



## 'Critical equipment,' including black box, recovered from Osprey wreckage in Japan

Alex Wilson/Stars and Stripes | January 4, 2024

A U.S. Navy salvage ship recovered the vast majority of the Air Force CV-22 Osprey that crashed off the coast of Japan in November, including equipment necessary for further investigation, according to the Air Force.

The USNS Salvor [delivered the wreckage to Marine Corps Air Station Iwakuni](#), where it will be "inspected as part of the ongoing investigations," Air Force Special Operations Command spokeswoman Lt. Col. Rebecca Heyse told Stars and Stripes by email Thursday. The Salvor, a Military Sealift Command rescue-and-salvage ship, joined recovery efforts near Yakushima, an island just south of Kyushu, on Dec. 23 alongside Japanese and civilian crews.

"Critical equipment identified by investigation officials has been recovered, including the Voice and Data Recorder, often called the black box. The equipment will be transported to laboratories for data retrieval with follow analysis of the data at AFSOC," she wrote. The analysis process is expected to take several weeks, Heyse said.

The wreckage was raised Dec. 27 from the underwater crash site south of Kyushu, the southernmost of Japan's four main islands, and arrived at the base on Saturday, according to a Sunday report by Japan Today that cited an anonymous source in the Iwakuni city government.

Air Force Special Operations Command, headquartered at Hurlburt Field, Fla., did not immediately respond to a request for confirmation of the dates on Thursday afternoon.

The delivery of wreckage and equipment marks a significant milestone for the recovery operation and

investigation underway since the Osprey went down Nov. 29.

The tiltrotor aircraft — callsign Gundam 22 — crashed on a routine training mission while en route from MCAS Iwakuni near Hiroshima to Kadena Air Base on Okinawa, killing all eight crewmembers.

The remains of Staff Sgt. Jake Galliher, 24, of Pittsfield, Mass.; Maj. Luke Unrath, 34, of Riverside, Calif.; Tech Sgt. Zachary Lavoy, 33, of Oviedo, Fla.; Capt. Terrell Brayman, 32, of Pittsford, N.Y.; Staff Sgt. Jake Turnage, 25, of Kennesaw, Ga.; Senior Airman Brian Johnson, 32, of Reynoldsburg, Ohio; and Maj. Jeff Hoernemann, 32, of Andover, Minn., were recovered between Nov. 29 and Dec. 10.

The body of Maj. Eric Spendlove, 36, of St. George, Utah, is still unaccounted for, but [the search is still underway](#), Heyse said in the Thursday email.

Spendlove's family remembered him as "kind of a hometown boy" who always "liked to keep to himself," his brother-in-law Tyler Murset told the St. George News last month.

Spendlove and his wife, Chelsea Spendlove, have four children, the report said.

Born in California, Spendlove moved to St. George at 13 and later majored in biology at Utah Tech University; he went to medical school at the University of Pikeville in Kentucky, part of which was funded by the Air Force, according to the article.

"He was willing to serve his country and was looking to offset some of his medical school expenses," Murset said, according to the St. George News. "He was a family man. A man of faith. A man of God. A man of his country. Everything he did was for the benefit of his family and country."

# Round-Up

**Donald "JR" Hall, Jr. (MD)** National Commander  
**Robert L. Bristo (MN)** Central National Vice-Commander  
**John R. Cook (NH)** Northeast National Vice-Commander  
**Terry A. Harris (KS)** Midwest National Vice-Commander  
**Linwood A. Moore (VA)** Southeast National Vice-Commander  
**James R. Fischer (CA)** Western National Vice-Commander

**Christopher Carlton (IN)**  
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**Joseph Navarrete (NM)**  
Leading Candidate for National Commander

**William Clancy III (NY)**  
Trailing Candidate for National Commander

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

*Round-Up* is a collection of information procured from various resources to stay better informed on happenings within The American Legion Family, and of other related topics of interest, and makes no claims or guarantees about the accuracy or currency of the contents of this publication, and expressly disclaims liability for errors and omissions.

**SUBMITTING ARTICLES:** All submissions are to be made electronically to [jeffvrabelsr@gmail.com](mailto:jeffvrabelsr@gmail.com). If you need assistance, please send an email to same.

**All information must be submitted by noon each Friday.**

[PNVC Jeff Vrabel, Sr.](#), Editor  
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## Donald "JR" Hall, Jr.

National Commander

Representing More Than Me,

*Donald "JR" Hall, National Commander  
Sons of The American Legion*

# REPRESENTING

# More

# THAN ME

## From the Editor

I have a friend who I officiate football with, and we need your help. Although he lives in Ohio and is not a member of Sons of The American Legion, we can all do our part. Your participation will fit in very nicely with National Commander Hall's Challenge as it relates to donating blood and/or hosting a blood drive. His challenge form is included in this issue.

Here's the press release:

*The family of Steve Robison kindly requests your participation and assistance with promotion: Join our friends and family and help save lives at a community blood drive Gahanna, Ohio Thursday, January 11, 2023.*

*Steve Robison received a living donor kidney transplant from his younger brother in December. The surgery was performed at The Ohio State University Medical Center. Steve is doing very well with his recovery.*

*During his long health battle the last couple of years, Steve has received blood and platelet transfusions. Steve's family invites you to help them celebrate his life with a blood donation to the Red Cross blood drive in his honor.*

Every two seconds, someone in the U.S. needs blood. That's why Steve's family and friends are on a mission to help save lives by hosting a blood drive on Thursday, January 11, 2023 from 12:00 noon to 6:00 pm at St. Matthew The Apostle church, located at 807 Havens Corner Road in Gahanna, Ohio.

The community is invited to take part in this special event and donate blood for hospital patients in our neighborhoods and across the nation. The need for blood is constant, but only 3 percent of the U.S. population donates. By rolling up a sleeve, donors can play a critical role in the treatment of accident and burn victims, heart surgery and organ transplant patients, and those receiving treatment for leukemia, cancer, or sickle cell disease.

To make an appointment or to learn more, download the American Red Cross Blood Donor App, visit [www.RedCrossBlood.org](http://www.RedCrossBlood.org) or call 1-800-RED CROSS (1-800-733-2767). Completion of a RapidPass® online health history questionnaire found at [www.RedCrossBlood.org/rapidpass](http://www.RedCrossBlood.org/rapidpass) is encouraged to help speed up the donation process. A blood donor card or driver's license or two other forms of identification are required at check-in.

Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

By donating blood with the Red Cross in the month of January, you will receive an entry to win a Superbowl 2024 getaway to Las Vegas for two!

To schedule an appointment for the January 11 blood drive, or for another drive in your local area at [redcrossblood.org](http://redcrossblood.org).

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=IHOSSteve&fbclid=IwAROWbSmqhDS8oa9CEVfyxhxnBXQbpDbsZZZYyaYNWjAQhKs8Sic8LniRjHs>

Wherever you are on January 11, 2024, please try to make time to donate blood.




**DONORS HAVE A CHANCE AT SUPER BOWL LVIII TICKETS!**

When donors come to give blood in January, they'll have a chance to win an exciting Super Bowl LVIII getaway to Las Vegas for two, including pre-game activities, round-trip airfare, three-night hotel stay and a \$1,000 gift card!^^



## Donate Blood In Honor Of Steve Robison



Steve is a loving husband and father who enjoys high school football and softball officiating, is a member of the Knights of Columbus, and is a life member of the COFOA. Due to his long health battles over the last few years, he has received several blood and platelet transfusions, and in December received the gift of a kidney from his brother. We want to celebrate his healing and hope for an improved life of regular activities and time with friends and family. Please donate blood in honor of Steve.

### Blood Drive In Honor Of Steve Robison St. Matthew the Apostle

St. Anthony Room  
807 Havens Corners Rd  
Gahanna, OH 43230

**Thursday, January 11, 2024  
12:00 p.m. to 6:00 p.m.**

To schedule an appointment visit [RedCrossBlood.org](http://RedCrossBlood.org), sponsor code: IHOSSteve or call 1-800 RED CROSS.

If you last donated on or before November 16, you may be eligible to give.

Come give Jan. 1-31 to automatically be entered for a chance to win an exciting trip for you & a guest to Super Bowl LVIII in Vegas! Includes travel, hotel, \$1,000 gift card, pre-game activities & more! Terms apply; visit [RedCrossBlood.org/SuperBowl](http://RedCrossBlood.org/SuperBowl).



**American Red Cross**

[redcrossblood.org](http://redcrossblood.org) | 1-800-RED CROSS | 1-800-733-2767

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Colin, Steve, Tammy, and Jacob.

submitted photo



Don't forget to sign up for *The Millennium*, the organization's new national monthly newsletter. Instructions for how to sign-up appear later in this issue.

***Honor the Veteran Who Made You Eligible.***

***RENEW TODAY!***

Jeff Vrabel, Sr., Editor

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

click a button below for more information



## Robert L. Bristo

Central National Vice-Commander

REGIONAL BUSINESS MEETING

Second Wednesday Quarterly

September 13, 2023 | December 13, 2023

March 13, 2024 | June 12, 2024

8:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 930 6046 3298 | Passcode: 140 802

### Happy New Year to the Central Region!

January, the first month of the year, is a perfect time to start all over again, changing energies & deserting old moods. New beginnings equal new attitudes!

