESOME

- California +124 = 70.00% of goal with a renewal rate of 58.65%
- Arizona +41 = 74.50% of goal with a renewal rate of 60.26%
- Washington +33 = 61.29% of goal with a renewal rate of 47.45%
- Idaho +8 = 68.48% of goal with a renewal rate of 57.05%
- Oregon +4 = 81.05% of goal with a renewal rate of 64.20%
- Alaska +4 = 76.62% of goal with a renewal rate of 62.01%
- Nevada +1 = 74.51% of goal with a renewal rate of 59.72%
- Utah = 61.02% of goal with a renewal rate of 52.93%
- Philippines = 24.29% of goal with a renewal rate of 23.53%

February 15 is our 75% goal, and as of right now we have 3 Detachments at or above 75%. Thank you, HAWAII, OREGON, and ALASKA. Nevada and Arizona, you are on the cusp. California you are really close as well. The rest of us have some work to do, although it is known that we can and will prevail.

Work on getting your retention up to the 85% - 90% or higher if you can.

THANKS FOR ALL OF YOUR EFFORTS THUS FAR, WE JUST NEED TO DIG A LITTLE DEEPER.

WHAT CAN I OR WE DO TO HELP YOU? LET US KNOW!!

Thank you for all you do for God and Country. May God bless you, your families, the SAL, and the United States of America.

BE THE ONE



NATIONAL COMMISSIONS & COMMITTEES

Advisory Committee

Joe Mayne (MN), Chairman

Americanism Commission

Chris Casey (NE), Chairman
Fourth Thursday of Bi-monthly
7:30 p.m. Eastern

[Join Zoom meeting](#)

Meeting ID: 956 9846 2868 | 840 830
(877) 853-5257

March 23, 2023 | May 25 | July 27



**FLYING FLAGS
FOR HEROES**
www.flyingflagsforheroes.com

As of February 4, 2023, **10,763**
flags have been placed and
reported to honor our veterans
since **September 1, 2022**

Century Committee (CENTCOM)

Jeff Vrabel, Sr. (OH), Chairman
As Called

[Join Zoom Meeting](#)

Meeting ID: 974 1352 0429 | 473 385
(877) 853-5257

Child Welfare Foundation Committee

Mark Nave (PA), Chairman
Third Wednesday of Each Month
8:00 p.m. Eastern Time

[Join Zoom Meeting](#)

Meeting ID: 989 9129 8443 | 967 563
(877) 853-5257

Children & Youth Committee

James A. Noble (NJ), Chairman
Second Wednesday of Each Month
7:30 p.m. Eastern Time

[Join Zoom Meeting](#)

Meeting ID: 934 1509 0014 | 403 800
(877) 853-5257

Finance Commission

William G. Hill (MD), Chairman
8:00 p.m. Eastern Time

[Join Zoom meeting](#)

Meeting ID: 957 1342 7326 | 44846
(877) 853-5257

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

Internal Affairs Commission

William Clancy, III (NY), Chairman
First Thursday of Each Month
6:00 p.m. Eastern Time

[Join Zoom Meeting](#)

Meeting ID: 917 1243 8217 | 914 458
(877) 853-5257

Legislative Commission

Thomas G. Deal (MD), Chairman
Third Thursday of ODD Months
7:30 p.m. Eastern Time

[Join Zoom Meeting](#)

Meeting ID: 991 2070 0860 | 092 260
877 853 5257

Member Training and Development Committee

Mike Monserud (IA), Chairman
First Monday of Each Month
8:00 p.m. Eastern

[Join Zoom Meeting](#)

Meeting ID: 918 2414 1981 | 777 490
(877) 853-5258

Membership Committee

Thom Skelley (TX), Chairman
Third Tuesday of Each Month
7:00 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 the first half of our membership year comes to a close, here are the number comparisons. We are 22,000 members ahead of this time last year; 7,757 ahead of pace for our February 15 target of 75%; 3 Regions have already made goal compared to NONE last year; 35 Detachments are at or above 75% whereas only 22 were at or above last year.

On behalf of the National Membership Committee....WELL DONE!

There is still much work to be done. Continue the buddy checks, remind those members that have not yet renewed how important they are to the Sons, keep the faith and KEEP THAT MEMBERSHIP ROLLING IN!

