



ROUND-UP

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

Next Goal

90%

April 19, 2023

Volume 4 | Number 26 | Issue 177 | March 19, 2023

Video shows Russian jet colliding with US drone



U.S. European Command photo

John Vandive | [Stars and Stripes](#) | March 16, 2023

Video footage released Thursday by U.S. European Command shows a Russian fighter jet buzzing past a U.S. Reaper drone above the Black Sea multiple times, before colliding with the aircraft.

The 42-second video depicts a Russian Su-27 aircraft trailing an unmanned MQ-9 aircraft that was operating within international airspace. The incident, [which occurred Tuesday morning](#), involved two Russian Su-27s, one of which struck the propeller of the MQ-9, causing U.S. forces to bring the drone down in international waters.

The video was recorded by a camera angled at the rear of the surveillance aircraft, which captured the incoming Russian fighters dumping fuel on the drone as it passed on two occasions. The video then goes grainy after the second pass, indicating some kind of collision.

While intercepts between U.S. and Russian military aircraft have happened repeatedly in recent years, the incident marked the first known collision. It set off a

diplomatic firestorm between two countries already deeply at odds over Moscow's war in Ukraine.

Following the crash of the MQ-9, the U.S. summoned Russia's ambassador in Washington. Defense Secretary Lloyd Austin also spoke with Russia's defense chief, Sergei Shoigu, about the issue.

Gen. Mark Milley, chairman of the Joint Chiefs of Staff, told reporters that the downed drone was likely unrecoverable. But he didn't rule out trying to get the wreckage back.

"It's probably about maybe 4,000 or 5,000 feet of water, something like that. So any recovery operation is very difficult at that depth by anyone," Miley said.

Still, Milley said steps were taken to ensure that any sensitive intelligence aboard the aircraft was "no longer of value" should the Russians recover it.

Russia's Defense Ministry on Tuesday blamed the incident on the U.S., saying the drone maneuvered sharply and crashed after Russian fighters scrambled to intercept it near Crimea.

But EUCOM, following the collision, said the incident followed a pattern of dangerous actions by Russian pilots in international airspace, including over the Black Sea.

"These aggressive actions by Russian air crew are dangerous and could lead to miscalculation and unintended escalation," a EUCOM statement said.



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

Rusty Myers, Contributor

Lou Michaels, Contributor

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

April 19, 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."

PURPOSE PASSION



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
(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

BE THE ONE

This is not your typical yoga

[Henry Howard](#) | March 14, 2023

Twenty veterans and AC/DC's "Thunderstruck" filled American Legion Post 34 in Cave Creek, Ariz.

"Two minutes! Buckle up baby, put on your seat belts," post member Scott French bellowed to the barefoot men and women standing on yoga mats.

This is not your ordinary yoga class. "It's for old, gray-haired guys, covered in tattoos, riding Harleys that never would be caught dead doing yoga," explains French, a 90% disabled veteran who served in the U.S. Army's 2nd Infantry Division during the 1980s.

Instead of downward dog pose, there is a peeing dog move. In fact, there are no poses. No mentions of butterflies, pigeon pose or savasana. Instead, there are moves and techniques like touchdown, screaming eagle and diamond cutter. Like yoga, they are designed to move the body and relax the mind. Unlike yoga, songs from Metallica, ZZ Top, Van Halen and others funnel more energy into the packed hall. This is DDPY, a program developed by former professional wrestler Diamond Dallas Page. It's a high-energy routine with clapping, smiling and plenty of sweating, says French, a former martial arts instructor.

"My disability is challenging," he says, noting doctors had recommended spinal fusion surgery and knee replacement. "I found myself in a state of depression with a busted back. I was also going to VA for four hours a week for counseling and rehab."

DDPY fixed French's body and mind, then inspired him to help his fellow veterans the same way. About four years ago he started teaching and leading four weekly classes for veterans at Post 34. Some are stand-up classes; others are chair yoga.

"It's a modern yoga system," French said. "Many veterans have used this program to rebuild themselves, or as we like to say, resurrect themselves. I went on to lose about 40

pounds, and rebuild my core to support my lumbar so I avoided the spinal surgery.”

Participants also realize it’s not just their bodies that improve.

“The mental aspect is one of the most powerful aspects of DDPY,” he says. “Exercise is a very strong tool to use against depression and anxiety. There is a mind and body connection. DDPY helps you with anxiety and depression. By the end of the work, you have been able to de-stress and ease depression.”

When French learned about The American Legion’s [Be the One initiative](#), he saw an opportunity to combine classes in early March with raising awareness about mental health. That ties in with Warrior’s Purpose, a subset of DDPY. “Be the One and Warrior’s Purpose have the same mission: to help reduce veteran suicide and rip the stigma off mental health talking about mental health,” French explained. “It’s important to talk about mental health, especially during these times.”

French saw an opportunity to introduce Be the One at his post during a week’s worth of yoga classes. Participants were greeted with a special Be the One table with information and an introduction to the initiative at the start of each session.

During a brief water break during one class, French called out to Connie McGuffin, “You’re kicking ass!” Wearing an “Unstoppable” T-shirt and a wide smile, she retorted, “no, you’re kicking ass!”

Fact is, they are all.

McGuffin became interested in yoga thanks to her husband, Robert Stewart, who is a Sons of The American Legion and Riders member at Post 36 in Tucson. When he started yoga four years ago, he weighed over 400 pounds, battled depression, feasted on fast food, and used alcohol and drugs. “I just wanted to be a better individual, so I started the program,” says Stewart, who has lost 162 pounds, begun a healthy diet and embraced sobriety. “I gained respect for myself and an understanding of the body. The program helped me develop discipline and get into a good mental space.”

Now, Stewart wants to give back and start a similar program at his post. He is inspired by his grandfather, former Air Force pilot James Singelton, who signed the paperwork for Stewart to join the SAL two days before he passed away.

“I want to serve to honor him for his service that gave me the right to be here and for us to live in freedom,” he said. “He was a great man.”

To be able to teach DDPY, Stewart needs to gain his certification, which he is pursuing now. “It helps me structure myself, create discipline and give me a goal. No matter what chaos happens during the day, I know that I have that goal and I know that I am headed to where I want to be. All I want to do is to inspire people so they can feel what I feel. And I feel amazing.”

Admitting she was skeptical of yoga; McGuffin is now a believer. “I thought it was wimpy. I was a kick boxer growing up. I was very rough on my body. I rode horses and dirt bikes, and crashes and getting thrown is part of that.”

As she aged, those injuries and life stresses caused pain, spiked depression and led her to try pills to get relief. “Anything to ease the pain and get some rest.”

Two of her sons dealt with their own issues related to drugs, including prison time, which exacerbated her stress. Then she met Stewart, a motorcycle rider, heavy metal fan and DDPY participant. So McGuffin gave this brand of yoga a try. “My love of Robert sparked my love for yoga,” she said. “We do still suffer from depression. With yoga, you can mentally detox and cleanse your mind. I can get up now and move. That rust shakes off and you feel so good about yourself again.

“This is not your momma’s yoga. It’s intense, it kicks your butt and it feels good.”

Rob Ramsey, a 100% disabled veteran, is another walking example of the power of DDPY.

After his service, the Army veteran was involved in an accident in August 2001 that left one foot immobile, forced him to retire from his civilian job and sank him into depression. “I was on a very high dose of fentanyl. I was a functioning junkie for 17 years,” he recalled. “They told me I should retire. And I retreated to my couch where I was a prisoner in my own home. I used a walker or a cane to get around.”

Three years ago he got himself off the opioids and then started the yoga program. “I just recently started to get movement in that foot again,” he says. “I like to ride bicycles a lot. But riding a bike did not help the foot. In fact, DDPY got me back to riding a bike.”

He started out slowly, first with chair yoga before progressing to performing the moves while standing. “Any soldier

who is worth his salt would rather be on his feet than on that couch. It got me back up on my feet. And I was able to do whatever I wanted, whenever I wanted. It changed my entire life."

To learn more about the program and its discounted rate for veterans, visit [the DDY website](#).