Central Region let's have a New Year's Resolution! That resolution will be to finish this membership year strong and to do our very best to finish in first place among the regions! As Vern McLellan (an author, speaker, associate pastor, broadcaster, and musician) has said... **"What the New Year brings to you will depend a great deal on what you bring to the New Year!"**

It goes without saying that our efforts will always dictate our results. We are making great gains in membership this year and as long as we keep our focus, we will reach our goals!

Speaking of goals, the Central Region has met and exceeded the January 18th 60% target goal! If we keep this up, we will reach the 400,000 member goal sometime in April!

**We need to focus all of our energy, not on fighting the old (2023 is past us now!), but on building the new!** (paraphrased from Socrates). Keep turning in your IRA and Blue Brigade forms and don't forget to look around to see who may qualify as SAL Recruiter of the Year!

Here are the rest of our numbers!

**President Dwight D. Eisenhower once said... "Accomplishment will prove to be a journey, not a destination."** My friends, let our journey begin in 2024 and our accomplishment be reaching our goals for the service of veterans everywhere! We may not be there yet, but we are closer than we were yesterday!

**"Believe you can and you're halfway there!" - President Theodore Roosevelt**

***"I'm the ONE, You're the ONE, BE the ONE!"***

For the Commander, **"Believe and Succeed"**

*Butch Ray, Central Region Membership Chairman*

## John R. Cook

Northeast National Vice-Commander

REGIONAL BUSINESS MEETING

THIRD Wednesday Quarterly

September 20, 2023 | December 20, 2023

March 20, 2024 | June 19, 2024

7:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 980 7046 7820 | Passcode: 469 153



**PROUD POSSESSORS  
OF A PRICELESS HERITAGE**



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# James R. Fischer

Western National Vice-Commander

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## REGIONAL BUSINESS MEETING

THIRD Wednesday Quarterly

September 20, 2023 | December 20, 2023

March 20, 2024 | June 19, 2024

8:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 964 2285 1563 | Passcode: 433 552

Gentlemen, let me start off by saying that this is by far the most amazing honor of my life to be your National Vice-Commander!

The Western Region keeps on growing and leads the Nation in many ways! Let's keep working together to help our organization grow.

In this New Year, let's rededicate ourselves to helping all of our Veterans and their families.

Thank you to every one of you!

Please remember to "BE THE ONE"

May you and your family have a blessed and HAPPY NEW YEAR!!!

Representing more than me, for God and Country,

*James R Fischer, NVC Western Region 23-24*

Happy New Year Westside!!!

May the canvas of the New Year be painted with vibrant moments and unforgettable memories. Wishing you a year filled with joy, peace, and prosperity. Step into the new year with confidence and heart full of dreams. May the next 365 days be a journey of growth, happiness, and success.

On New Year's Eve, the whole world celebrates the fact that a date changes. Let us celebrate the dates on which we change the world. Thanks again for everything you do for this great organization.

Great things in The American Legion are never done by one person. They're done by a team of people. Now is the time to let our team shine. We always start out slow and finish strong. It is time to start making our push Westside! If you need any help or have any questions, please reach out. We have the best team.

We improved by 1.29%, currently at 64.00% total from last report. We are now 5<sup>th</sup> in the nation and right behind Northeast Region by 2.63%, I know we can improve this on our way to first place. Our next goal is to be at 60% by 01/18/24. Shout out to Hawaii at 99.17%, Montana at 74.70%, Oregon at 74.58%, Idaho at 70.11%, Arizona at 67.52%, California at 65.93%, Wyoming at 64.74%, Utah at 62.83% and Nevada at 61.50% for already achieving this goal. Coming on in a big way is Colorado at 57.18%, Washington at 55.89%, Alaska at 54.31%, Latin America at 48.48%, New Mexico at 47.85% and Philippines at 8.86%.

We are not a team because we work together. We are a team because we respect, trust and care for each other. Thanks again for everything you do for this great organization.

**"One Team, One Goal, One Heart, One Soul. Be the One!"**

Respectfully For God and Country,

*Dan Ashley, Western Region Membership Chairman*

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# Terry A. Harris

Midwest National Vice-Commander

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## REGIONAL BUSINESS MEETING

Fourth Wednesday Quarterly

September 27, 2023 | December 27, 2023

March 27, 2024 | June 26, 2024

7:00 p.m. Mountain | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 924 0402 2733 | Passcode: 371 685

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# Linwood A. Moore

Southeast National Vice-Commander

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## REGIONAL BUSINESS MEETING

First Wednesday Quarterly

September 6, 2023 | December 6, 2023

March 26 2024 | June 5, 2024

8:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 945 1723 1230 | Passcode: 58543

Congratulations Southeast Region membership is looking great still out front with all of our Detachments over the 60% goal as national is also over the 60% goal.

# BE THE ONE

If you're a veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. Dial 988 then Press 1, chat online at [VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat) or text 838255.

## A Navy SEAL's new mission

The American Legion | January 4, 2024

Retired Navy SEAL Marcus Capone finally found relief in psychedelics for his post-service transition issues. After numerous post-9/11 deployments, Capone retired in 2013 but went through a "downward spiral" for seven years before working it out. "It was a challenging time," he says.

**WATCH ON**  **YouTube**

Marcus and his wife, Amber Capone, are this month's guests on The American Legion's [Be the One](#) podcast. Through this series, The American Legion aims to continue to raise awareness about its mission to reduce the rate of veteran suicide through Be the One.

At his darkest point, Marcus felt he was a burden and that his family would be better off without him. "I was really struggling with depression. I don't know where it came from. It just showed up one day and didn't want to go away."

Their relationship was at a crossroads when Amber's research led her to suggest that Marcus try psychedelics as an alternative therapy.

"Initially, I thought it was crazy," Marcus said. "Once I did the research, I became more comfortable knowing that I was just doing their medicine, quite powerful medicine that needs to be taken carefully under proper medical supervision. There is no more powerful medical treatment in mental health care."

He "regained a will to live," Amber said after they were reunited after the first wave of treatment. "It was mind-blowing."

Their success led to the couple co-founding [VETS: Veterans Exploring Treatment Solutions, Inc.](#)

VETS helps veterans access safe, clinically guided psychedelic therapies. These innovative treatments are capable of addressing deep psychological and physiological scars, and therefore hold unprecedented healing potential.

Neither Capone sought out a role to be a public speaker. They are both driven by the purpose to help military members and their families who may be struggling.

"When you know families who have been impacted by suicide and you know how close that felt for your own family at one point, the conviction is too great to not do something about it," Amber explained.

This episode is the fifth in the Be the One series. The others:

[Part one:](#) Marine Corps veteran Waco Hoover, who oversees the Be the One strategy, talks about its next phase. "We're doing an extensive amount of research and also looking for suggestions from our community about who we should be aligned with," he said. "We have to have a conversation about this issue, this topic."

[Part two:](#) Air Force veteran Dr. Regan Stiegmann discusses how lifestyle medicine can play a role in the reduction of veterans who die by suicide.

[Part three:](#) Dr. Ruth Moore is a survivor of suicide, which she attempted after leaving the Navy in 1987 following Military Sexual Trauma assaults. After earning her Ph.D. in Mind-Body Medicine, she now helps veterans and others dealing with trauma and related issues.

[Part four:](#) Former Army Apache helicopter pilot Adam Marr, a member of American Legion Post 12 in Dothan, Ala., shares how he has helped organize, operationalize, and advocate for innovative solutions to the veteran mental health and suicide crisis since 2015.

There are more than 210 Tango Alpha Lima episodes for veterans, servicemembers and others.

The next Be the One episode will drop Feb. 1. All episodes are [available in both audio and video formats here](#) as well as on Apple Podcasts, Google Podcasts, and other major podcast-hosting sites. The video version is available at [the Legion's YouTube channel](#).

## **Sigonella Seabee who helped save suicidal colleague continues to help others**

Alison Bath/Stars and Stripes | December 29, 2023

A Navy Seabee whose quick thinking helped prevent a suicide earlier this year is ensuring that more sailors have the assistance they need to navigate the rigors of life in the service.

Petty Officer First Class Cayla George this year helped establish an Alcoholics Anonymous chapter at Naval Air Station Sigonella in Sicily. That effort followed a February episode in which a co-worker tried to end their life.

George's reaction to a phone call from a number she didn't recognize is credited with initiating a team response that saved the sailor's life, the Navy said in a statement.

The caller said the service member was in their barracks room attempting suicide, George said Dec. 19. With the person still on the phone, George texted base duty personnel to alert them. After hanging up, she made calls that reached security and first responders, who were able to get to the service member in time, George said.

"I was very, very thankful I was able to answer the phone, take it seriously and be able to immediately offer some aid and start the process of getting the service member some help," George said.



James Hong/U.S. Navy

The sailor had given the caller George's cellphone number as someone on base to contact. Previously, George had spent time with the sailor after noticing they were having trouble sleeping and potentially feeling alone and homesick. Those problems could be indicators a person may need help, she said.

After spending a day with the sailor, George thought they would be OK. It seemed the sailor was just going through typical stress and needed more interaction with people who cared about them, she said.

But the attempted suicide "just goes to show that, sometimes, we don't know," George said.