RECRUIT-RENEW-REINSTATE

2023 SAL MEMBERSHIP REPORT AS OF: FEBRUARY 2, 2023

#	DETACHMENT	2023 DET. YEAR END GOAL	NEEDED TO MEET 75% TARGET 2/15/2023	2023 ACTUAL MBRSHIP	% OF YEAR END GOAL	2023 RENEWAL %
1	HAWAII	77	-26	84	109.09%	94.74
2	SOUTH DAKOTA	1,362	-279	1,300	95.45%	77.39
3	FRANCE	158	-28	146	92.41%	83.33
4	PUERTO RICO	123	-14	106	86.18%	52.46
5	LOUISIANA	1,790	-170	1,512	84.47%	76.49
6	FLORIDA	21,519	-1,811	17,950	83.41%	69.12
7	WISCONSIN	4,187	-352	3,492	83.40%	74.16
8	MARYLAND	16,058	-1,219	13,262	82.59%	75.10
9	GEORGIA	4,490	-341	3,708	82.58%	70.85
10	SOUTH CAROLINA	1,473	-106	1,211	82.21%	70.11
11	VERMONT	3,818	-264	3,127	81.90%	75.06
12	RHODE ISLAND	336	-22	274	81.55%	70.91
13	DELAWARE	2,430	-152	1,974	81.23%	70.51
14	OREGON	1,414	-86	1,146	81.05%	64.20
15	IOWA	4,857	-289	3,932	80.96%	72.63
16	MISSOURI	3,219	-182	2,596	80.65%	71.42
17	MEXICO	31	-2	25	80.65%	38.71
18	OHIO	30,636	-1,355	24,332	79.42%	73.53
19	ALABAMA	2,066	-86	1,635	79.14%	68.35
20	VIRGINIA	4,109	-152	3,234	78.71%	67.90
21	PENNSYLVANIA	60,803	-2,142	47,744	78.52%	72.71
22	MISSISSIPPI	722	-25	566	78.39%	67.49
23	ILLINOIS	13,398	-454	10,502	78.38%	71.17
24	WEST VIRGINIA	2,362	-74	1,845	78.11%	65.67
25	NORTH CAROLINA	2,727	-78	2,123	77.85%	64.21
26	INDIANA	36,387	-999	28,289	77.74%	71.68
27	NEW HAMPSHIRE	5,677	-136	4,394	77.40%	69.15
28	MICHIGAN	24,271	-552	18,755	77.27%	68.75
29	KANSAS	5,919	-133	4,572	77.24%	70.17
30	CONNECTICUT	1,867	-41	1,441	77.18%	69.09
31	OKLAHOMA	1,348	-27	1,038	77.00%	62.08
32	ALASKA	1,608	-26	1,232	76.62%	62.01
33	NEBRASKA	7,015	-92	5,353	76.31%	72.81
34	MONTANA	1,108	-11	842	75.99%	71.43
35	TENNESSEE	1,718	-8	1,296	75.44%	61.86
36	NEVADA	357	2	266	74.51%	59.72
37	ARIZONA	8,004	40	5,963	74.50%	60.26
38	COLORADO	2,729	32	2,015	73.84%	63.62
39	MINNESOTA	11,378	158	8,376	73.62%	68.01
40	NORTH DAKOTA	1,056	15	777	73.58%	64.10
41	NEW YORK	29,864	626	21,772	72.90%	67.03
42	TEXAS	5,569	265	3,912	70.25%	58.69
43	MASSACHUSETTS	5,442	263	3,819	70.18%	62.47
44	NEW JERSEY	9,386	468	6,572	70.02%	62.81
45	CALIFORNIA	10,714	536	7,500	70.00%	58.65
46	MAINE	2,617	170	1,793	68.51%	59.51
47	IDAHO	644	42	441	68.48%	57.05
48	WYOMING	1,298	103	871	67.10%	59.22
49	NEW MEXICO	1,483	189	923	62.24%	50.63
50	WASHINGTON	2,485	341	1,523	61.29%	47.45
51	UTAH	449	63	274	61.02%	52.93
52	DIST OF COL	114	21	65	57.02%	45.13
53	ARKANSAS	447	86	249	55.70%	47.06
54	KENTUCKY	2,609	518	1,439	55.16%	47.57
55	PHILIPPINES	70	36	17	24.29%	23.53
Grand Totals:		367,798	-7,757	283,605	77.11%	69.08