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](#)

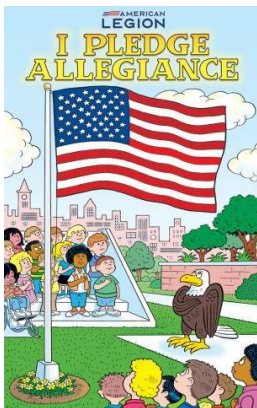
Meeting ID: 956 9846 2868 | 840 830 | (877) 853-5257

March 23, 2023 | May 25 | July 27



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

As of March 16, 2023, **12,694**
flags have been placed and
reported to honor our veterans
since September 1, 2022



Legion comic book educates youth on Pledge of Allegiance

The American Legion | March 13, 2022

The American Legion's "I Pledge Allegiance" comic book is the last one to be updated as part of the Legion's Rally Around the Flag campaign to instill pride and respect for the American flag. The

other two comic books that have been recently updated for purchase include ["Our Country's Veterans"](#) and ["Our Country's Flag."](#)

"I Pledge Allegiance" is a fun, interactive activity book for elementary students that educates on why we recite the Pledge of Allegiance, what each word means and why our flag is important. A group of classmates follow a bald eagle

named Abe as he shares these answers, and explains much more such as why we have 50 stars and 13 stripes and how to recite the Pledge properly (hand over heart, etc.). For activities, the comic book features an American flag for kids to color, a set of pictures that asks students to put an X where people are showing allegiance to the flag, a blank box to draw what freedom means, space to write in our freedoms, a connect the dots and a matching game.

"I Pledge Allegiance" is available for [purchase through Emblem Sales, Item No. 755.302](#). The cost is 85 cents apiece or 100 for 69 cents apiece. This comic book is an educational tool Legion Family members can give to elementary students to help them understand the importance of the Pledge of Allegiance and how to show allegiance to the American flag.

Century Committee (CENTCOM)

Jeff Vrabel, Sr. (OH), Chairman

[Join Zoom Meeting](#)

Second Thursday of Each Month

7:00 p.m. Eastern Time

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

It is time to make your CWF donation.

Next month is Children and Youth month. When your Squadron donates a Dollar per member you are entitled a CWF yellow ribbon for your flag.

Help support a great American Legion program and don't forget to take snapshots and send them to Snapshot's of Service.

For God and Country,

Lyle Chapman, CWF Chairman
Detachment of Georgia
ldchapman65@gmail.com

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

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](#)



★ ★ ★ ADVOCACY ALERT ★ ★ ★

The American Legion's Washington Conference last week concluded with National Commander Vincent J. "Jim" Troiola presenting our legislative priorities for the 118th Congress before a joint session of the Senate and House Veterans' Affairs Committees, but you can still participate!

[CLICK HERE](#)

**Share The American Legion's
Legislative Priorities
with Members of Congress**

Amongst the priorities Commander Troiola testified on include:

- Protect veterans from predatory actors. There are law firms "that are overcharging veterans after they had

already been exposed to contaminated drinking water. We urge Congress to impose a cap on legal services provided in association with the Camp Lejeune Justice Act."

- Protect and improve the GI Bill. Higher education, vocational training and home ownership are benefits earned through service and sacrifice. "Yet, reservists and National Guardsmen are often deprived of these benefits. We must urge Congress to honor their service by granting them parity in the awarding of GI Bill benefits."
- Ensure the Coast Guard is paid. "This means paying the U.S. Coast Guard, uninterrupted, during any future government shutdowns."
- Advocate for citizenship for military service. "It is unjust to deport veterans who served honorably and have expressed a willingness to fight and die for this country."
- Respect the U.S. flag. "It means amending the U.S. Constitution to allow Congress to once again claim the right to protect the flag from desecration. The flag used to cover the caskets of our fallen military heroes."

Legion Family members and supporters may review Commander Troiola's full testimony below:

<https://www.legion.org/publications/226221/national-commander-troiolas-testimony>



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

We started out the year with 34 Detachments making the 10% target date goal. Here we are six months later, and 50 Detachments and all five regions have made the 80% goal.

Looking at empirical numbers, we are 32,092 members ahead of schedule and 23,341 ahead of last year at this time. There are 20 Detachments that have already made the 90% target date of April 19, and we are only 1.27% away from making that goal on the National level. Our accomplishments thus far have been nothing short of amazing!!

Dedication + hard work = SUCCESS!! Keep the faith, keep up the momentum, and KEEP THAT MEMBERSHIP ROLLING IN!!



NATIONAL HEADQUARTERS SONS OF THE AMERICAN LEGION

March 17, 2023

TO: National Officers, Detachment Commanders and Adjutants
FROM: Anthony W. Wright (PA), National Adjutant
SUBJECT: 80% - Membership Target Date

"CONGRATULATIONS"

Thank you for all your efforts so far this membership year. Our standings as of our 80% membership target date (3-15-2023) are posted below:

2023 Membership Goal: **367,798**
Total Membership: **326,330**
Percentage Of Goal: **88.73%**
2023 Renewal Rate: **78.56%**
Detachments Making Goal: **50**

ALABAMA	GEORGIA	MARYLAND	NEVADA	OREGON	VIRGINIA
ALASKA	HAWAII	MASSACHUSETTS	NEW HAMPSHIRE	PENNSYLVANIA	WASHINGTON
ARIZONA	IDAHO	MEXICO	NEW JERSEY	PUERTO RICO	WEST VIRGINIA
CALIFORNIA	ILLINOIS	MICHIGAN	NEW MEXICO	RHODE ISLAND	WISCONSIN
COLORADO	INDIANA	MINNESOTA	NEW YORK	SOUTH CAROLINA	WYOMING
CONNECTICUT	IOWA	MISSISSIPPI	NORTH CAROLINA	SOUTH DAKOTA	
DELAWARE	KANSAS	MISSOURI	NORTH DAKOTA	TENNESSEE	
FLORIDA	LOUISIANA	MONTANA	OHIO	TEXAS	
FRANCE	MAINE	NEBRASKA	OKLAHOMA	VERMONT	

GREAT JOB!!

Next scheduled renewal notice to be mailed: **MAY 26, 2023** (3RD OF 3)

Next membership target date: **APRIL 19, 2023** **90%**

RENEWAL IS THE KEY TO MEMBERSHIP SUCCESS
MEMBERSHIP IS EVERYONE'S RESPONSIBILITY

HONOR THE VETERAN WHO PAID
THE PRICE FOR YOUR ELIGIBILITY

RENEW TODAY!