"Sometimes, we just have to be very, very aware and be ready to help one another if it comes up," she said. For her actions, George received the Seabee Heritage Command's 2023 Everyday Hero Award during a ceremony at the Naval Construction Battalion Center in Gulfport, Miss., on Nov. 16.

A facilities management specialist who has served in the Navy for nearly nine years, George has been assigned to Sigonella since 2022. She is responsible for 81 facilities and 22 tenant commands at the base, according to the Navy.

She is also the team lead in her department for a Navy program that works to help sailors better overcome stress and problems in life. And George is the assistant drug and alcohol program adviser, she said.

As a volunteer, George was part of a group at NAS Sigonella that reestablished memorial crosses for service members killed in traffic accidents near the base in November, and she is the general service representative for the base AA chapter.

In the wake of the suicide attempt, George coordinated training to help public works department colleagues who might be contemplating suicide and ensured others struggling with the news that a fellow sailor had tried to end their life got help, according to the Navy's statement.

George's commitment to helping other sailors, especially those new in the service, is rooted in her first years in the Navy, she said.

She remembers tough deployments to Djibouti and Somalia. There were few conversations and resources to help her prepare for and cope with stress and exhaustion.

Limited help, such as brief conversations about stress and suggestions to talk about it with a chaplain, came only after a stressful situation. More guidance and resources were needed to help her be a stronger sailor, George said.



“That would go for all of our junior sailors,” she said. “The more resources we have, the stronger we’re going to be as a team and as a Navy.”

Suicides among sailors have been on the rise since 2006, according to the Navy’s website.

In 2022, 71 active-duty sailors killed themselves, a rate of 20.6 per 100,000, according to the Defense Department’s annual report on suicide in the military.

The most current data on the Navy’s website indicates that as of Aug. 9, 41 active-duty sailors had taken their own lives.

The Navy isn’t the only branch grappling with suicide. Last year, 331 active-duty service members military-wide died by suicide, a rate of 25.1 per 100,000, according to the DOD report.

George said the service member she helped has returned to the U.S. She hasn’t spoken with them but has learned they are doing well.

“It was good to know that one (potential loss) went the other way,” she said.

## How to discuss veteran suicidality

[Jeff Stoffer](#) | January 6, 2023

Two specialists in veteran suicide prevention told attendees of a breakout session at the 16th Student Veterans of America National Conference Friday in Nashville, Tenn., that when warning signs appear, it’s usually best to take a direct approach with someone at risk of taking their own life.

“A lot of times, when we have somebody who is struggling with thoughts of suicide, they feel very invisible,” explained Eileen Chapman of the Wounded Warrior Project, who joined her colleague Lindsey Gray in an interactive discussion titled “Let’s Talk: Suicide Prevention for Student Veterans.”

“They feel very alone. They feel like nobody’s going to get it, or that nobody wants to talk about it because it’s this big thing that they are carrying. By just saying, ‘I’m noticing these changes, and I’m just wondering, ‘Are you thinking about killing yourself?’ – you’re putting it right on the table. You’re being direct. You’re saying, ‘I’m not scared to talk about this with you. This doesn’t scare me. I care about your life, and I want to talk to you about it.’ We’re not promising to fix it. We’re not promising to fix their whole situation. We’re just saying, ‘I want to put it on the table and talk about it because I care.’” Generally, they said, that

approach gets veterans at risk to open up about their feelings.



Lindsey Gray of the Wounded Warrior Project discusses suicide warning signs with attendees of a Friday breakout session at the Student Veterans of America National Conference in Nashville, Tenn.

Jeff Stoffer

Gray and Chapman went over risk factors and warning signs, including changes in normal behavior among those who may be considering suicide and contributing stresses that often arise specifically for veterans. Among those stresses are the sudden shift from military to civilian life, the likelihood that a veteran has to balance a full-time job with classroom studies, financial struggles and debt, and the fact that they are more often than others to be single parents. “That’s a lot of stress for one person,” Gray said. She added that two out of three post-9/11 veterans have VA disability ratings and that such conditions as traumatic brain injury and chronic pain are high risk factors.

Signs from veterans at risk include frequent mention of pain, inconsistent sleep patterns, isolation, and a noticeable change of appearance, from clothing to personal hygiene. Substance abuse, or “mis-use,” like the cessation of prescribed medication, are also signs. If a veteran says, “No one would ever miss me,” that is also a red flag, they said.

“Warning signs can be things we are seeing physically with someone, things we are hearing through our interactions, and then actions,” Chapman said. “You’re looking for changes. If this is someone you see regularly, speak to regularly, you know what’s normal for them, or what to expect from that person when they walk into a room or walk into class.”

By taking a direct approach, peer to peer, a veteran can make the burden of discussing suicidal ideation easier on the person at risk. “There is power in saying it out loud,” Chapman said. “I think a lot of folks get stuck on, ‘how on earth do I even approach this?’ It’s

intimidating. I don't want it to offend them. I don't want it to ruin the relationship or the trust. But if you're using the evidence that's in front of you, it's really hard for that person to wiggle out of it. Use that to your advantage. Sometimes when people ... are really struggling with meds, with sleep, with finances, that could mean that they might be thinking about suicide."

It's also important that the concerned friend understand that simply listening and caring is typically more helpful than delivering the veteran a barrage of options to try. "Listen to support not to solution," Chapman said. "It is so tempting to throw all the great resources that we know about – to say, like, 'You're struggling with a job? Here's this. You need a therapist? Here's this. Housing?' Whatever. It's so easy to do that. But when you're in that moment of crisis, your brain goes to a pinhole view. It is so overwhelming to think of all the what-ifs."

"There is also no guarantee that those resources are going to fix anything, especially if that person is not in the right head space to receive all of that information. We are all in this field of service because we are fixers, and we want to help people, we want to give back ... but when we are talking about suicide, try as hard as you can to dial back your fixer brain and just be supportive. Just validate the pain that they are talking to you about – the crap that they have been through to lead them to the point of thinking about killing themselves. It's not as easy as one resource ... If there was an easy solution, they would have already done it."

When directly approaching a veteran with questions about suicide, Gray and Chapman said it's important to take up the conversation in private. "If you get a yes, you're going to be talking for a while."

"Make sure you're in a good place to have the conversation," Gray said. "Make sure it's private, so they are not looking over their shoulder to see who is listening."

Gray and Chapman also said a "well-rounded system of support" involving other peers or peer-based programs like VA Vet Centers, veterans service organizations or other similar resources can help – keeping the burden from falling onto the shoulders of just one support person. "It can't be just you. We are not on call 24/7, and that's not good for the person at risk, either." If the veteran says he or she is not comfortable with anyone else, that's a time to look for outside support. "They need more than one option."

Stigma about seeking help from agencies or other formal services can be an obstacle for many veterans, they said. "Peer support saves lives," Chapman said. "Peer support changes lives. It saves lives. Feeling understood without having to give a lot of context is huge. That's what's unique about the military and veteran population – that kind of instant understanding without having to explain too much."

Gray added that veterans on campus, or elsewhere, will want to not only know about local resources for support if the time comes when outside help is necessary, but supporters should personally visit them and make sure they know their hours and exact locations. At a time of crisis, a "sense of community" on campus and nearby, with other trusted veterans, "can be life-saving," Chapman said. "I think we don't give enough credit to peer support that's available. We often think when it comes to mental health or suicide, this is a mental health problem, this is a counselor or a therapist issue, or I'm not qualified to do this. The reality is that people who are struggling with suicide just need somebody they can talk to. They are looking for some connection to someone who is not going to judge them. It's not easy what you're dealing with."

Most important, they agreed, is to "be more intentional in your conversations with people, so that we're not avoiding conversations that might be hard. It is hard. But their life is more important than that temporary feeling of 'I don't know what to say.' And if somebody is talking with you about this stuff, they don't expect you to be the expert. You're a person. You're a peer. You're somebody they know from school. If they wanted to talk to a clinician, they would go to a doctor. They're talking to you because you're a person that they can relate to who they can trust."



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## National Commissions and Committees

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Chairmen wishing to have reports published should email them to [jeffvrabelsr@gmail.com](mailto:jeffvrabelsr@gmail.com) to be included. All meeting information subject to change.

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### Americanism Commission

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*Chris Casey, Chairman*

Third Monday Bi-Monthly

October 16, 2023 | December 18, 2023

February 19, 2024 | April 15, 2024

June 17, 2024 | August 19, 2024

7:30 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 935 4066 0918 | Passcode: 571 659

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### Century Committee

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*Joe Gladden, Chairman*

Second Tuesday Bi-Monthly

October 10, 2023 | December 12, 2023

March 13, 2024 | April 9, 2024

June 11, 2024 | August 13, 2024

7:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 919 4714 3789 | Passcode: 241 429

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### Child Welfare Foundation Committee

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*Mark Nave, Chairman*

Third Tuesday Bi-Monthly

September 21, 2023 | November 16, 2023

January 18, 2024 | March 21, 2024

May 16, 2024 | July 18, 2024

7:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 984 7031 4786 | Passcode: 780 858

My fellow members of the American Legion family,

I hope you all had a fantastic Holiday season! But now it is time to get back to work on achieving our goals for this year. American Legion charities are important for all of our members and their families! CWF, NEF, VCF, Fisher House, and Homeless Veterans, plus others that we support.