2023 SAL REGIONAL BREAKDOWN

WESTERN REGION - JACK A. YOUNGS (ID)			
Detachment	Goal	Actual	% of Goal
HAWAII	77	84	109.09%
OREGON	1,414	1,146	81.05%
ALASKA	1,608	1,232	76.62%
NEVADA	357	266	74.51%
ARIZONA	8,004	5,963	74.50%
CALIFORNIA	10,714	7,500	70.00%
IDAHO	644	441	68.48%
WASHINGTON	2,485	1,523	61.29%
UTAH	449	274	61.02%
PHILIPPINES	70	17	24.29%
Totals:	25,822	18,446	71.44%

MIDWEST REGION - MICHAEL L. KIRSCHNER (CO)			
Detachment	Goal	Actual	% of Goal
SOUTH DAKOTA	1,362	1,300	95.45%
MEXICO	31	25	80.65%
KANSAS	5,919	4,572	77.24%
OKLAHOMA	1,348	1,038	77.00%
NEBRASKA	7,015	5,353	76.31%
MONTANA	1,108	842	75.99%
COLORADO	2,729	2,015	73.84%
NORTH DAKOTA	1,056	777	73.58%
TEXAS	5,569	3,912	70.25%
WYOMING	1,298	871	67.10%
NEW MEXICO	1,483	923	62.24%
Totals:	28,918	21,628	74.79%

CENTRAL REGION - DAVID J. MENNEL (MI)			
Detachment	Goal	Actual	% of Goal
WISCONSIN	4,187	3,492	83.40%
IOWA	4,857	3,932	80.96%
MISSOURI	3,219	2,596	80.65%
OHIO	30,636	24,332	79.42%
ILLINOIS	13,398	10,502	78.38%
INDIANA	36,387	28,289	77.74%
MICHIGAN	24,271	18,755	77.27%
MINNESOTA	11,378	8,376	73.62%
Totals:	128,333	100,274	78.14%

EASTERN REGION - ERNEST E. LABERGE (MA)			
Detachment	Goal	Actual	% of Goal
FRANCE	158	146	92.41%
MARYLAND	16,058	13,262	82.59%
VERMONT	3,818	3,127	81.90%
RHODE ISLAND	336	274	81.55%
DELAWARE	2,430	1,974	81.23%
PENNSYLVANIA	60,803	47,744	78.52%
WEST VIRGINIA	2,362	1,845	78.11%
NEW HAMPSHIRE	5,677	4,394	77.40%
CONNECTICUT	1,867	1,441	77.18%
NEW YORK	29,864	21,772	72.90%
MASSACHUSETTS	5,442	3,819	70.18%
NEW JERSEY	9,386	6,572	70.02%
MAINE	2,617	1,793	68.51%
DIST OF COL	114	65	57.02%
Totals:	140,932	108,228	76.79%

SOUTHERN REGION - RONALD E. ROBERTS (MS)			
Detachment	Goal	Actual	% of Goal
PUERTO RICO	123	106	86.18%
LOUISIANA	1,790	1,512	84.47%
FLORIDA	21,519	17,950	83.41%
GEORGIA	4,490	3,708	82.58%
SOUTH CAROLINA	1,473	1,211	82.21%
ALABAMA	2,066	1,635	79.14%
VIRGINIA	4,109	3,234	78.71%
MISSISSIPPI	722	566	78.39%
NORTH CAROLINA	2,727	2,123	77.85%
TENNESSEE	1,718	1,296	75.44%
ARKANSAS	447	249	55.70%
KENTUCKY	2,609	1,439	55.16%
Totals:	43,793	35,029	79.99%

National Convention Committee

Christopher Byrd (NC), Chairman

[Join Zoom Meeting](#)

Meeting ID: 961 5391 3982 | 690 337
(877) 853-5257

National Executive Committee

Liaison Committee

Jim Stewart (NV), Chairman

National Vice-Commander Selection Committee

James Hartman (MD), Co-Chairman

David Stephens (IN), Co-Chairman

Public and Media Communications Commission

Kevin Chaplin (VA), Chairman

Fourth Tuesday of Each Month

8:00 p.m. Eastern Time

[Join Zoom Meeting](#)

Meeting ID: 963 1528 2340 | 075079
(877) 853-5257

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
Third Wednesday of Each Month
8:00 p.m. Eastern Time
[Join Zoom Meeting](#)
Meeting ID: 941 4100 3972 | 378 079
(646) 931-3860

**Veterans Employment
& Education Commission**

Jim Coates (NY), Chairman
Third Wednesday of Each Month
8:00 p.m. Eastern Time
[Join Zoom Meeting](#)
Meeting ID: 935 4405 3884 | 786 114
(877) 853-5257



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

Squadron 61 Sons of The American Legion gives \$2,500

[Ida County Courier](#) | January 23, 2023



Squadron 61 Sons of the American Legion presented a check of \$2,500 to The Fisher House of Omaha.