2023 SAL 80% MEMBERSHIP TARGET DATE REPORT AS OF: MARCH 15, 2023

#	DETACHMENT	2023 DET. YEAR END GOAL	NEEDED TO MEET 80% TARGET 3/15/2023	2023 ACTUAL MBRSH	% OF YEAR END GOAL	2023 RENEWAL %
1	HAWAII	77	-29	91	118.18%	100.00
2	SOUTH DAKOTA	1,362	-363	1,453	106.68%	85.25
3	PUERTO RICO	123	-33	131	106.50%	83.47
4	MEXICO	31	-7	32	103.23%	51.61
5	FRANCE	158	-29	155	98.10%	87.82
6	FLORIDA	21,519	-2,990	20,205	93.89%	76.47
7	DELAWARE	2,430	-326	2,270	93.42%	79.44
8	OREGON	1,414	-178	1,309	92.57%	73.17
9	MICHIGAN	24,271	-3,016	22,433	92.43%	81.48
10	SOUTH CAROLINA	1,473	-181	1,359	92.26%	77.80
11	MARYLAND	16,058	-1,938	14,784	92.07%	82.63
12	WEST VIRGINIA	2,362	-266	2,156	91.28%	75.47
13	OHIO	30,636	-3,452	27,961	91.27%	83.53
14	GEORGIA	4,490	-483	4,075	90.76%	76.83
15	NEW HAMPSHIRE	5,677	-609	5,151	90.73%	79.44
16	VIRGINIA	4,109	-439	3,726	90.68%	77.52
17	VERMONT	3,818	-391	3,445	90.23%	81.84
18	NEBRASKA	7,015	-717	6,329	90.22%	85.68
19	WISCONSIN	4,187	-423	3,773	90.11%	78.55
20	PENNSYLVANIA	60,803	-6,109	54,751	90.05%	82.45
21	KANSAS	5,919	-576	5,311	89.73%	80.01
22	MISSOURI	3,219	-313	2,888	89.72%	78.78
23	ILLINOIS	13,398	-1,246	11,964	89.30%	80.48
24	COLORADO	2,729	-248	2,431	89.08%	75.90
25	MAINE	2,617	-236	2,330	89.03%	76.96
26	TENNESSEE	1,718	-155	1,529	89.00%	71.68
27	NORTH DAKOTA	1,056	-94	939	88.92%	77.99
28	IOWA	4,857	-421	4,307	88.68%	77.94
29	LOUISIANA	1,790	-153	1,585	88.55%	79.22
30	ARIZONA	8,004	-647	7,050	88.08%	70.11
31	IDAHO	644	-51	566	87.89%	71.27
32	NORTH CAROLINA	2,727	-214	2,396	87.86%	72.17
33	ALABAMA	2,066	-162	1,815	87.85%	74.94
34	RHODE ISLAND	336	-25	294	87.50%	75.45
35	NEVADA	357	-26	312	87.39%	67.13
36	INDIANA	36,387	-2,594	31,704	87.13%	79.39
37	MISSISSIPPI	722	-48	626	86.70%	73.69
38	ALASKA	1,608	-107	1,393	86.63%	69.12
39	WASHINGTON	2,485	-161	2,149	86.48%	67.73
40	MONTANA	1,108	-72	958	86.46%	80.17
41	CONNECTICUT	1,867	-97	1,591	85.22%	76.02
42	MINNESOTA	11,378	-563	9,665	84.94%	77.55
43	OKLAHOMA	1,348	-67	1,145	84.94%	67.58
44	NEW JERSEY	9,386	-432	7,941	84.60%	75.16
45	NEW YORK	29,864	-1,330	25,221	84.45%	76.97
46	MASSACHUSETTS	5,442	-187	4,541	83.44%	73.60
47	CALIFORNIA	10,714	-355	8,926	83.31%	69.63
48	NEW MEXICO	1,483	-42	1,228	82.81%	65.94
49	WYOMING	1,298	-30	1,068	82.28%	72.14
50	TEXAS	5,569	-17	4,472	80.30%	65.76
51	PHILIPPINES	70	1	55	78.57%	77.94
52	UTAH	449	40	319	71.05%	58.55
53	KENTUCKY	2,609	416	1,671	64.05%	54.70
54	ARKANSAS	447	73	285	63.76%	53.74
55	DIST OF COL	114	25	66	57.89%	46.02
Grand Totals:		367,798	-32,092	326,330	88.73%	78.56

2023 SAL REGIONAL BREAKDOWN

WESTERN REGION - JACK A. YOUNGS (ID)				
Detachment	Goal	Actual	% of Goal	
HAWAII	77	91	118.18%	
OREGON	1,414	1,309	92.57%	
ARIZONA	8,004	7,050	88.08%	
IDAHO	644	566	87.89%	
NEVADA	357	312	87.39%	
ALASKA	1,608	1,393	86.63%	
WASHINGTON	2,485	2,149	86.48%	
CALIFORNIA	10,714	8,926	83.31%	
PHILIPPINES	70	55	78.57%	
UTAH	449	319	71.05%	
Totals:	25,822	22,170	85.86%	

MIDWEST REGION - MICHAEL L. KIRSCHNER (CO)				
Detachment	Goal	Actual	% of Goal	
SOUTH DAKOTA	1,362	1,453	106.68%	
MEXICO	31	32	103.23%	
NEBRASKA	7,015	6,329	90.22%	
KANSAS	5,919	5,311	89.73%	
COLORADO	2,729	2,431	89.08%	
NORTH DAKOTA	1,056	939	88.92%	
MONTANA	1,108	958	86.46%	
OKLAHOMA	1,348	1,145	84.94%	
NEW MEXICO	1,483	1,228	82.81%	
WYOMING	1,298	1,068	82.28%	
TEXAS	5,569	4,472	80.30%	
Totals:	28,918	25,366	87.72%	

CENTRAL REGION - DAVID J. MENNEL (MI)				
Detachment	Goal	Actual	% of Goal	
MICHIGAN	24,271	22,433	92.43%	
OHIO	30,636	27,961	91.27%	
WISCONSIN	4,187	3,773	90.11%	
MISSOURI	3,219	2,888	89.72%	
ILLINOIS	13,398	11,964	89.30%	
IOWA	4,857	4,307	88.68%	
INDIANA	36,387	31,704	87.13%	
MINNESOTA	11,378	9,665	84.94%	
Totals:	128,333	114,695	89.37%	

EASTERN REGION - ERNEST E. LABERGE (MA)				
Detachment	Goal	Actual	% of Goal	
FRANCE	158	155	98.10%	
DELAWARE	2,430	2,270	93.42%	
MARYLAND	16,058	14,784	92.07%	
WEST VIRGINIA	2,362	2,156	91.28%	
NEW HAMPSHIRE	5,677	5,151	90.73%	
VERMONT	3,818	3,445	90.23%	
PENNSYLVANIA	60,803	54,751	90.05%	
MAINE	2,617	2,330	89.03%	
RHODE ISLAND	336	294	87.50%	
CONNECTICUT	1,867	1,591	85.22%	
NEW JERSEY	9,386	7,941	84.60%	
NEW YORK	29,864	25,221	84.45%	
MASSACHUSETTS	5,442	4,541	83.44%	
DIST OF COL	114	66	57.89%	
Totals:	140,932	124,696	88.48%	

SOUTHERN REGION - RONALD E. ROBERTS (MS)				
Detachment	Goal	Actual	% of Goal	
PUERTO RICO	123	131	106.50%	
FLORIDA	21,519	20,205	93.89%	
SOUTH CAROLINA	1,473	1,359	92.26%	
GEORGIA	4,490	4,075	90.76%	
VIRGINIA	4,109	3,726	90.68%	
TENNESSEE	1,718	1,529	89.00%	
LOUISIANA	1,790	1,585	88.55%	
NORTH CAROLINA	2,727	2,396	87.86%	
ALABAMA	2,066	1,815	87.85%	
MISSISSIPPI	722	626	86.70%	
KENTUCKY	2,609	1,671	64.05%	
ARKANSAS	447	285	63.76%	
Totals:	43,793	39,403	89.98%	

SAL Online Renewal - members can login and renew direct via www.myLegion.org or quick renew by clicking here [SAL Online Renewal](#)

SAL New Member Kit is now online and ready for purchase.
[New Member Kit \(SAL\) - American Legion Flag & Emblem](#)

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 | 075 079 | (877) 853-5257

If you would like to view the Digital Dispatch content visit www.legion.org/dispatch or you can subscribe to the monthly Digital Dispatch newsletter by visiting www.legion.org/newsletters, click on "Dispatch" where you will be directed to www.myLegion.org where members will sign in to subscribe. For questions about Dispatch stories, email Dispatch@legion.org.

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: 941 4100 3972 | 378 079 | (646) 931-3860

An Invitation To The Community



BE THE ONE

Seeley B. Parish Post 457
American Legion
1346 NY Rte 96
Phelps, NY 14532

VA Information Night

Operation S.A.V.E.

An Introduction to Suicide Prevention
Learn how to SAVE a life, respond to someone in crisis, and reduce the risk of self harm.

Presented by Mary K. Pleakis,
Community Engagement & Partnerships Coordinator



The New PACT Act Explained

Expanded VA Care & Benefits

Presented by Jason Richards,
Veterans Outreach Program Coordinator

The VA
Finger Lakes
Healthcare
System

You are cordially invited to Join us:

Friday, April 14, 2023

5:00pm - Meet & Greet, Food & Refreshments

6:00pm - Operation SAVE presentation

7:00pm - The PACT Act, Veterans Benefit & Enrollment

Presented in partnership with Seeley B. Parish American Legion Post 457 and
U.S. Department of Veterans Affairs—Veterans Health Administration
VA Finger Lakes Healthcare System

Signs of Suicidal Thinking

Learn to recognize these warning signs:

- Hopelessness, feeling like there is no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug use
- Withdrawing from family and friends

VA U.S. Department of Veterans Affairs

When Talking with a Veteran at Risk for Suicide

- Remain calm.
- Listen more than you speak.
- Maintain eye contact.
- Act with confidence.
- Do not argue.
- Use open body language.
- Limit questions — let the Veteran do the talking.
- Use supportive, encouraging comments.
- Be honest — let the Veteran know that there are no quick solutions, but help is available.