The Child Welfare Foundation is here to help our families and their children in many ways. The Sons are the largest contributor to this fine charity, and we are shooting for the Ten Million Dollar plateau during 2024. We would like to thank all that have donated this year. Let's continue to bring in these donations, and as Chairman Nave says, be creative on how you raise these funds. Our goal is one dollar per member, and as of the last report, we are at 43 cents per member nationally. We need to step it up!

Four grants were given out last year totaling \$684,050.00. Our next Zoom national business meeting is March 18 at 8 :00 p.m.

Don't forget the CWF fiscal year ends on May 31, 2024, so all donations must be in by that date to be credited to the current year.

Please to continue to donate!

*Sandy Lipman, Vice-Chairman*  
National Child Welfare Foundation Committee

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### Children & Youth Committee

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*Joseph Lohman, Chairman*

Second Monday Bi-Monthly

September 11, 2023 | November 13, 2023

January 8, 2024 | March 11, 2024

May 13, 2024 | July 8, 2024

7:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 951 1622 6587 | Passcode: 799 095





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## Finance Commission

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*William G. Hill, Chairman*

Third Thursday as scheduled

September 21, 2023 | February 15, 2024

April 10, 2024 | July 18, 2024

8:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 966 1733 0121 | Passcode: 463 702

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## Internal Affairs Commission

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*Christopher Michel, Chairman*

Fourth Thursday Bi-Monthly

October 26, 2023 | December 28, 2023

February 22, 2024 | April 25, 2024

June 27, 2024 | August 22, 2024

6:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 932 2650 4089 | Passcode: 725 519

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## Legislative Commission

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*Blair Miles, Chairman*

Second Thursday Bi-Monthly

October 12, 2023 | December 14, 2023

February 8, 2024 | April 11, 2024

June 13, 2024 | August 8, 2024

7:30 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 937 1376 7924 | Passcode: 172 912

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### Why we need to renew the Monroe Doctrine

Alan W. Dowd | January 4, 2024

The Monroe Doctrine just celebrated its 200th birthday. The anniversary was overlooked by most Americans – and understandably so, given Putin's war in Europe, Xi's [outlaw behavior](#) and [outright aggression](#) in the Indo-Pacific, and the Iran-Hamas-

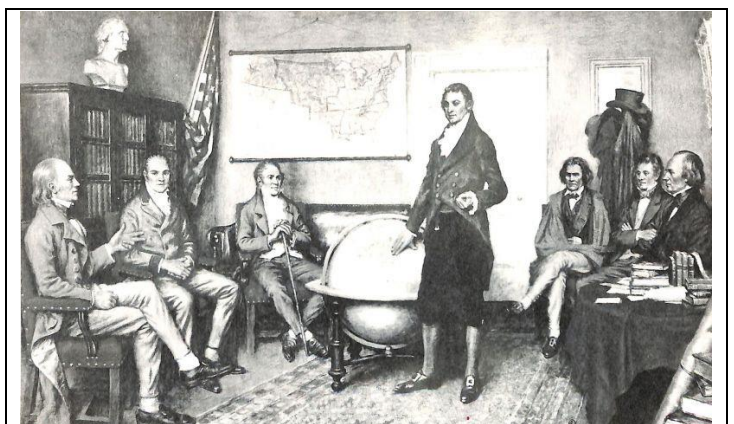
Hezbollah-Houthi war in the Middle East. Yet those security challenges in the Middle East, Indo-Pacific and Europe affect the security of this hemisphere – and so does the Monroe Doctrine.

**Brothers.** In the early 1820s, with the Russian Empire eyeing parts of North America and the Spanish Empire reeling from revolutions in South America, “it was not at all certain that the newly independent republics to the south would be able to retain their sovereignty, and there was even talk that France, Austria and Russia might help Spain restore it, or perhaps attempt to assume it themselves,” historian John Lewis Gaddis explains. “The British, alarmed by this prospect, had suggested a joint Anglo-American statement ruling out future European colonization in the Western Hemisphere.”

Instead, President James Monroe issued his own statement. Largely crafted by Secretary of State John Quincy Adams, the [Monroe Doctrine](#) put the Eastern Hemisphere's empires on notice.

“With the governments who have declared their independence and maintained it ... we could not view any interposition for the purpose of oppressing them, or controlling in any other manner their destiny, by any European power in any other light than as the manifestation of an unfriendly disposition toward the United States,” Monroe declared. “It is impossible that the allied powers should extend their political system to any portion of either continent without endangering our peace and happiness.

“The American continents are henceforth not to be considered as subjects for future colonization by European powers,” he added.



The Birth of the Monroe Doctrine, 1823

Monroe and Adams arrived at that conclusion not because the United States opposed all things European, but because the United States opposed the “political

system” of European powers – a system which was “essentially different” from ours.

While Monroe sought to keep Europe’s alien political systems out, some of his successors used his doctrine as an excuse to intervene in our neighbors’ internal affairs. U.S. forces intervened repeatedly in Haiti and Cuba. U.S. troops deployed to the Dominican Republic, Panama, Honduras, Nicaragua, and Mexico. The United States supported a coup in Guatemala, backed a thuggish regime in Argentina and supported a military junta in Chile.

Many of these interventions triggered hostility toward the United States. But it could be argued these episodes flow from a distortion – rather than a proper application – of what Monroe intended. Recall that Monroe championed the independence of “our southern brethren” and opposed efforts aimed at “controlling ... their destiny.” Many U.S. interventions have been in response to our neighbors’ calls for help.

The Spanish Empire’s brutal treatment of Cuba in the 1890s outraged the American people. “The fact that many believed they could do something,” historian Robert Kagan observes, “helped convince them they should do something, that intervention was the only honorable course.”

During the Cold War, U.S. assistance helped steer most of this hemisphere away from the prison yard of communism. Underscoring the Monroe Doctrine’s role in development, President Harry Truman called it “a Marshall Plan for the Western Hemisphere.” A decade later, the entire hemisphere came together to oppose Castro and Khrushchev.

In a happy reversal of earlier episodes, recent decades have seen U.S. interventions to [restore](#) democracy and [oust](#) dictatorships.

Working together, the Americas have crafted mutually beneficial trade partnerships: NAFTA/USMCA, the U.S.-Colombia Trade Promotion Agreement, the U.S.-Chile Free Trade Agreement, CAFTA-DR, the U.S.-Peru Free Trade Agreement, the U.S.-Panama Trade Agreement.

The Mérida initiative and the Plan Colombia partnership helped contain the scourge of drug cartels.

The United States devotes enormous resources to disaster response throughout the Americas:

- The United States has poured [\\$523 million](#) into Latin America and the Caribbean to fight COVID-19.
- In the wake of hurricanes Irma, Maria, Iota and Eta, U.S. troops delivered thousands of tons of supplies, tens of thousands of gallons of desalinated water, and tons of temporary-shelter systems; evacuated and treated thousands of people; and transported aid workers into the disaster zones.
- After the [2010 earthquake](#) in Haiti, U.S. forces reopened Haiti’s main airport; rescued the trapped and injured; repaired ports, bridges and critical infrastructure; provided security assistance; and delivered humanitarian aid. The [U.S. task force](#) saved tens of thousands of Haitians.

In these examples, we see what Monroe envisioned: a true spirit of brotherhood, more secure neighbors, a more stable hemisphere.

**Crosshairs.** Today, as when Monroe issued his doctrine, the Western Hemisphere is in the crosshairs of unfriendly political systems.

Beijing cajoled [Colombia](#) into a “strategic partnership” in 2023. Beijing has a stake in Ecuador’s oil and mining reserves, Brazil’s oil fields, Peru’s and Bolivia’s mines, Venezuela’s oil sector and Argentina’s transportation system. Beijing is building schools in Uruguay, completing a port in Peru and [managing](#) both ends of the Panama Canal. Plus, China is the [primary provider](#) of 5G systems throughout Latin America, exposing our neighbors to massive intelligence vulnerabilities.

That brings us to the military strings attached to China’s largesse. PRC personnel are [manning](#) a military satellite-tracking facility in Argentina. PRC forces have [conducted](#) joint military maneuvers in Peru; joint naval maneuvers with Chile, Argentina and Brazil; and military exchanges with Brazil, Mexico, Suriname and Chile. [Bolivia](#) has a military cooperation agreement with Beijing. Beijing has delivered rocket systems to Peru; surface-to-air missiles (SAMs) and artillery to Bolivia; SAMs and anti-tank missiles to Ecuador; and infantry fighting vehicles, missiles and helicopters to Venezuela -- [\\$629 million](#) in weapons to Caracas since 2006.

And then there’s Cuba. It was [revealed](#) in 2023 that China opened an intelligence-gathering facility on that imprisoned island in 2019. Beijing is now laying the [groundwork](#) for a military-training facility on Cuba’s northern coast.

Ecuador, Bolivia, and Argentina have granted Russia access to their [airspace and ports](#). Russia has military-training agreements with Venezuela, Nicaragua, and El Salvador. In 2015, Russia and Peru inked an [agreement](#) enfolding cooperation in defense and economic development.

Venezuela fields [Russian](#) shoulder-fired [SAMs](#), tanks, armored vehicles, fighter-bombers and attack helicopters.