The squadron has 26 members in this area who give of their time to support vets in any way they can.

The Omaha Fisher House is a free hospitality lodging program that offers a warm, compassionate environment and provides families a "home away from home" while their loved one is undergoing inpatient or extensive outpatient treatment at the Omaha VA Medical Center.

PASSION PURPOSE

Cookies for Troops

Rusty Myers, Adjutant, SAL Squadron 105 | January 30, 2023

BELLEVILLE, NJ – American Legion Post 105 and Sons of the American Legion (SAL) Squadron 105 made the day a little sweeter by making a combined \$1,000 purchase of Girl Scout Cookies, which will be sent to our servicemen deployed abroad and to veterans at NJ's VA hospitals. The hope is that each bite of a Samoa or a Trefoil cookie reminds the troops and vets of how much the American Legion 105 Family appreciates and values what they do and have done.

As they do every year, Girl Scouts around the country sell cookies as their biggest annual fundraiser. This is the case for Girl Scout Troops 20122 and 20462, both of Nutley, who have sold cookies for the past few years at Post 105. Troop 20122 makes its home at Post 105, meeting monthly at the Post hall – something our Legion Family is very proud to support.

Since 2018, the Post 105 Family has annually voted on buying and donating cookies to send to those in uniform who can't be home during 'cookie season'. For the 2023 cookie sale, Post and Squadron 105 went big – bigger than they ever have.

"That's what our money is there for – this is a great project to give to", said Squadron 105 Commander Steve Sangemino at the meeting where the vote happened. "This [donation] should increase every year – just like everything else we're doing".



Tim Bynre, SAL 105 Third Vice-Commander, Girl Scout Cadette Abigail Myers, SAL 105 Adjutant Rusty Myers, SAL 105 Commander Steve Sangemino, Girl Scout Junior Grace Myers, and SAL 105 First Vice-Commander James Elsmore.

SAL 105 voted to top last year's donation by increasing it to \$250 of cookies sent via "Operation Jersey Cares" to troops overseas and \$250 to the 2nd annual "Cookies for Vets" program to our veterans in VA hospitals. Post 105's Legionnaires then matched both of those donations.

Through "Operation Jersey Cares", skids of cookies from around the state are loaded onto planes and sent to troops around the world. In 2021, over 80,000 boxes were sent to the military.

The "Cookies for Vets" program is in its second year, run by the Children and Youth Commission at the state-level SAL Detachment of NJ. SAL 105 Adjutant Rusty Myers, who is also the state Children and Youth Commission Chairman, manages the donation of cookies in January which are then donated to NJ's two VA campuses at Lyons and East Orange. Last year Girl Scouts from both troops, as well as a young SAL from the Belleville squadron, delivered the cookies to both VA locations in April, which is National Children and Youth Month.

"This program is great – it's what we should be doing", said Essex County Adjutant Henry Deltosto at a meeting of the American Legion Essex County Committee, where they voted to donate to "Cookies for Vets" as well. "It hits two of the reasons why the American Legion is here – helping our veterans and supporting our kids."

Most cookies are \$5 a box, making 105's donation 100 boxes to the troops and 100 to the vets – who get to enjoy all of these boxes of Thin Mints, Do-si-do's, Tag-alongs, and an assortment of all of the other delicious cookies we all look forward to each year.

Girl Scout Junior Grace Myers of Troop 20122 and Cadette Abigail Myers of Troop 20462 accepted the donation on January 25th, while also making the rounds selling their last-minute cookies to everyone else at the Post. There is no shortage of people who look forward to getting their cookies each year, as well as no shortage of people at the 105 who are generous enough to donate cookies to the serviceman on their own.

The Girl Scouts of the United States of America states that "When you buy delicious Girl Scout Cookies, you're helping girls fund life-changing programs, experiences, and learning for themselves and their troops all year long. These experiences broaden their worlds, teach them essential skills, and launch them into a lifetime of success." The girls not only win badges, awards, and incentives based on how many cookies they sell, the process from selling to delivering the cookies imparts on the scouts a sense of responsibility and people skills, as well as the value of goal setting and entrepreneurship.