High-Level Data Points

Veteran Suicide Number	Veteran Suicide Average Per Day	Veteran Suicide Rate
6,146	16.8	31.7 per 100,000
<small>Veteran suicide deaths in 2020</small>	<small>Average number of veteran suicides per day in 2020</small>	<small>Unadjusted rate of suicide in 2020 among U.S. Veterans</small>

• Each year from 2001 through 2020, around one million suicides rates of Veterans exceeded those of nonveteran U.S. adults.
• The difference in rates was greatest in 2017, when veteran adjusted rates were 61.2% greater than those of nonveteran adults.

Free, Confidential Support 24/7/365



Crisis Hot Line: 800 975 9855

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

SONS OF THE AMERICAN LEGION



**PROUD POSSESSORS
OF A PRICELESS HERITAGE**

Central Region Extravaganza



2023 marks the first year that a gathering of members in the Central Region is officially taking place. Being held the weekend of April 21 – 23, 2023, CRE23 has a jam-packed line-up of great presenters and speakers. Attendees will learn, participate, have fun, and most importantly, come together to further the mission of the American Legion Family.

The Embassy Suites Airport in Columbus, Ohio is the location of the Extravaganza, and an evening of fun is planned for Saturday night, as plans to visit American Legion Posts in the area have been confirmed, and transportation has been arranged.

Attendance is open to Sons, as well as to Legionnaires and members of the American Legion Auxiliary.

The event flyer appears later in this edition.

To register, please email jeffvrabelsr@gmail.com. Please register early, as there is a limit of fifty participants, and spots are filling up fast.

Hotel reservations must be made directly with the hotel. Use code LDO.

Here is the line-up of our topics and speakers:

Keeping Members Involved

Chuck Castle, Assistant Adjutant
Sons of The American Legion Detachment of Ohio

Building an Effective Youth Program

The American Legion Auxiliary

Obtaining Discharge Documents

Dan Finnell, Past Commander
Sons of The American Legion Detachment of Ohio

CENTCOM Update

Jeff Vrael, Sr., Past National Vice-Commander
Sons of The American Legion

Public Speaking

Joe Mayne, Past National Commander
Sons of The American Legion

Honoring Veterans in Health Care Facilities

Jeff Vrael, Jr., Chaplain
Sons of The American Legion Detachment of Ohio

Being a Military Kid & Working with the Media

Stacia Naquin, Anchor, WSYX ABC 6 & WTE Fox 28
Columbus, Ohio

Servant Leadership

Joseph Paviglianti, Past National Commander
Sons of The American Legion

Be the One

Suicide: Knowing the Signs, Prevention, & Support

Dr. Amberle Prater, PhD, LPCC-S
Suicide Prevention Clinical Lead Supervisor
Nationwide Children's Hospital
Columbus, Ohio

The full agenda will be published in the next few weeks.

Upper Peninsula Honor Flight and Veterans War Memorial Receives Memorial Donation

John Pickard | Detachment of Michigan

Family and friends of Mary Carlson recently made a donation to the U.P. Honor Flight and U.P. Veterans Memorial in memory of Pete Hooser.

Both non-profits were very important to Hooser, who served in the U.S. Air Force for 22-years. Carlson gave a \$250 check to Dennis Larson, U.P. Veterans War Memorial and Park Committee, and U.P. Honor Flight Board of Trustees member Scott Lewellyn.

There are many Veteran's Memorials throughout the Upper Peninsula of Michigan who honor great Veterans whom fought and served for the United States of America. The Upper Peninsula Veteran's Memorial lay on top of the Pine Mountain hill in Iron Mountain Michigan. The Purpose of this beautiful memorial is to honor the many Veterans from the Upper Peninsula of Michigan whom have fought and died for our country. This memorial honors the fallen troops of several mass wars including the Korean War, World War I, World War II, from Europe and Japan, Vietnam, Lebanon-Granada, the Middle Eastern wars, and to all the Veterans that have given their lives for our country. This beautiful memorial has representatives from every one of the fifteen counties across the entire Upper Peninsula.



Dennis Larson, Mary Carlson, & Scott Lewellyn.

The U.P. Honor Flights mission is to fly Upper Peninsula Veterans who served from 1941 to May of 1975 to see the Memorials that stand in their honor. This "Tour of Honor" is

FREE to the veteran. Airfare, meals, deluxe tour bus, t-shirt and other items are provided at NO COST to the veteran.

To make a donation to the U.P. Honor Flight, please visit www.uphonorflight.org. Those wishing to support the U.P. Veterans Memorial can contact Larson at (906) 221-9373.

Pete Hosser passed away in December, 2022.

**SONS OF THE
AMERICAN
LEGION
Squadron 105**

**American Legion
Post 105
621 Washington Ave.
Belleville, NJ
Next to the MOTORCYCLE MALL**

CAR SHOW

Open to all makes and models.
Sunday, May 7th.

Gates open at 8 am




Music by, DJ - Carlos
50/50 Giveaway • Hot Dogs
Judging from 10 till noon - Trophies at 1:00
\$25 Donations, per entry • Free to the general public.
Proceeds are to help our VETERANS

James Elsmore 551-587-3262 Email - elsmore1957@gmail.com
Made with PosterMyWall.com




Be strong, but not rude.
Be kind, but not weak.
Be humble, but not shy.
Be proud, but not arrogant.




June 3rd-4th 2023
Detachment of Michigan

Annual CONVENTION

With very special guest National
Commander Christopher Carlton



Victor Fisher



Christopher Carlton


THE GENERAL ITINERARY:
D.E.C. Meetings-Picnic-Legion Family Events-
Water Park-Elections-Local Attractions-
Visiting Dignitaries-Fun and Activities

Victor Fisher
Detachment Commander
Welcomes the American Legion Family

- Department of Michigan
- Detachment of Michigan
- Dept. of Michigan Auxiliary
- Dept. of Michigan Juniors
- American Legion Riders

**FOR YOUR ROOM
RESERVATION CALL:**
734-535-7381

HOTEL ADDRESS:
Splash Universe
100 Whitetail Drive
Dundee, Michigan 48131




SALutations

OFFICIAL PUBLICATION NATIONAL SONS OF THE AMERICAN LEGION

Adjutants Notes

Joseph A. Paviglianti, National Adjutant



During the past year, our organization has grown in many ways. Numerous Squadrons have been chartered, and several Detachments have joined those which are already organized. This, of course, is very beneficial to the future of the SAL.

However, in the midst of this growth, we must ask ourselves a question: Is the SAL simply hanging on by the shoe-strings of The American Legion, or is it becoming self-sustaining? For our future well being, we must become self-sustaining.

Now, by all means, I do not suggest that the Sons of The American Legion relinquish all the support and assistance which The American Legion provides - our organization would not exist if not for the continued support of The American Legion. But, as our organization grows, we must begin to assume the responsibility of assuring that the SAL fulfills and exceeds the needs of its membership, without the sole-support of The American Legion. Without achieving this, our growth is simply in numbers, and not in programs. That, is a growth which can be easily lost.

As we grow in numbers, we must also grow in programs. Certainly, all of the programs of The American Legion cannot be undertaken by the SAL. We are simply not large enough (yet). We are, however, able to undertake one, or two, of the programs of our founding organization (i.e., - Rehabilitation, Children and Youth, Americanism, etc....). Select a project and give it your full support. I am sure that it will be successful. Of course, special projects which interest the Squadron membership can always be initiated.

To put it very simply - this is our organization, the Sons of the American Legion. We have to make it everything we want it to be, and everything it can be. We have to fulfill its potential. To do this, we have to become self-sustaining. When this is achieved, the Sons of the American Legion can assist The American Legion in the same manner in which they have assisted us. In turn, we can "Help America Work" - Together.

Although this article was published in 1981, it is still relevant in our organization today.

Let us know your thoughts on this article by submitting comments to jeffvrabelsr@gmail.com. Your comments will appear in a future edition of Round-Up.