Nicaragua in 2022 [authorized](#) the deployment of Russian aircraft, ships and troops on its territory. Moscow stood up a [satellite station](#) in Nicaragua in 2017, and Moscow donated dozens of [tanks](#) to Nicaragua in 2016.

Tehran has opened 80 cultural centers in Latin America. Doubtless, some are used as cover for Iran's top export: terrorism. In late 2023, Brazilian authorities moved against a [Hezbollah](#) cell that was [planning](#) attacks in the country against Jewish targets. [Companies](#) based throughout Latin America have been sanctioned for laundering money for Hezbollah, which receives \$700 million annually from Tehran.

Iran is shipping [drones](#) to Bolivia. High-level military officials from Iran and Nicaragua have openly discussed [military cooperation](#). Iranian warships have visited [Brazil](#). Iran has [delivered](#) anti-ship missiles and fast-attack boats to Venezuela. In 2022, Iran and Venezuela signed a long-term [pact](#) enfolding defense exchanges and energy development.

**Messages.** A decade ago, Washington's [message](#) was that the era of the Monroe Doctrine is over. The above litany reveals the consequences of that approach.

Perhaps there's a happy medium between scrapping the Monroe Doctrine and misusing it. Indeed, it seems the United States and its Western Hemisphere partners would be better served renewing Monroe's vision. Call it "Monroe 2.0."

Monroe 2.0 shouldn't be a pretext for U.S. intervention. Rather, like the original intent of Monroe and Adams, it should be a shield against intervention by external powers whose political systems are "essentially different" from that of the Americas. Washington should emphasize that just as the nations of South and Central America are not U.S. colonies, they should not allow themselves to become Chinese or Russian colonies. They should reject -- for their sake, for their security, for their sovereignty -- arrangements with Beijing, Moscow or Tehran that would

erode their independence. After all, "partnership" with these ruthless regimes never ends well. See muzzled Hong Kong, brutalized Xinjiang, suffocated Belarus, occupied Donetsk, rubble Yemen, smashed Syria.

Monroe 2.0 would make it clear that the Americas don't oppose all things Russian or Chinese, but that we are opposed, as Monroe explained, to the "political system" of these powers. (As President John Kennedy explained, "If there is one principle which has run through the long history of this hemisphere, it is our common determination to prevent the rule of foreign systems or nations in the Americas.") The Monroe Doctrine was deft in its vagueness about consequences. Washington would do well to give itself similar room for maneuver in enunciating Monroe 2.0. Still, if China, Russia, or Iran force Washington to brandish the big stick, it should be directed into their neighborhoods, thus shielding this hemisphere from conflict and further encroachment.

Related, Monroe 2.0 could emphasize to Beijing and Moscow that while the Americas welcome efforts to conduct trade in this hemisphere, we look unfavorably upon the sale of Chinese and Russian arms in this hemisphere, the basing of Chinese and Russian military assets in this hemisphere, and any attempt to export their form of their business-suit autocracy into this hemisphere. To borrow Monroe's genteel language, those are "unfriendly" actions "endangering our peace and happiness."

Finally, the definition of "our" should be broadened in Monroe 2.0 to include all the freedom-loving nations of this hemisphere. Indeed, to underscore that Monroe 2.0 marks something new, democratic leaders from throughout the hemisphere could join together to issue such a statement of shared principles.

**Actions.** The words of Monroe 2.0 would need to be underscored by actions.

Washington must stop taking the Western Hemisphere for granted. That begins with diplomacy, but diplomacy presupposes having diplomats. The American Foreign Service Association keeps a [tally](#) of ambassador-post vacancies. Of the 27 countries without a confirmed U.S. ambassador, nine are in this hemisphere. That sends a terrible signal to friend and foe. Diplomats are needed to articulate U.S. interests. Diplomats are needed to ask our neighbors, "Where are Russia, China and Iran when disaster strikes?" And diplomats are needed to remind our neighbors where the United States is when disaster strikes.



Total U.S. trade with Mexico, Central America, South America, and the Caribbean is \$1.5 trillion annually (double U.S. trade with China). Yet Washington has allowed trade [deals](#) in the Americas to [languish](#), leading some to turn to Beijing.

Washington should be proactive on hemispheric security, building on successful partnership-oriented models in Colombia. But that presupposes U.S. military capacity, which serves as [another argument](#) for a more sizable, more sustained commitment to defense spending. Russia is on the march. China is on the rise. Iran is setting the Middle East on fire. And all three are on the prowl in Latin America. Yet the United States is spending just over 3% of GDP on defense – not enough to deter our enemies or protect our hemisphere.

The origin of the threats may change, but the principles of the Monroe Doctrine remain an important guide for the security of our hemisphere. Washington should use it as a roadmap in dealing with hostile political systems that are challenging yet again “our peace and happiness.”

## Member Training & Development Committee

*Michael Cotton, Chairman*

First Monday Bi-Monthly

September 4, 2023 | November 6, 2023

January 1, 2024 | March 4, 2024

May 6, 2024 | July 1, 2024

8:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 957 9605 2218 | Passcode: 528 704

The National Organization of the Sons of The American Legion invites you to participate in the Pilot Launch of SAL University (SAL U) to be held in Indianapolis, Indiana on May 2-3, 2024.

No more than 12 applications will be accepted for this initial program. Those selected will be asked to provide a comprehensive evaluation of content, presenters, and structure.

Please review the requirements and application process, and forward to those in your Detachment and Squadron who may benefit from attending.

Thank you.

*Editor's note: The information related to this new program is included in this edition.*

## Membership & Squadron Activities Committee

*Daryl VerStreate Jr., Chairman*

Third Tuesday Bi-Monthly

September 19 2023 | November 21, 2023

January 16, 2024 | March 19, 2024

May 21, 2024 | July 16, 2024

8:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 989 3388 3350 | Passcode: 546 900

The current SAL membership report can be accessed on the national website at [www.legion.org/membership/standings](http://www.legion.org/membership/standings).

**SAL Online Renewal** - members can login and renew direct via [www.myLegion.org](http://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, Chairman*

Second Tuesday Bi-Monthly

September 12 2023 | November 14, 2023

January 9, 2024 | March 12, 2024

May 14, 2024 | July 19, 2024

7:30 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 953 4866 3402 | Passcode: 670 002

# Public & Media Communications Committee

*Kevin Chaplin, Chairman*

Fourth Tuesday Bi-Monthly

October 24, 2023, | December 26, 2023

February 27, 2024 | April 23, 2024

June 25, 2024 | August 27, 2024

7:00 p.m. Eastern | [Join Zoom Meeting](#)

(877) 853-5257

Meeting ID: 914 4414 8114 | Passcode: 977 759

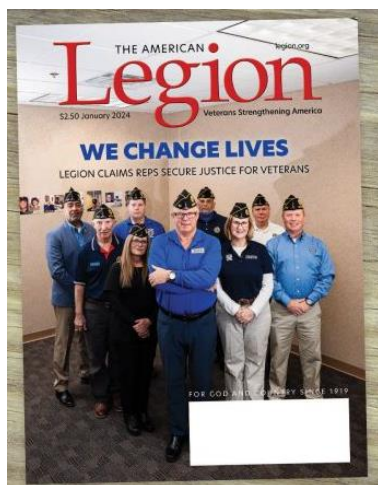
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## 'We change lives': January magazine highlights work of American Legion appeals reps

The American Legion | January 3, 2024

The January issue of *The American Legion Magazine* is now online, with feature stories on the difference American Legion representation makes for veterans and their families, the Israel-Hamas war and more. The clickable digi-mag is available through [MyLegion.org](http://MyLegion.org).

- At a [special event](#) Oct. 3 at The American Legion's John H. Geiger Operations Center (GOC) in Indianapolis, veterans shared stories of life-changing assistance from Veterans Affairs & Rehabilitation (VA&R) staff in successfully filing or appealing VA disability claims. Since 2018, the GOC service office has delivered more than \$195 million for veterans and their families, free of charge. "If it



hadn't been for (Indy-based VA&R team lead Tony Cross), I wouldn't have ended up with any benefits," says Marine Corps veteran Bill Clarke, who for decades dealt with medical and mental health issues related to his Vietnam service. "I love this country, and I love The American Legion."

- In "The Road to Catastrophe," Alan W. Dowd traces the roots of the conflict between Israel and Hamas to Arab rejection of the U.N.'s two-state blueprint in 1947, and the inability of subsequent Palestinian leaders to follow Washington's roadmap to peace. What was a low-grade war changed Oct. 7, when Hamas launched 7,000 rockets and the largest massacre of Jews since the Holocaust, transforming what Israel saw as a manageable security issue "into an existential crisis," Dowd writes.
- In fiscal 2023, American Legion appeals representatives secured more than \$76 million in retroactive compensation for veterans whose claims were incorrectly denied. Couple that success with assistance provided by more than 3,000 accredited Legion service officers across the country, "and the results are jaw-dropping: more than \$16.8 billion in VA disability compensation in 2023," National Commander Dan Seehafer writes. "That is no typo. Billion with a B. [Membership in The American Legion](#) ensures this kind of help for disabled veterans and their families. Donations to the Legion's [Veterans & Children Foundation](#) provide training needed for service officers and appeals reps to do all they do, at no cost to the veteran."