9th Annual Wild Willy's Western Rendezvous

Jack Youngs, National-Vice Commander
Sons of The American Legion Western Region 2022 – 2023

Well, we held WWWR on 27 – 28 Jan 2023. It turned out to be a very successful couple of days. Our goals were to build camaraderie and get some instruction in a couple of areas, which were: BE THE ONE (START – Suicide Training And Response Teams program out of Idaho) with Abe Abrahamson (SAL ANEC ID) and Matt Wrobel (Department Commander ID) as instructors. Ron Roberts (SAL NVC South MS) was our instructor for Parliamentary Procedure with Making Meetings Work, Resolutions and Implementing change. Jim Stewart (PNVC NV) was our Event Coordinator and Team Building Exercise Mentor where exercises were set up in between the different topics, which was fun and interesting.

Everyone's participation was very energetic and positive. We had some new SAL Members who had just started up squadron 22 located in Pahrump, NV and they were extremely eager to learn.

Paradise Squadron 149 of Nevada made a donation to CWF in the amount of \$775.00. Leading Candidate Don "JR" Hall received a donation from PNC Michael Fox's campaign, PNVC Ned Fox made a donation on behalf of the Detachment of California and the final donation came from Haggin Grant Squadron 521 in Rio Linda, California home of PNC Michael Fox.

We had folks from Detachments across the country: Arizona, California, Idaho, Nevada, Indiana, Illinois, Maryland, New Mexico, and Ohio.

While WWWR was in full swing, CENTCOM was there working on a focus group from the west in which James Baca, Executive Director of Programs and Kevin Mook, SAL Liaison were in attendance. CENTCOM Chairman Jeff Vrabel, Sr. said it was great to get perspective from first year members, as well as hearing what members in the Western Region thought about the direction of the organization.

The most important and critical part to the weekend was something I did not learn about until I was back in Idaho. Once the training was completed from Be The One, our instructors were given a room so that if anyone needed or wanted to chat with them, they were afforded their privacy. While in their room they received a call from someone in Idaho requesting that contact be made with an individual who was in need of a suicide intervention, as it turned out



Abe Abrahamson and Matt Wrobel leading the Be the One training.

they tried contacting the individual but to no avail at which time Abe left a message for the individual to contact him. On 30 Jan 2023 Abe received a call from the same person who needed the intervention and asked if he could bring another person who was in need of the same and Abe informed them to both meet up for a meal the following day, when Tuesday came there wasn't one, or two individuals but three people who were looking for help, from the one call. IF THIS ISNT A MIRACLE, I DONT KNOW WHAT IS!!!

BE THE ONE = **ALR** = Ask, Listen, Reach out to someone struggling.

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Vickie Koutz, National President
The American Legion Auxiliary

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to have a member's information listed here,
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Jeff Vrabel, Sr., Editor

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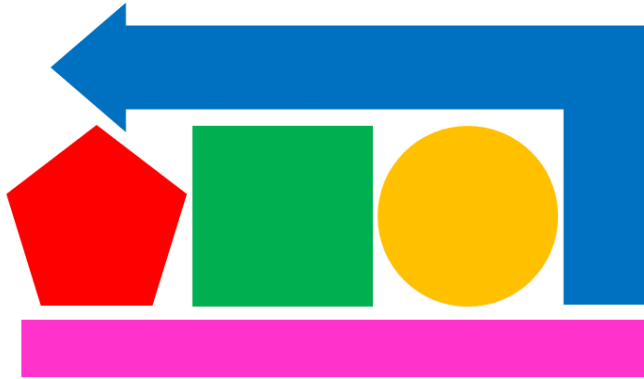
BE THE ONE

NEF

DONATE

EMBLEM
SALES

Meeting of the Jeffs



There will be a Meeting of the Jeffs on Saturday, April 22, 2023 during the Central Region Extravaganza.

All Jeffs planning to attend the meeting must email jef-fvrabelsr@gmail.com.

Jeffs do not need to attend the conference to attend this very important meeting.



A welcome expansion

January 25, 2023

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 crisis. Access and affordability of treatment should not be among them.

Vincent "Jim" Troiola, National Commander
The American Legion

If you are veteran who may be struggling with suicidal thoughts, please call the 988 national crisis line.

Butch Noel of Little Lake Post #349 is honored by the Michigan American Legion

Former Marine Veteran Butch Noel of Little Lake Legion Post #349 was recently honored by the Upper Peninsula Association of Legion posts for his dedication and years of service to the Michigan Legion.