AMERICAN LEGION POST 572

JULY 2023 GUN RAFFLE FUNDRAISER

\$20 Donation Per Ticket

**26 CHANCES TO WIN!
A WINNER EVERYDAY IN
JULY EXCEPT FOR
SUNDAYS**

Date:	Prize:
July 1st	Glock 43X/9mm
July 3rd	Gift Card -Fin Feather Fur
July 4th	Savage Axis II w/USA Logo/6.5 Creedmore
July 5th	Gift Card -Fin Feather Fur
July 6th	Henry Golden Boy H004/22LR
July 7th	Gift Card -Fin Feather Fur
July 8th	S&W EZ Shield /380 acp
July 10th	Gift Card -Fin Feather Fur
July 11th	Winchester SXP WTRF Hunter / 12 ga
July 12th	Gift Card -Fin Feather Fur
July 13th	S&W M&P 15 Sport II / 5.56
July 14th	Gift Card -Fin Feather Fur
July 15th	S&W M442 / 38 spl
July 17th	Gift Card -Fin Feather Fur
July 18th	Savage Axis II HB / 22-250
July 19th	Gift Card -Fin Feather Fur
July 20th	Benelli Nova / 12 ga
July 21st	Gift Card -Fin Feather Fur
July 22nd	Sig Sauer P322 / 22 LR
July 24th	Gift Card -Fin Feather Fur
July 25th	SDS Imports 1911 A1 / 45 acp
July 26th	Gift Card -Fin Feather Fur
July 27th	Mossberg 500 Combo / 20 ga
July 28th	Gift Card -Fin Feather Fur
July 29th	Winchester XPR / 350 Legend
July 31st	Gift Card -Fin Feather Fur

Game Rules:

Winner is based on the 3 digit Ohio Lottery evening drawing (except Sunday's) for July 2023. The winning number must come in straight. You can win every time your number is picked. Winners must conform to all Federal, State and Local laws. American Legion Post 572 maintains the rights to any unsold tickets. Prizes must be claimed at Fin Feather and Fur Outfitters in Middleburg Hts, OH within 60 days.

Tickets can be purchased at American Legion Post 572:
6483 State Rd., Parma, Oh 44134
To purchase tickets with credit/debit card, go to: www.alpost572.org and click on the orange "Buy Now" button, enter amount \$20 p/ticket then enter in name, address, phone#.

Tickets are drawn at random from sealed envelopes & will be mailed to you via USPS

For more info, call Tom at: (440)582-9599



National Commander Carlton Homecoming Schedule



Friday, March 24, 2023

Registration Opens:	Noon
Holiday INN Airport North, 5601 Fortune Circle W. Indianapolis, IN 46241	
Bus Leaves for Post 495:	4PM
8725 E 38 th St. Indianapolis, IN 46226	
Bus Returns From Post 495:	10PM

Saturday, March 25, 2023

Breakfast at Hotel:	7-9AM
Bus Leaves for Day's Events:	8AM
Bus Returns to Hotel:	3PM
Bus Leaves for Post 64:	4:30PM
601 S. Holt Rd. Indianapolis, IN 46241	
Cocktail Hour:	5-6PM
Homecoming Dinner:	6-7PM
Homecoming Program:	7PM
Entertainment:	Following Program-11PM
Bus Returns From Post 64:	11PM

Sunday, March 26, 2023

Breakfast at Hotel:	7-9AM
---------------------	-------

Sons of The American Legion, National Commander Christopher Carlton and Veronica Carlton want to thank you for attending the Homecoming.

Commander Carlton and Veronica also want to thank the members of the Detachment of Indiana for their hard work in putting together this Homecoming.

BE THE ONE



Sons of The American Legion lay wreaths at national memorials

Members of the Sons of The American Legion gathered in the nation's capital for the 2023 American Legion Washington Conference, spent a day to honor and remember those who gave the ultimate sacrifice by laying wreaths at Arlington National Cemetery and memorials at the National Mall.

Click [HERE](#) to watch the video.

AMERICAN LEGION RIDERS

AMERICAN LEGION AUXILIARY

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



Vickie Koutz, National President
The American Legion Auxiliary

NJ Unit 105 receives Charter

[Rusty Myers](#) | Detachment of New Jersey
February 28, 2023

BELLEVILLE, NJ – With perhaps 40 or 50 members and friends of American Legion Post 105 in attendance, American Legion Auxiliary (ALA) Unit 105 received its charter at a meeting in late February. The unit has been pursuing a charter through a process that has been on-and-off since

before the pandemic in 2020, which has kicked into full gear over the past few months.

With assistance along the way from members of the Sons of the American Legion (SAL) Squadron 105 in Belleville, as well as from members of the state-level ALA, Unit 105 charters with 29 members on its initial roster. Two of those members are Juniors – members who are under 18 years old. In the two weeks since that meeting, Belleville's new Auxiliary has gained perhaps ten new members.

Unit President MaryAnn Slaughter called the meeting to order at 7pm, and following the Pledge of Allegiance, turned the meeting over to the representatives from the state-level Auxiliary to speak.

"We finally got it done, and I'm proud of the ladies who got this going ... it has been a lot of hard work", stated Department of NJ President Colleen Breen-Lopez. "You have one of the best support systems here ... one of the best Sons [SAL's] up here ... and this Post is going to be one of the biggest Posts in the state. You guys have the drive, you have everything going for you, and I'm so happy."

Founded in 1919, the national all-volunteer American Legion Auxiliary has nearly 1 million members from all walks of life. The Auxiliary administers hundreds of volunteer programs, gives tens of thousands of hours to its communities and to veterans, and raises millions of dollars to support its own programs, as well as other worthwhile charities familiar to Americans. Like the Legion, the Auxiliary's interests have broadened to encompass the entire community.

The American Legion Auxiliary is made up of the male and female spouses, grandmothers, mothers, sisters, and direct and adopted female descendants of members of The American Legion. Through its nearly 10,500 units located in every state and some foreign countries, the Auxiliary embodies the spirit of America that has prevailed through war and peace.

The chartering process requires the interest group receive an endorsement from its sponsoring Post, meeting the required number of new members, electing temporary officers, and developing a program molding the group into a cohesive unit developing plans to work on behalf of our local veterans and community.

Finally, in February, the charter and charter membership roll received from National Headquarters was presented to the ecstatic new members at Post 105 by Department President Colleen Breen-Lopez and Department Membership Chairman Lisa Natale. When President Breen-Lopez signed

the charter in front of everyone, the room exploded in applause. That sentiment of excitement was echoed by Membership Chairman Natale – "you guys are a phenomenal group and I know you will do some amazing things."

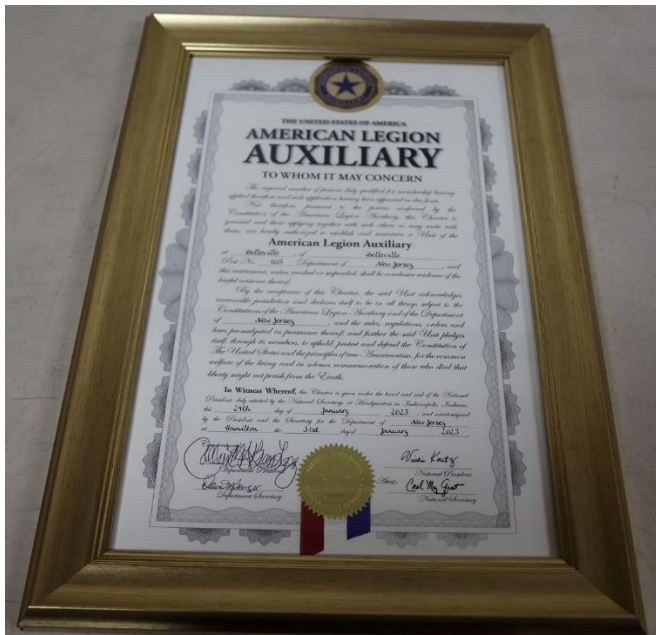
Members from the Military Order of the Purple Heart Chapter 366, Auxiliary Unit 70 in Nutley, and SAL Detachment of NJ Commander Mark Natale were also in attendance to show their support.

Post 105 Commander Joe Cobiauchi spoke briefly as well. "Four years ago we tried ... and we tried and we tried. I'm very glad we're here now. This has been a long time coming. American Legion, SAL, and the Auxiliary....Together we're family – the 105 Family!"

Before the meeting adjourned, SAL 105 Adjutant Rusty Myers also took the floor to commend the elected president of the new unit, noting that "[President] MaryAnn [Slaughter] has been the lighthouse keeper over the years with this. This has started and fizzled, and started and fizzled, but the one constant over the years has been MaryAnn, keeping the ALA dream alive. She's been fueling the light at the lighthouse...so this is your day today."