Members can click [here](#) to access the digital magazine.

To join The American Legion and enjoy monthly digital issues of *The American Legion Magazine*, visit [legion.org/join](http://legion.org/join).

### Make sure you're subscribed to *The Millennium*

Don't miss out on any of the news from the Sons of The American Legion and the Legion Family. To receive the monthly national SAL e-newsletter, go to [legion.org/Newsletters](http://legion.org/Newsletters) and log in to subscribe. You'll need your MyLegion account to do so; that gives you access to not only the SAL e-newsletter, but the national American Legion e-newsletters, the Digital Dispatch, membership discounts and much more!

[MyLegion.org](https://mylegion.org) accounts are to be registered with the email address on your individual membership record that National Headquarters has on file. Registering with an email not listed as your primary email will not provide access to membership details, leadership resources or permissions.

To register an account

1. Go to [MyLegion.org](https://mylegion.org)
2. Click "Register" in the upper right-hand corner
3. Enter your email in the Register window and click Next. A Verify Account window opens. Leave this page open. Go to your email and retrieve the OTP (One Time Password).
4. Enter the OTP and click Verify.
5. Click Next and you will be logged in.
6. Go to My Account to view membership details.

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☒ Online Update Deliver To: [EMAIL-HOME.jeffrabels](mailto:EMAIL-HOME.jeffrabels)

☒ SAL Commander's Message Deliver To: [EMAIL-HOME.jeffrabels](mailto:EMAIL-HOME.jeffrabels)

☒ Sons of The American Legion Deliver To: [EMAIL-HOME.jeffrabels](mailto:EMAIL-HOME.jeffrabels)

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## Veterans Affairs & Rehabilitation Commission

*Bruno Williamson, Chairman*

Second Monday Bi-Monthly

November 29, 2023 | December 11, 2023

February 12, 2024 | April 8, 2024

June 10, 2024 | August 12, 2024

8:00 p.m. Eastern | [Join Zoom Meeting](#)

(877) 853-5257

Meeting ID: 971 3717 7471 | Passcode: 712 824

## VA ramps up study of psychedelic to treat PTSD

The American Legion | January 5, 2024

The Department of Veterans Affairs (VA) is requesting applications for proposals from its network of VA researchers, in collaboration with academic institutions, to study the use of certain psychedelic compounds in treating post-traumatic stress disorder (PTSD) and depression.

VA intends to gather scientific evidence on the potential efficacy and safety of psychedelic compounds such as Methylenedioxymethamphetamine (MDMA) and psilocybin when used in conjunction with psychotherapy to treat veterans with PTSD and depression.



This is the first time since the 1960s that VA is funding research on such compounds.

"Our nation's veterans deserve the very best care, and VA is constantly supporting innovations to deliver that," VA Secretary Denis McDonough said. "This is an important step to explore the efficacy of a potential new set of promising treatments that could improve the health and quality of life for veterans."

As with all other VA studies, research conducted on psychedelic compounds will be completed under stringent safety protocols. While these compounds are controlled substances, tightly restricted under



federal law, research on these compounds may be conducted with appropriate regulatory approvals, including those from the Food and Drug Administration (FDA) and Drug Enforcement Administration. The FDA granted breakthrough therapy status for MDMA for treating PTSD and psilocybin for treating depression in (2018 and 2019, respectively) based on promising preliminary research evidence.

In September, more than 75 VA and other federal clinicians, scientists and policy makers gathered in Denver to assess the state of existing scientific evidence regarding psychedelic-assisted therapies. This meeting's working groups provided advice to VA leadership, including the recommendation for VA to begin funding its own studies into these compounds. This guidance was based on [previously published studies](#) that have found promising results but included few or no Veterans. For example, [researchers at Johns Hopkins have shown](#) that psilocybin therapy, given with supportive therapy, can ease symptoms of depression for up to 12 months. Additionally, 86% of participants in a [recent peer-reviewed study](#) achieved a "clinically meaningful benefit" from using MDMA to treat PTSD.

VA researchers have already conducted a limited number of small studies on psychedelics in VA facilities using non-VA funding. This sets the stage for the next step of directly assessing effectiveness and safety of using MDMA and psilocybin-augmented psychotherapy for veterans.

Expanding research on psychedelics to address veteran mental health is also in line with calls from [The American Legion](#) and other veterans service organizations. The National Defense Authorization Act for fiscal year 2024 also authorized the study of psychedelics within military populations by the Department of Defense. With this new announcement, VA will join the National Institutes of Health in supporting research that will yield insights for treating PTSD and depression.

## Veterans Employment & Education Commission

*Jim Coates, Chairman*

Third Tuesday Bi-Monthly

November 19, 2023 | December 21, 2023

February 15, 2024 | April 18, 2024

June 20, 2024 | August 15, 2024

7:00 p.m. Eastern | [Join Zoom Meeting](#)  
(877) 853-5257

Meeting ID: 989 2627 5747 | Passcode: 26060



SONS OF THE  
AMERICAN  
LEGION



AMERICAN  
LEGION  
RIDERS



AMERICAN  
LEGION  
AUXILIARY



Lisa Williamson,  
National President  
The American Legion Auxiliary





# WILD WILLY'S WESTERN Rendezvous

Number 10

## Tuscany Suites & Casino

Reservations 1-877-887-2261  
Room Rates to be Determined  
SAL Rendezvous Reservation Code: 01245ons

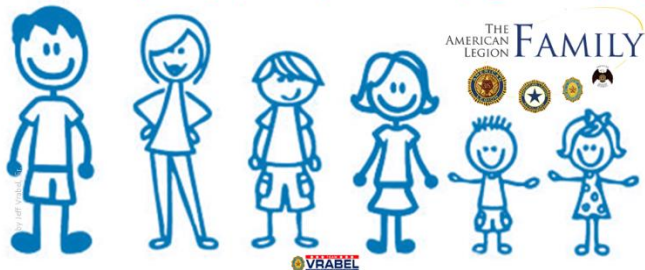
Social Gathering @ Pub 365, Your Cost On Friday Night, January 26th, 2024  
Leadership Training On Saturday, January 27th, 2024  
Lunch Is Served During Lunch Break On Saturday  
Saturday Night Dinner Planned at a Local Restaurant, Your Cost

**Pre-Registration Fee for event will be \$20.00 until August 31st, 2023**  
**Registration Fee starting September 1st, 2023 will be \$40.00 until December 31st, 2023**  
**There will be an additional \$5.00 Late Fee from January 1st, 2024 until the event**

Contact Jim Stewart to Register for the event  
Let's have some fun in the sun -

Contact: Jim Stewart: (775) 848-6072 | controller@bordertowncasinorv.com

OUR FAMILY IS PART OF THE FAMILY!



### Sons of The American Legion Membership Application

Detachment of \_\_\_\_\_ Squadron No. \_\_\_\_\_ Birth Date \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Recruited by \_\_\_\_\_ (First) (Initial) (Last) (Initial) (Last)

Address \_\_\_\_\_ (Street) \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip)

E-mail Address \_\_\_\_\_ Telephone \_\_\_\_\_

Veteran through whom eligibility is established \_\_\_\_\_

(a) Above is a member in good standing of Post No \_\_\_\_\_, Dept. of \_\_\_\_\_

OR (b) Above is a deceased veteran who served honorably from \_\_\_\_\_ to \_\_\_\_\_

(c) Relationship of Applicant to Veteran \_\_\_\_\_

I hereby subscribe to the Constitution of the Sons of The American Legion, apply for membership, and transmit \$ \_\_\_\_\_ as annual membership dues.

Signed \_\_\_\_\_ (By Applicant or Parent)

Eligibility certified by \_\_\_\_\_ (Post Adjutant) \_\_\_\_\_ 00-001 (2013)

### RECEIPT

Date \_\_\_\_\_

Received of \_\_\_\_\_

**For God and Country** \_\_\_\_\_

\$ \_\_\_\_\_ in payment of dues for 20 \_\_\_\_\_ in

Squadron \_\_\_\_\_, Detachment of \_\_\_\_\_

By \_\_\_\_\_

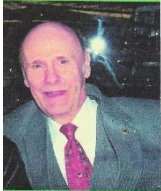




# Squadron Everlasting

to have a member's information  
listed here, please send to  
[jeffvabals@gmail.com](mailto:jeffvabals@gmail.com)

## David Esten Sargent



David Esten Sargent, 81 of Stockton, passed away peacefully on Friday, Dec. 29, 2023.

Born March 13, 1942 in Erie, PA a son of the late Walter Francis and Leona Mae Thompson Sargent.

Devoted husband of 54 years to Eva Mae Hallett Sargent who he married Aug. 16, 1969; father of Leona (Steve) Black, and David (Donna Oyer) Sargent, Jr.; step-father of, Sue (late Kevin) Attridge, Grace (Ernest) Hill, Beverly (Dwayne) Hallett, Dalbert (Connie), Alvin (Sue) and the late James (Yvonne) Myers; grandfather of 28 including the late Nicholas Paul Sargent; great-grandfather of 46; great great-grandfather of 4; brother of the late Thelma, Gloria and Walter; best friend of the late Paul Ligamari, who died in Vietnam. Also survived by nieces and nephews.

David was a United States Army Veteran and a member of the Sons of the American Legion Post 777, Lakewood.