A 37-year member of Little Lake, Butch has served as Post Commander for 5 years, Sargent at Arms, 1st and 2nd Vice Commander and Adjutant. On the District level he has served as 12 District Vice Commander and 5th Zone Commander as well as the Upper Peninsula Association Commander. As District Commander Butch was influential in establishing New Legion posts in Houghton, Ontonagon, Hubble, Garden, Engadine and Mackinac Island. Butch has marched in Convention parades in Grand Rapids and Lansing with the 12th District Color Guard as well as in the U.P. and is active as Post #349 Honor Guard for funeral services. Butch makes Pasties for 9 months out of the year works tirelessly for the local Legion Riders H.O.G. Bike show which has donated nearly a half Million Dollars to Bay Cliff Health camp over the past 17 years. He is also the Adopt a Highway Chairman for the Little Lake Post for over 10 years.



Right. Butch Noel Little Lake Post 349 and Carl Morrison U.P. District Adjutant Marquette Legion 44

The Trophy inscription read "Butch Noel" "In recognition and sincere appreciation of outstanding service and assistance

which continued to the advancement of the American Legion programs and activities dedicated to God and Country".

American Legion February calendar

The American Legion | February 1, 2023

The American Legion monthly calendar features deadlines for awards and membership; youth scholarship news; national American Legion conferences and events; hiring fairs for veterans and spouses; and more.

Visit the calendar for more details at legion.org/calendar. Here is a look at February:

- 1 – Department submissions due for [National Law Enforcement Officer and National Firefighter of the Year](#) awards
- 5 – [Four Chaplains Sunday](#)
- 8 – [Virtual job fair](#)
- 9 – [Hiring Fair at Travis Air Force Base in CA](#)
- 9 – [Hiring Fair at McGuire Air Force Base in NJ](#)
- 15 – [85% membership target date](#)
- 15 – [Virtual job fair](#)
- 16 – [Job Fair in Fredericksburg, VA](#)
- 16 – [Hiring Fair at Dyess Air Force Base, TX](#)
- 17 – [Membership revitalization in Merced, CA](#)
- 22 – [Virtual job fair](#)
- 26-March 1 – [Washington Conference](#) in Washington, D.C.
- 28 – [American Legion Hiring Fair in Washington, D.C.](#)
- 28 – [Camp LeJeune Skillbridge Exploration Fair](#)

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**First Annual
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EXTRAVAGANZA

April 21 - 23, 2023

LIMITED TO 50 PARTICIPANTS - PLEASE REGISTER EARLY



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Friday evening Social Gathering & Networking
Saturday Training, Presentations, and Guest Speakers
Saturday evening visit local American Legion Posts

Topics include:

CENTCOM update | Obtaining Discharge Documents
Keeping Members Involved | Building an Effective Youth Program
Honoring Veterans in Health Care Facilities
Public Speaking | Being a Military Child | Working with the Media
Be The One - Suicide: Knowing the Signs, Prevention, & Support

Meeting of the Jeffs

For more information and to reserve your spot at the conference,
please contact Jeff Vrabel Sr. | jeffvrabelsr@gmail.com
hotel reservations own your own

Local Attractions



02/02/23		2023 NATIONAL MEMBERSHIP STANDINGS Christopher Carlton (IN), National Commander					
Region		Goal	Actual	Needed for Quota	Percent	Increase	Quota Date
Southern 1, 2, 3, 4, 5, 6		43,793	35,029	(8,764)	79.99%	260	
Central 1, 3, 4, 5, 6		128,333	100,274	(28,059)	78.14%	1,798	
Eastern 4, 5, 6		140,932	108,228	(32,704)	76.79%	1,699	
Midwest 1, 3, 4, 5		28,918	21,628	(7,290)	74.79%	208	
Western 1, 4, 5		25,822	18,446	(7,376)	71.44%	215	
TOTALS 1, 4, 5, 6		367,798	283,605	(84,193)	77.11%	4,180	