Following the meeting, pictures upon pictures were taken showing nothing but smiles on the faces of the charter members. A group photo of the entire Post – Sons and Legionnaires alongside the new Auxiliary Unit – was also captured.





Lights team receives driver mentorship, race strategy and engineering support from CGR through their Road to Indy program. He'll compete in the Indy NXT Series.

Prior to the season, Simpson spoke with American Legion Social Media Manager Steven B. Brooks about his inaugural season with CGR and representing The American Legion's "Be the One" suicide-prevention initiative branding that will be featuring on his car at times this season.

The American Legion: What does this opportunity with Chip Ganassi Racing mean to you?

Simpson: It's huge. I get to work with all of them, and have gotten to work with all their engineers and drivers and learn from all of them. It's been great so far, and I think it will be great into the future as well. It's great to work with Chip. It's great to learn from him and from all of his staff. I'm very fortunate to have this opportunity.

Question: What kind of goals have you set for yourself, being with the team for the first year? What are you looking for from yourself and as a contributor to the team?

Simpson: This year I'm focused on my racing model for the NXT Series and my (Le Mans Prototype 2) stuff that I'll be doing as well. So, I'm making sure I'm going to be as good as I can be in all of those. When I'm with the team, I'm focused on learning what I can for INDYCAR for when I'm there eventually: learning strategy and learning the rules that may be different or may not be different, and just making sure that I'm as prepared for INDYCAR as possible.

Question: You have some pretty good brains to go to – obviously not just Chip, but also the drivers. What's it like having those guys around and being able to pick their brains and talk to them a little bit, and do you think that will be a valuable resource as the season gets underway?

Simpson: Yeah, for sure. It's an invaluable resource. I think it's been eight months or so (since signing with CGR), and I already did my INDYCAR test. And I think that everything that I've been working with them on has prepared me well for when I did that test, and I think it definitely helped me out when I first got in the car.

Question: When you learned about what "Be the One" means and the mission behind it, how do you feel about being able to be a part of spreading that message and trying to stem the tide of veteran suicides?

Simpson: I think it's incredibly important. I think it's always a shame when anyone takes their life, but even more so

SPORTS



18-year-old using 2023 to prep for INDYCAR while sharing Legion's suicide-prevention efforts

[Steven B. Brooks](#) | March 13, 2023

Eighteen-year-old Kyffin Simpson is one of the new faces with Chip Ganassi Racing (CGR) this year. The Cayman Islands native began racing at age 9 and won the 2021 Formula Regional Americas Championship, taking first in seven of the series' races.

Kyffin was signed to a multi-year development role with Chip Ganassi Racing, and his No. 21 HMD Motorsports Indy

when you hear the stories of these great veterans who have gone overseas and fought for our freedom, and when they come back and they're struggling with suicide, it's a tough topic and it's a tough situation. So, it's great to be able to help in however small of a way or big of a way possible.

Question: What will it mean for you when you're out there racing, that The American Legion branding is on your car and you're representing men and women who at one time made the decision to halt their lives and put on the uniform of the U.S. Armed Forces?

Simpson: It means everything. They sacrificed a big part of their lives to go fight for our freedom. It's not something I could even fathom doing. So, it's just huge respect for anyone who decides to help out in the military in any way. It's a lot to think about. It's a lot of people you're representing, and it's really awesome I can help."

Legion Baseball flashback: Memphis ended 1968 season with title, 22-game winning streak

Richard Walker | March 8, 2023

With 46 total state titles, Memphis, Tenn., has long been an American Legion Baseball power.

That was particularly true from 1959 to 1977 when head coach Tony Gagliano guided his teams to 18 state titles, six American Legion World Series appearances and a 1968 ALWS championship team that was led by two future major leaguers.

The 1968 title came in a year in which Memphis finished with a 52-5 overall record and a season-ending 22-game winning streak.

1968 NATIONAL CHAMPION (Region 4)
Memphis Post No. 1, Memphis, Tennessee



Gagliano, who coached more than 20 future major leaguers during his time as Memphis head coach, had two stars on

his 1968 team in pitcher-outfielders Don Castle and Ross Grimsley.

Castle, a three-sport star at nearby Coldwater, Miss., High School, turned down a \$35,000 signing bonus from the Washington Senators after he was the No. 8 overall pick in the 1968 major league draft to play American Legion Baseball.

After winning 16 high school games (with eight no-hitters) and leading Coldwater High to a Mississippi state title in the spring of 1968, he had a 17-1 pitching record and .362 batting average and earned George W. Rulon American Legion Baseball Player of the Year honors in leading Memphis to the ALWS title.

Castle went 3-0 with 42 strikeouts in 20 innings in Memphis' Mid-South Regional championship in Arlington, Tex., before winning two more games and picking up a save in the ALWS in Manchester, N.H.

A 10-year professional who played one season with the Texas Rangers, Castle eventually was inducted into the Northwest Mississippi Community College Hall of Fame for his time as the Rangers' head coach after his playing career ended.

Grimsley, a two-sport star at Memphis Frayseur High School, was the No. 17 overall pick by the Cincinnati Reds in the 1969 major league draft.

For Memphis Post 1 in 1968, Grimsley had a 15-1 pitching record and .306 batting average, highlighted by being Tennessee state tournament MVP with a no-hitter and .667 batting average in three Post 1 victories and being the winning pitcher in Memphis' 4-3 victory over Klamath Falls, Ore., in the 1968 ALWS championship game.

Grimsley would spend 17 years in professional baseball — 11 in the majors — as a pitcher who won 154 games overall and 124 in the major leagues. A 1980 National League All-Star for the Montreal Expos, Grimsley has been a minor league pitching coach for the Baltimore Orioles, Atlanta Braves, Seattle Mariners, Philadelphia Phillies and San Francisco Giants organizations.

A 7-6 victory over San Antonio in the Mid-South Regional final was Memphis' most dramatic win in its postseason run that also included Castle and Grimsley throwing two no-hitters apiece in Tennessee state competition.

Memphis trailed 6-0 after seven innings before scoring five times in the eighth and twice in the ninth to take the victory;

Castle pitched two innings of relief for the victory and also drove in the tying run with a ninth-inning RBI double and later scoring the winning run.

Gagliano's teams also advanced to the ALWS in 1963, 1965, 1967, 1972 and 1973 and finished as runner-up in 1963, 1972 and 1973.

Among the other professional players he coached were his nephew Phil Gagliano, Tim McCarver, Tucker Ashford and Mike Paxton.

Shortly after Anthony J. "Tony" Gagliano died at 61 after a long illness in 1978, the field his Legion Baseball teams played on was named in his honor.

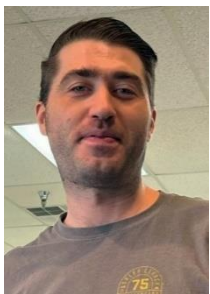


American Legion Baseball enjoys a reputation as one of the most successful and tradition-rich amateur athletic leagues. Today, the program registers more than 5,400 teams in all 50 states, including Canada and Puerto Rico.

SQUADRON EVERLASTING

to have a member's information listed here,
please send to jeffvrabelsr@gmail.com

Christian Mark Lunde



Christian Lunde, 30, passed away on Monday, February 6, 2023. He was born in Cudahy, WI and came to live in Onalaska as an infant. He graduated from Onalaska High School in 2010. He started playing hockey at the young age of four and continued into high school, then moved into coaching LaCrescent youth teams. He achieved

his black belt in karate, played baseball and football as a youth, and High School soccer. He went on to WTC to study as an EMT-Paramedic. Christian was a kind soul who loved hockey, animals, kids, people, and was always willing to listen to and help those less fortunate. He enjoyed helping annually with the Onalaska/Holmen Community Thanksgiving Dinner. Christian was a proud member of the (SAL) Sons of the American Legion Onalaska Post 336 and represented the LAVMP at the Blue Dragon Races.

Christian was a crew member at various establishments including Drugans, Subway, River City Irrigation, Kwik Trip, The Timbers, Rocky Rococos, Home Depot, Taco Bell, Festival Foods, and as a casualty role player at Ft McCoy and Camp Douglas.