He was retired from Titan X/Valeo/Blackstone. He was a General Ham Radio Operator, which he used for Civil Defense and was a volunteer for Civil Air Patrol, President of the Local Citizens Band Radio Club and was also involved with other community groups including the Boy Scouts of America.

He loved to travel with his wife to visit family and friends. Their travels took them to all 50 states, Puerto Rico, and Europe. He loved exploring lighthouses visiting a large number in the continental United States.

A memorial service will be announced in the Spring.

The family requests donations to the DAV or a veteran agency of your choice.

Arrangements by Jordan Funeral Home, Sinclairville. Condolences to: [www.jordansinclairville.com](http://www.jordansinclairville.com).

## Paul A. Dupont



Paul A. Dupont, 68, resident of Milford, NH, died on December 21, 2023, at the Catholic Medical Center, Manchester, NH, after a period of declining health.

He was born on September 9, 1955, in Nashua, NH, a son of the late Armand and Theresa (Therault) Dupont.

Paul was raised and educated in Milford and later worked for many years in the granite quarries and construction trade; for a period, he was self-employed and owned Dupey Construction. He enjoyed the time spent with his friends and family. His favorite past-time was traveling to Vermont where he would frequent a small cabin he built.

In addition to his parents, he was predeceased by his infant sister, Donna Jean, who was born 9/9/56 and died 9/10/56.

He is survived by his three siblings; Deborah Dupont of Nashua, NH, Michael Dupont also of Nashua, NH, and Colonel Joseph Dupont, US Army Retired, of Maryland; a live-in companion and partner of 25 years, Myra Devine, who cared for him until the very end; nieces and nephews, and countless cousins.

Paul was a member of the Milford VFW Auxiliary Post 4368, and Sons of the American Legion Post 23. He is best known for his charitable contributions and benefits to the Army National Guard prior to deployments. He operated a side business, BBQ's Plus, with several of his friends. Their specialty was pig roasts. They would donate proceeds, annually, on Labor Day, to Jerry's Kids, Muscular Dystrophy Association. He also participated in the Labor Day Parade and won several trophies for Best Float.

In accordance with his wishes there are no formal services. A Celebration of Life is scheduled for February 3, 4:00 PM, at VFW Post 4368, 1 VFW Way, Milford, NH. The burial will be at a later date.

Arrangements are in the care of the Smith & Heald Funeral Home, 63 Elm Street, Milford, NH 03055. To share a memory or offer a condolence please visit [www.smith-heald.com](http://www.smith-heald.com) for more information.

## Jarred Meinders



Milan, Ind. - The Batesville Fire Department, Delaware Volunteer Fire Department, family, and friends are mourning the loss of Jarred Dean Meinders.

Meinders, the Delaware Fire President, passed away unexpectedly on December 30 at his home in Milan. He was 48.

Aside from serving as president of Delaware Fire, Meinders was a member of Batesville Fire and EMS, Sons of American Legion in Milan, the Ripley County Health Department Advisory Board, and judged 4H projects in various counties. Meinders also worked for Southeastern Indiana REMC in generator installation and service.

Family and friends may gather in remembering Jarred from 4:00-7:00 PM, Tuesday, January 2, 2024, at the Laws-Carr-Moore Funeral Home in Milan. The Sons of American Legion will have a walkthrough at 7:00 PM, followed by a service held by the local volunteer fire departments. A funeral service will be held at 10:00 AM, January 3, 2024, also at the funeral home, with Father Shaun Whittington officiating. Burial will follow at St. Paul Lutheran Cemetery. Memorials may be given in honor of Jarred to the Delaware Fire Department or Ripley County 4H Corporation.

Laws-Carr-Moore Funeral Home has been entrusted with arrangements: 707 S. Main St., PO Box 243, Milan, IN 47031; (812) 654-2141.

Please visit our website at [www.lawscarrmoore.com](http://www.lawscarrmoore.com) to share your condolences and memories of Jarred.

## Robert L. Farrell



OSWEGO - Robert L. Farrell, 86, of Oswego, passed away surrounded by his loving family on December 31, 2023.

Born in Manhattan, NY, he was the son of the late Edward and Louise (LeRoy) Farrell.

He worked as a warehouse supervisor at Alcan for more than 30 years and retired in 1992.

Robert was a loving and devoted husband, father, and grandfather. Family time was most important. He especially loved his summers with his family in Fair Haven, and he enjoyed attending his children's and grandchildren's sporting events. Robert was very active in the Oswego Community. He was a member of the Ancient Order of the Hibernians, the Elks Club, the Knights of Columbus, and the Sons of the American Legion. Robert was a standout athlete, lettering in four sports at Oswego High School. He was proudly inducted into the Oswego High School Sports Hall of Fame and also the Oswego Softball Hall of Fame. He also volunteered his time as a CYO and Pop Warner Football coach for many years and spent time as the CYO president as well. Robert was an avid Yankee Fan. He even watched DiMaggio play and attended Babe Ruth's funeral.

Robert is survived by his loving wife, of more than 67 years, Theresa, and children, Robert (Michelle) Farrell, Kevin Farrell, and Cathy (Patrick) Clancy. He also leaves behind his beloved grandchildren Robert E. Farrell (Kelle), Thomas Farrell (Jenn), Kelsey Rose (Ryan), Morganne Farrell, Ryan Clancy (Corinne), and Theresa Hoffman (Tyler), and great-grandchildren Haylee, Robert, Audrie, Evelyn, and Nora.

In addition to his parents, he was preceded in death by his brother James Farrell, and sister Mary Louise McTighe.

Calling hours will be held on Friday, January 5th from 3-6 pm at Nelson Funeral Home, 11 West Albany Street. A Catholic Funeral Mass will be held at Christ the Good Shepherd on Saturday, January 6, 2024, at Noon. Burial will be in St. Peter Cemetery.

In place of flowers, donations can be made in Robert's name to a charity of one's choice.



Arrangements are under the caring guidance of Nelson Funeral Home.

### Richard George Wright Sr.



Concord, NH - Richard "Dickie" G. Wright, Sr., of Concord, New Hampshire, passed away Wednesday, December 27, 2023, at Concord Hospital after a long illness.

Born August 19, 1942 in Somerville, Massachusetts to James A. Wright and Gretchen (Woodhams) Wright. Dickie (as he was known to his friends and family) moved to Penacook, New Hampshire at the age of 11.

He attended Penacook High School and was a longtime member of the Sons of the American Legion, Post 31, Penacook, New Hampshire.

Dickie was predeceased by his parents, his brother, James S. Wright, Sr. and his nephew, Michael A. Durgin.

Dickie was extremely talented man. There was very little he could not do. He was an amazing artist, whether it be lettering a sign, a truck, billboard, the Concord Police Department's vehicles, etc., or free-hand pin striping, his artistic abilities were endless. He was also a musician; he could pick up most any instrument and play it like it was second nature. He was a bass guitarist and singer with the Franklin Falls Junction Band and several other bands. His earlier musical endeavor included the Drum and Bugle Corps. with his dad, "Pop", as a snare drum player for the Concord VFW Post 1631. His cooking skills were well above par and one of his many loves. He was known for his quick wit, a joke, magic tricks, made up songs and stories that would make people laugh until they were crying.

Dickie is survived by his wife, Sandie L. Wright, his sisters, Gretchen (Wright) Muzzey and her husband, Dana, of Loudon, Leslie P. (Wright) Durgin and her husband, Richard, of Penacook, and his brother Stephen D. Wright and his wife, Sandi of Keystone Heights, Florida. His children, Richard G. Wright, Jr., of Kennewick, Washington, Steven D. Wright, of Concord, New Hampshire, and Dyan L. (Wright) Farrin of Penacook, New Hampshire. His grandchildren, Melissa B. Wright, Christopher C. Wilson, Amber L. Gelinias, Joshua J. Wright, Jessica M. Wright, Jayden N. Wright and Tanner K. Wright and great

grandchildren, Mason A. Poliquin and Anders C. Chiricosta and several nieces and nephews.

A celebration of life will be held at the American Legion, Post 31, 11 Charles Street in Penacook on January 10, 2024, from 1:00 to 4:00.

In lieu of flowers, donations may be made in his memory to [The Michael J. Fox Foundation \(michaeljfoxfoundation.org\)](https://www.michaeljfoxfoundation.org).

Published by Concord Monitor on Jan. 3, 2024.

To plant trees in memory, please visit the [Sympathy Store](https://www.sympathy.com).

### John G. Baldwin



WELLSVILLE - John G. Baldwin, 59, of Scott Avenue, passed away Friday (Dec. 29, 2023) at the Hart Comfort House, with his sisters by his side.

He was born June 15, 1964, in Wellsville, the son of the late John R. and Patricia A. Dennis Baldwin.

John was a graduate of Immaculate Conception School, and a 1982 graduate of Wellsville High School. He earned his associate degrees from Hilbert College in Hamburg and Alfred State College.

Following his education, he began his career with John R. Baldwin Plumbing and Heating until his father's retirement, then transitioned to the second shift at Dresser-Rand as a pipe fitter.

He was a member of the International Association of Machinist and Aerospace Workers, Local 1580, "The Power Behind the Power."