02/02/23		2023 CENTRAL REGION STANDINGS David Mennell (MI), National Vice-Commander							
Detachment		Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
Wisconsin 1, 2, 3, 4, 5, 6, 7		4,187	3,492	(695)	83.40%	10	74.16%	7	
Iowa 1, 3, 4, 5, 6, 7		4,857	3,932	(925)	80.96%	86	72.63%	15	
Missouri 1, 2, 3, 4, 5, 6, 7		3,219	2,596	(623)	80.65%	2	71.42%	16	
Ohio 1, 4, 5, 6		30,636	24,332	(6,304)	79.42%	92	73.53%	18	
Illinois 1, 2, 3, 5, 6		13,398	10,502	(2,896)	78.38%	118	71.17%	23	
Indiana 1, 3, 4, 5, 6		36,387	28,289	(8,098)	77.74%	575	71.68%	26	
Michigan 4, 5, 6		24,271	18,755	(5,516)	77.27%	188	68.75%	28	
Minnesota 5		11,378	8,376	(3,002)	73.62%	727	68.01%	39	
TOTALS 1, 2, 3, 4, 5, 6		128,333	100,274	(28,059)	78.14%	1,798			

02/02/23		2023 WESTERN REGION STANDINGS Jack Youngs (ID) National Vice-Commander							
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	84	7	109.09%	-	94.74%	1	10/10/22
2	Oregon 1, 2, 3, 4, 5, 6, 7	1,414	1,146	(268)	81.05%	4	64.20%	14	
3	Alaska 3, 6	1,608	1,232	(376)	76.62%	4	62.01%	32	
4	Nevada 4, 5	357	266	(91)	74.51%	1	59.72%	36	
5	Arizona 5	8,004	5,963	(2,041)	74.50%	41	60.26%	37	
6	California 1, 5	10,714	7,500	(3,214)	70.00%	124	58.65%	45	
7	Idaho 1, 2, 3, 4, 5	644	441	(203)	68.48%	8	57.05%	47	
8	Washington	2,485	1,523	(962)	61.29%	33	47.45%	50	
9	Utah 5	449	274	(175)	61.02%	-	52.93%	51	
10	Phillippines	70	17	(53)	24.29%	-	23.53%	55	
TOTALS 1, 4, 5		25,822	18,446	(7,376)	71.44%	215			

02/02/23		2023 SOUTHERN REGION STANDINGS Ron Roberts (MS), National Vice-Commander							
Detachment		Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1	Puerto Rico 1, 2, 3, 4, 5, 6, 7	123	106	(17)	86.18%	106	52.46%	4	
2	Louisiana 1, 2, 3, 4, 5, 6, 7	1,790	1,512	(278)	84.47%	5	76.49%	5	
3	Florida 1, 3, 4, 5, 6, 7	21,519	17,950	(3,569)	83.41%	87	69.12%	6	
4	Georgia 1, 2, 3, 4, 5, 6, 7	4,490	3,708	(782)	82.58%	22	70.85%	9	
5	South Carolina 4, 5, 6, 7	1,473	1,211	(262)	82.21%	645	70.11%	10	
6	Alabama 1, 2, 3, 4, 5, 6	2,066	1,635	(431)	79.14%	6	68.35%	19	
7	Virginia 4, 5, 6	4,109	3,234	(875)	78.71%	104	67.90%	20	
8	Mississippi 1, 3, 4, 5, 6	722	566	(156)	78.39%	-	67.49%	22	
9	North Carolina 1, 2, 3, 4, 5, 6	2,727	2,123	(604)	77.85%	3	64.21%	25	
10	Tennessee 1, 3, 4, 5, 6	1,718	1,296	(422)	75.44%	22	67.86%	35	
11	Arkansas 1	447	249	(198)	55.70%	1	47.06%	53	
12	Kentucky	2,609	1,439	(1,170)	55.16%	3	47.57%	54	
TOTALS 1, 2, 3, 4, 5, 6		43,793	35,029	(8,764)	79.99%	898			

02/02/23		2023 MIDWEST REGION STANDINGS							
		Michael Kirschner (CO), National Vice-Commander							
Detachment		Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1	South Dakota 1, 2, 3, 4, 5, 6, 7, 8	1,362	1,300	(62)	95.45%	12	77.39%	2	
2	Mexico 1, 2, 3, 4, 5, 6, 7	31	25	(6)	80.65%	-	38.71%	17	
3	Kansas 3, 4, 5, 6	5,919	4,572	(1,347)	77.24%	107	70.17%	29	
4	Oklahoma 1, 2, 3, 4, 5, 6	1,348	1,038	(310)	77.00%	4	62.08%	31	
5	Nebraska 1, 3, 4, 5, 6	7,015	5,353	(1,662)	76.31%		72.81%	33	
6	Montana 1, 3, 4, 5, 6	1,108	842	(266)	75.99%	4	71.43%	34	
7	Colorado 1, 4, 5	2,729	2,015	(714)	73.84%		63.62%	38	
8	North Dakota 1, 3, 4, 5	1,056	777	(279)	73.58%		64.10%	40	
9	Texas 1, 3, 4, 5	5,569	3,912	(1,657)	70.25%	56	58.69%	42	
10	Wyoming 1, 4, 5	1,298	871	(427)	67.10%	4	59.22%	48	
11	New Mexico	1,483	923	(560)	62.24%	-	50.63%	49	
TOTALS 1, 3, 4, 5		28,918	21,628	(7,290)	74.79%	175			