Survivors include his mother, Jean Lunde (Dan Ferries); Aunts: Lyn (Rick) Koller, Judy (Rick) Jackson, Nikki (Steve) Oesterle, Mischell Markin, Terri (Roger) Kendhammer, Lynn Lunde, Jennifer Glasspoole, and Nikki Lunde; Uncles: Mike (Mary) Antony, Nick Dunnum (Cindy Puent), Scott (Amy) Dunnum, Mark Lunde, Keith Lunde, and Gary (Pam) Lunde; His birth mother, Christie Lunde and her sons: Vaedrik and Maelik; Grandfather: Rev. Delbert Permann; Dan's children - Bryan Ferries and Brittany (Charles) Richards; Grandmother: Kathy Glasspoole; He is also survived by numerous cousins, great aunts and uncles, many other relatives, and a wonderful recovery community of friends.

Preceding him in death were his father, Steven Lunde (2009); Aunt: Judy Wilson; Uncles: David Lunde, Dennis Lunde, Ron Lueck, and Pat Lueck; Grandparents: Vivian and Nick Antony, Judith Permann, and Arthur & Arlene Lunde.

In his honor, please remember to show compassion for those who battle the demon of mental health and substance use disorder. They are sons, daughters, mothers, fathers, and loved ones of families who miss them daily. Our wish is for people to embrace mental health and addiction as a health issue and treat it with compassion instead of judgment.

In lieu of flowers, please consider donating to La Crosse Lighthouse, La Crosse Area Veterans Mentor Program, Coulee Recovery Center, or OEF Onalaska/Holmen Thanksgiving Dinner.

A gathering of family and friends to celebrate Christian's life will be held March 18, 2023 at The Gathering Place, 133 Mason St Onalaska, WI. with visitation from 10:00-11:00 and Services by Chaplain Jeff Thomson at 11:00.

Please share your memories of Christian by posting on his Tribute wall at www.coulecremation.com.

Rest in Peace my Buddy! Love you always and forever....the Mom and Dan!



FROM THE EDITOR

I am happy to announce that Rusty Myers of New Jersey and Lou Michaels of Minnesota have been added as official contributors to Round-Up. They have helped in the past, but will now become more “regular” in their reporting.

Look for some great articles and pictures from the pair. Thank you for helping with our weekly publication!

With spring right around the corner, we will all get much busier. We will have children and grandchildren playing sports, vacations will start, and detachment conventions are right around the corner. If you are volunteering anywhere, please make sure to report your hours on your Consolidated Squadron Report.

Have a great week!

Honor the Veteran Who Made You Eligible. Renew Today!

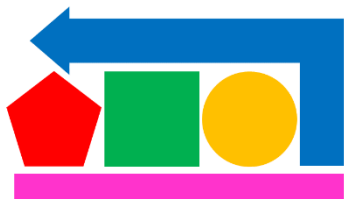
Jeff Vrabel, Sr., Editor

jeffvrabelsr@gmail.com | [Team Vrabel](#)

click a button for more information



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 jeffvrabelsr@gmail.com.

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

AMERICAN LEGION



Let's promote the value of military service

March 15, 2023

As U.S. military veterans, we know the value of service. Unfortunately, too many young people today do not. Worse yet, they are getting crossed signals from their peers, and even some adults.

Recruitment numbers are alarmingly down across the branches of service. [Army Maj. Gen. Johnny Davis told The American Legion's Veterans Employment & Education Commission last August](#) that a variety of reasons can be blamed. One that stands out to me is a term we are hearing often today – “propensity to serve.”

That means young people simply are not aware of enough good reasons to take the oath. And at a time when industry, academia and government are all in competition for the best and brightest – a “war for talent,” it has been called – we need to work harder to promote those good reasons.

At the Washington Conference in late February, [Marine Corps Brig. Gen. Stephen Lightfoot asked Legionnaires to “provide that spark”](#) to future generations and encourage them to start their journeys with military service. The benefits cannot be overstated – tuition assistance, industry-specific training for those about to discharge through such programs as DoD SkillBridge, GI Bill education, VA Home Loans, high-quality health care and superior insurance and

banking through USAA, The American Legion's preferred provider of financial services, to name just a few.

Beyond those tangible advantages, we must also recognize the power and meaning of discipline unattainable in any other sector of society, along with lifelong camaraderie, the opportunity to see the world, help others in need and to protect those we love from enemies both foreign and domestic. How can we help?

More than 6,200 American Legion posts conducted Veterans in the Classroom sessions last year. More than 33,000 young people participate annually in American Legion-sponsored Scouting units. Hundreds of Junior ROTC programs are backed by local Legion support. Schools have career events, and we must encourage them to welcome recruiters. More casually, consider the neighborhood barbecue, community picnic or church event as an opportunity to share with young people the value of military service.

Wherever we make contact with young people deciding their future paths, let's commit to serve as ambassadors of the nation we swore with our lives to protect and defend. Let's answer the call Brig. Gen. Lightfoot made for us at the Washington Conference: "I need you to go on the offensive and share your service story. National service is powerful. We need to get the word out and share, at the local level, the power of service."

As I continue traveling our great nation this year, I want to hear how my fellow Legionnaires are answering that call and converting "propensity to serve" into a reason to join, rather than the alternate.

Thank you for helping us strengthen America every day.

To fulfill this and all of The American Legion's missions, it is vital to stay up to date on membership. If you have not already done so, [I strongly urge you to renew now](#) – as we celebrate the organization's 104th year of service to community, state and nation.

Vincent "Jim" Troiola, National Commander
The American Legion



National Commander Vincent J. "Jim" Troiola Visits the Department of Maryland American Legion Family

Please find at the link below the images captured during National Commander Troiola's Reception.

Please forward or share with your Legion Family.

<https://www.jeffthornephotography.com/MDLegion-20212022/n-8KHmTj/Legion-Nation-Commander-Troiola/>



Photo by Steven B. Brooks

March 29 is National Vietnam War Veterans Day

The American Legion | March 13, 2023

March 29 is designated as National Vietnam War Veterans Day and is set aside to pay special tribute to the 9 million Americans who served during the Vietnam War era, to the 58,000 names memorialized on the Vietnam Veterans Memorial in Washington, D.C., and to those who never received the recognition they deserved when they returned to America from war.

March 29, 1973 is the day U.S. Military Assistance Command, Vietnam was disestablished, and the day the last U.S. combat troops departed Vietnam. Also on that day, Operation Homecoming was completed when the last of 591 U.S. prisoners were released and returned to the United States.

American Legion posts are supporting efforts to honor these veterans, along with other ceremonies held across

the nation. [The United States of America Vietnam War Commemoration page](#) has a variety of resources to promote National Vietnam War Veterans Day events. If your post is hosting an event, please let us know by emailing sbrooks@legion.org. And after your event is completed, please remember to share the stories and photos on legiontown.org.

REMEMBERING THE GREATEST GENERATION

To honor a World War II Veteran,
please send information to jeffvrabelsr@gmail.com



07/01/23



JOHN R. COOK

Candidate for SAL
National Vice Commander
2023 – 2024
61 Nacomia Drive
Madison, NH 03849
(330) 455-7816
cooki46@roadrunner.com

Your Ad Here

contact jeffvrabelsr@gmail.com
for information

This could be your ad

Thank You
to our Sponsors

Place your ad today

Don't miss out



**First Annual
Central
Region**

EXTRAVAGANZA

April 21 - 23, 2023

LIMITED TO 50 PARTICIPANTS - PLEASE REGISTER EARLY



**EMBASSY
SUITES**
by Hilton™

Embassy Suites by Hilton Columbus Airport
Reservations (614) 536-0500
Reservation Code: LDO
Suite Rate: \$129.00 per night

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 | Servant Leadership
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





03/15/23		2023 NATIONAL MEMBERSHIP STANDINGS				
Region	Goal	Actual	Needed for Quota	Percent	Increase	Quota Date
1 Southern 1, 2, 3, 4, 5, 6, 7	43,793	39,403	(4,390)	89.98%	426	
2 Central 1, 3, 4, 5, 6, 7	128,333	114,695	(13,638)	89.37%	1,931	
3 Eastern 4, 5, 6, 7	140,932	124,696	(16,236)	88.48%	1,336	
4 Midwest 1, 3, 4, 5, 6, 7	28,918	25,366	(3,552)	87.72%	322	
5 Western 1, 4, 5, 6, 7	25,822	22,170	(3,652)	85.86%	443	
TOTALS 1, 4, 5, 6, 7	367,798	326,330	(41,468)	88.73%	4,458	

03/15/23		2023 CENTRAL REGION STANDINGS David Mennell (MI), National Vice-Commander						
Detachment	Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	National Rank	Quota Date
1 Michigan 4, 5, 6, 7, 8	24,271	22,433	(1,838)	92.43%	671			
2 Ohio 1, 4, 5, 6, 7, 8	30,636	27,961	(2,675)	91.27%	257			
3 Wisconsin 1, 2, 3, 4, 5, 6, 7, 8	4,187	3,773	(414)	90.11%	35			
4 Missouri 1, 2, 3, 4, 5, 6, 7	3,219	2,888	(331)	89.72%	83			
5 Illinois 1, 2, 3, 5, 6, 7	13,398	11,964	(1,434)	89.30%	251			
6 Iowa 1, 3, 4, 5, 6, 7	4,857	4,307	(550)	88.68%	25			
7 Indiana 1, 3, 4, 5, 6, 7	36,387	31,704	(4,683)	87.13%	334			
8 Minnesota 5, 6, 7	11,378	9,665	(1,713)	84.94%	275			
TOTALS 1, 2, 3, 4, 5, 6, 7	128,333	114,695	(13,638)	89.37%	1,931			

03/15/23		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	91	14	118.18%	3			10/10/22
2 Oregon 1, 2, 3, 4, 5, 6, 7, 8	1,414	1,309	(105)	92.57%	8			
3 Arizona 5, 6, 7	8,004	7,050	(954)	88.08%	282			
4 Idaho 1, 2, 3, 4, 5, 7	644	566	(78)	87.89%	1			
5 Nevada 4, 5, 6, 7	357	312	(45)	87.39%	3			
6 Alaska 3, 6	1,608	1,393	(215)	86.63%	8			
7 Washington 7	2,485	2,149	(336)	86.48%	6			
8 California 1, 5, 6, 7	10,714	8,926	(1,788)	83.31%	132			
9 Phillippines	70	55	(15)	78.57%	-			
10 Utah 5	449	319	(130)	71.05%	-			
TOTALS 1, 4, 5, 6, 7	25,822	22,170	(3,652)	85.86%	443			

03/15/23		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, 8, 9, Q	123	131	8	106.50%	-			03/02/23
2 Florida 1, 3, 4, 5, 6, 7, 8	21,519	20,205	(1,314)	93.89%	279			
3 South Carolina 4, 5, 6, 7, 8	1,473	1,359	(114)	92.26%	12			
4 Georgia 1, 2, 3, 4, 5, 6, 7, 8	4,490	4,075	(415)	90.76%	18			
5 Virginia 4, 5, 6, 7, 8	4,109	3,726	(383)	90.68%	34			
6 Tennessee 1, 3, 4, 5, 6	1,718	1,529	(189)	89.00%	1			
7 Louisiana 1, 2, 3, 4, 5, 6, 7	1,790	1,585	(205)	88.55%	19			
8 North Carolina 1, 2, 3, 4, 5, 6, 7	2,727	2,396	(331)	87.86%	13			
9 Alabama 1, 2, 3, 4, 5, 6, 7	2,066	1,815	(251)	87.85%	23			
10 Mississippi 1, 3, 4, 5, 6, 7	722	626	(96)	86.70%	24			
11 Kentucky	2,609	1,671	(938)	64.05%	2			
12 Arkansas 1	447	285	(162)	63.76%	1			
TOTALS 1, 2, 3, 4, 5, 6, 7	43,793	39,403	(4,390)	89.98%	426			

03/15/23		2023 MIDWEST REGION STANDINGS Michael Kirschner (CO), National Vice-Commander						
Detachment		Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	Quota Date
1	South Dakota 1, 2, 3, 4, 5, 6, 7, 8, 9, Q, 10	1,362	1,453	91	106.68%	8		02/09/23
2	Mexico 1, 2, 3, 4, 5, 6, 7, 8, 9, Q	31	32	1	103.23%	-		03/13/23
3	Nebraska 1, 3, 4, 5, 6, 7, 8	7,015	6,329	(686)	90.22%	117		
4	Kansas 3, 4, 5, 6, 7	5,919	5,311	(608)	89.73%	43		
5	Colorado 1, 2, 3, 4, 5, 6, 7	2,729	2,431	(298)	89.08%	39		
6	North Dakota 1, 3, 4, 5, 7	1,056	939	(117)	88.92%	-		
7	Montana 1, 3, 4, 5, 6, 7	1,108	958	(150)	86.46%	27		
8	Oklahoma 1, 2, 3, 4, 5, 6, 7	1,348	1,145	(203)	84.94%	6		
9	New Mexico	1,483	1,228	(255)	82.81%	35		
10	Wyoming 1, 4, 5, 6	1,298	1,068	(230)	82.28%	21		
11	Texas 1, 3, 4, 5	5,569	4,472	(1,097)	80.30%	26		
TOTALS 1, 3, 4, 5, 6, 7		28,918	25,366	(3,552)	87.72%	314		

03/15/23		2023 EASTERN REGION STANDINGS Ernie LaBerge (MA) National Vice-Commander						
Detachment		Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	Quota Date
1	France 1, 2, 3, 4, 5, 6, 7, 8	158	155	(3)	98.10%	-		
2	Delaware 1, 3, 4, 5, 6, 7, 8	2,430	2,270	(160)	93.42%	20		
3	Maryland 1, 3, 4, 5, 6, 7, 8	16,058	14,784	(1,274)	92.07%	208		
4	West Virginia 4, 5, 6, 7, 8	2,362	2,156	(206)	91.28%	1		
5	New Hampshire 4, 5, 6, 7, 8	5,677	5,151	(526)	90.73%	29		
6	Vermont 1, 3, 4, 5, 6, 7, 8	3,818	3,445	(373)	90.23%	60		
7	Pennsylvania 4, 5, 6, 7, 8	60,803	54,751	(6,052)	90.05%	586		
8	Maine 5, 6, 7	2,617	2,330	(287)	89.03%	25		
9	Rhode Island 4, 5, 7	336	294	(42)	87.50%	3		
10	Connecticut 4, 5, 6, 7	1,867	1,591	(276)	85.22%	6		
11	New Jersey 2, 3, 4, 5, 6, 7	9,386	7,941	(1,445)	84.60%	203		
12	New York 4, 5, 6, 7	29,864	25,221	(4,643)	84.45%	168		
13	Massachusetts 4, 6, 7	5,442	4,541	(901)	83.44%	27		
14	Dist. of Columbia	114	66	(48)	57.89%	-		
TOTALS 4, 5, 6, 7		140,932	124,696	(16,236)	88.48%	1,336		

03/15/23		2023 SUPER SIX STANDINGS						
Detachment		Goal	Actual	Needed for Quota	Percent	Increase	Renewal Rate	Quota Date
1	Florida 1, 3, 4, 5, 6, 7, 8	21,519	20,205	(1,314)	93.89%	279	76.47%	6
2	Michigan 4, 5, 6, 7	24,271	22,433	(1,838)	92.43%	671	81.48%	9
3	Ohio 1, 4, 5, 6, 7, 8	30,636	27,961	(2,675)	91.27%	257	83.53%	13
4	Pennsylvania 5, 6, 7	60,803	54,751	(6,052)	90.05%	586	82.45%	20
5	Indiana 1, 3, 4, 5, 6, 7	36,387	31,704	(4,683)	87.13%	334	79.39%	36
6	New York 4, 5, 6, 7	29,864	25,221	(4,643)	84.45%	168	76.97%	45
TOTALS		203,480	182,275	(21,205)	89.58%	2,295		

National Totals 4, 5, 6, 7, 8	367,798	326,330	(41,468)	88.73%	4,458	78.56%		
-------------------------------	---------	---------	----------	--------	-------	--------	--	--



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%



Still Serving America



**Children &
Youth Programs**



**Scholarship &
Financial Aid**



**Veterans Legislation
& Benefits**

**National Security &
Protection of Our Flag**

Do You Qualify to be a Legion Family member

To Learn More, Contact:

Eligibility Dates

World War I

April 6, 1917 – Nov. 11, 1918

World War II – Present

Dec. 7, 1941 – Present*

* if currently serving on active duty today, **you are eligible.**

Be part of the nation's largest veterans organization!