02/02/23		2023 EASTERN REGION STANDINGS							
		Ernie LaBerge (MA) National Vice-Commander							
Detachment		Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1	France 1, 2, 3, 4, 5, 6, 7, 8	158	146	(12)	92.41%	8	83.33%	3	
2	Maryland 1, 3, 4, 5, 6, 7	16,058	13,262	(2,796)	82.59%	86	75.10%	8	
3	Vermont 1, 3, 4, 5, 6	3,818	3,127	(691)	81.90%	78	75.06%	11	
4	Rhode Island 4, 5, 7	336	274	(62)	81.55%	5	70.91%	12	
5	Delaware 1, 3, 4, 5, 6, 7	2,430	1,974	(456)	81.23%	14	70.51%	13	
6	Pennsylvania 4, 5, 6	60,803	47,744	(13,059)	78.52%	1,111	72.71%	21	
7	West Virginia 4, 5, 6	2,362	1,845	(517)	78.11%	175	65.67%	24	
8	New Hampshire 4, 5, 6	5,677	4,394	(1,283)	77.40%	8	69.15%	27	
9	Connecticut 4, 5, 6	1,867	1,441	(426)	77.18%	107	69.09%	30	
10	New York 4, 5	29,864	21,772	(8,092)	72.90%	93	67.03%	41	
11	Massachusetts 4	5,442	3,819	(1,623)	70.18%	3	62.47%	43	
12	New Jersey 2, 3, 4, 5	9,386	6,572	(2,814)	70.02%	10	62.81%	44	
13	Maine 5	2,617	1,793	(824)	68.51%	1	59.51%	46	
14	Dist. of Columbia	114	65	(49)	57.02%	-	45.13%	52	
TOTALS 4, 5, 6		140,932	108,228	(32,704)	76.79%	1,699			

02/02/23		2023 SUPER SIX STANDINGS							
Detachment		Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1	Florida 1, 3, 4, 5, 6	21,519	17,950	(3,569)	83.41%	87	69.12%	6	
2	Ohio 1, 4, 5, 6	30,636	24,332	(6,304)	79.42%	92	73.53%	18	
3	Pennsylvania 5, 6	60,803	47,744	(13,059)	78.52%	1,111	72.71%	21	
4	Indiana 1, 3, 4, 5, 6	36,387	28,289	(8,098)	77.74%	9,722	71.68%	26	
5	Michigan 4, 5, 6	24,271	18,755	(5,516)	77.27%	(8,959)	68.75%	28	
6	New York 4, 5	29,864	21,772	(8,092)	72.90%	93	67.03%	41	
TOTALS		203,480	158,842	(44,638)	78.06%	2,146			

National Membership Totals 4, 5, 6	367,798	283,605	(84,193)	77.11%	4,180	69.08%		
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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%



Sons of The American Legion National Commander

Christopher Carlton



Homecoming

BE THE ONE

March 24 & 25, 2023

Friday Night Dinner at the Commanders home Post #495 with entertainment.

Number of guests

X \$20.00 =

Saturday visit to the Indianapolis Motor Speedway Museum Followed by lunch at Post #500 and trip to Indiana War Memorial.

Number of guests

X \$45.00 =

Saturday night Homecoming Dinner at Post #64, buffet style Program and Entertainment to follow.

Number of guests

X \$55.00 =

Total Amount =

Count me in!

Name:

Guests:

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Hotel Reservations are available until **2/24/2023**

Hotel Airport Shuttle Available, 24/7 Call Hotel

Transportation to all events, entertainment and breakfast will be provided at hotel listed above.

Breakfast Buffet Available at Hotel listed above Saturday & Sunday with advance order check "X" for yes and list number of people below.

Saturday: ☐ **Guests:** ☐ **Sunday:** ☐ **Guests:** ☐

You may pay by Check or Credit/Debit Card

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Homecoming Reservations RSVP By **3/18/2023**