Outside of his employment he was heavily involved in the Wellsville Community, being a long-time member of the Emerald Hook and Ladder Company 3, Benevolent and Protective Order of Elks Lodge 1495 and Sons of the American Legion Squadron 702.

John was a previous coach and assistant coach for both J.V. and varsity softball at Wellsville High School, leading teams to winning several Section V championships. He was committed to the girls that he coached - these were his 'glory days.'

He was a loyal fan of the New York Mets and the Buffalo Bills.

He is survived by two sisters, Mary Ann (George) Newark of Andover

and Margaret Pinney of Wellsville; niece and nephews, Padden Newark, Kayla (Ridge Mack) Pinney and Michael (Rosina Walsh) Pinney; a plethora of beloved cousins; and many special friends, including Kelly Elliott, Gary Pinney, and strong core of life-long childhood friends.

Friends are invited to A Mass of Christian Burial to be celebrated at 11 a.m. Thursday (Jan. 4, 2024). The burial will be in Sacred Heart Cemetery.

Please consider memorial donations to The Allegany County Comfort House, 141 E. State St., Wellsville, NY 14895; the Emerald Hook and Ladder Company, 40 S. Main St., Wellsville, NY 14895; or the Elks Scholarship Fund, 77 E. Pearl St., Wellsville, NY 14895.

To leave online condolences please visit [www.embserfuneralhome.com](https://www.embserfuneralhome.com).

"Fly High Coach! Mr. Cady has the score book waiting for you!"

Published by Olean Times Herald on Jan. 2, 2024.

To plant trees in memory, please visit the [Sympathy Store](https://www.sympathy.com).

### Francis X. Maguire



Francis X. Maguire, 89, of Binghamton, NY, passed away peacefully at home on December 21, 2023, with

his family by his side.

He is predeceased by his parents, James T and Constance (O'Kon-sky) Maguire, his sister Patricia Miner, Catherine Applegate, Marie Allen, Joan Mecca, and son-in-law James I. Shelp, sister-in-law and brother-in-law Pat and Rose O'Connell and his beloved dog Baccardi.

Fran is survived by their beloved wife, Kathryn, of 63 years, son, James P. Maguire, and daughter, Maureen Shelp. His grandchildren he loved deeply, Ryan Shelp (Harmony Seymour), Kati-Ellen Sorochman (Cameron), Steven Shelp (Morgan McElhaney), Burgundy Shelp, and his new great-grandson Noah James Sorochman. His brother, James T Maguire (Willie), and sister, Angela Cooney (Verne). His sisters-in-law Helen and Andy Cohen, Paula and George Welch, and brother-in-law John Fidurski. As

well as several nieces and nephews.

Fran retired from IBM after 30 years working on the 3890 Bank Machines. He was a member of The Sons of the American Legion Post 1645. Fran enjoyed spending time with his grandchildren when they visited. He was the life of the party and made others laugh. In his younger years, Fran would always be found with a can of "Genny" in his hand. He also loved his usual lunch of boiling hot Spaghetti O's.

In lieu of flowers, please donate to the American Diabetes Association at 6390 Fly Rd. Unit 2 East Syracuse NY 13059 or American Heart Association at [www.heart.org](https://www.heart.org).

Viewing hours will be at Thomas J Shea Funeral Home Inc. 137 Robinson St. Binghamton NY, on January 4, 2024, from 5-7 and at 7, a short service will follow. Burial will be in the spring at the convenience of the family.

Posted online on December 29, 2023. Published in Press & Sun-Bulletin.

### Rex Beede



Rex Beede, 84, of Sterling passed away December 4, 2023 at home with his family. A memorial service will be held at Tennant Funeral

Home on Saturday, January 6th at 11 am.

Rex was the youngest of four children and was born in Sterling on February 26, 1939 to Amory and Axella (Johnson) Beede. Rex was raised in Crook, CO and attended school there through high school. He then attended NJC for two years

He was employed in the oil fields as an oil engineer until 1984. He then drove truck for several companies until he retired at the age of 70.

Rex married Ellen Waterman on January 3, 1976 and they celebrated 47 years together. He was a member of the Sterling Elks Lodge and member of the Sons of the American Legion. He enjoyed reading, doing word search puzzles and playing games on his tablet.

Rex leaves behind his wife Ellen his sons Craig Beede and girlfriend Nancy Schleusser of Boynton Beach Florida, his son Tim Mazel and wife Bobbi of Ralls, Texas, his daughter Tammy Stratman and husband Trent of [Kearney, Nebraska](https://www.kennebec.com). Also

surviving are 5 grandchildren and 6 great grandchildren, numerous nieces, and nephews.

Rex was preceded in death by his father Amory and his mother Axella, his sister Edna May Domenico and husband Jim, his sister Alice Rewerts and husband James, his brother Howard and wife Bernice, father-in-law Lavern Waterman and mother-in-law Mary Waterman, two nieces and two nephews.

In lieu of flowers, memorials may be made to the Rex Beede Memorial Fund care of Tennant Funeral Home, PO Box 1547, [Sterling, CO](#) 80751.

Published by Journal Advocate on Dec. 29, 2023.

To plant trees in memory, please visit the [Sympathy Store](#).

#### Robert Sherman Amstutz



Robert Sherman "Red" Amstutz, 66, of New Market passed away Saturday, Dec. 31, 2023, at Franciscan Health Crawfordsville.

He was born Sept. 10, 1957, at Lafayette, to the late Leroy Sherman and Jean Ann (Maroney) Amstutz. Robert graduated from Southmont High School in 1975. He was working as a forklift driver at the Penguin Random House. Robert was a member of the Sons of the American Legion. One of his greatest joys in life was spending time with his family. He enjoyed riding his Harley, golfing, watching movies, playing pool, and pitching horseshoes. He is survived by three children, Amanda (Eric) Prine, Heather (James) Amstutz and Rocky Sherman Amstutz; four siblings, Brenda Brazill, Rhonda Sams, Roger (Tina) Amstutz and Kim (Dave) Dittmer; 10 grandchildren, Amber, Siera, Coltin, Aubrie, Herschell, Brooklyn, Hunter, Micha, Maycie, and Delilah; and several step-children, grandchildren, nieces, and nephews.

He was preceded in death by his parents; wife Brenda; and brothers, Tim Brazill and Steve Sams.

Visitation will be held at Sanders Priebe Funeral Care in Crawfordsville on Saturday, Jan. 6 from 11 a.m. until the time of funeral service at 2 p.m. Burial will follow at Alamo Cemetery.

In lieu of flowers, memorial donations may be made in Robert's

memory to Paralyzed Veterans America, P.O. Box 758542, Topeka, KS 66675-8542. Sanders Priebe Funeral Care is entrusted with care.

Share memories and condolences online at [www.SandersFuneral-Care.com](#).

#### Loren J. Schafer



Loren J. Schafer, 71, of Beatrice, passed away Tuesday, January 2, 2024, at the Beatrice Community Hospital.

He was born on September 23, 1952, in Beatrice and grew up in Beatrice. Loren will be remembered as a hard worker and worked for Oldfather's OK Tire Store, Store Kraft, Econofoods, Walmart and then retired from Husqvarna. Loren was a member of the Camaro Club, Eagles, and Sons of the American Legion of Beatrice for 47 years. He enjoyed bowling, golf, softball, and spending time with his grandchildren.

Survivors include his wife, Beverly of Beatrice; daughters, Krista (Andy) Smith and Heather (Jerry) Lukens both of Lincoln; grandchildren, Ben and Grady Smith, Drax Vanover, and Kayla (Garrett) Marshall all of Lincoln; great-granddaughter, Ava Marshall of Lincoln; brother, Neil (Gail) Schafer of Lubbock, TX; sister-in-law, Shirley (LeRoy) Frerichs of Beatrice; brothers-in-law, Larry Hartog of Chandler, AZ, and Roger Hartog of Lincoln; numerous other relatives and friends. He was preceded in death by his mother, Lois Schafer; father, Wayne (Dorothy) Schafer; sister, Judy Hamilton; brother, Jeff Schafer; sisters-in-law, Julie Hartog and Lynn Hartog.

Funeral services will be held at 2:00 P.M. on Saturday, January 6, 2024 at Fox Funeral Home of Beatrice with Rev. Dr. Renae Koehler officiating. Burial will be at the Evergreen Home Cemetery of Beatrice. The body will lie in state at the Fox Funeral Home on Friday from noon until 8:00 P.M. In lieu of flowers, a memorial has been established to the family for future designation. [www.foxfuneralhome.net](#).

Fox Funeral Home and Cremation Services of Beatrice is in charge of the arrangements.

#### Rick Stricker



Rick Stricker, 64 of Charlestown, IN passed away on Sunday, December 31, 2023, at Clark Memorial Hospital.

Rick was born on December 18, 1959, in Scottsburg, IN the son of Clarence Benjamin and Mary J. Stricker. He worked for 29 years for Wyandot and Snyder's-Lance Snacks in Jeffersonville, IN as a forklift and machine operator. Rick was a member of the Sons of the American Legion Charlestown Post 335. He enjoyed taking long drives including trips to the Smokey Mountains a couple of times a year, playing cards, especially Euchre and Poker, shooting pool, and visiting with family and neighbors in his garage, at his home and all were welcome.

Rick is survived by his wife of 37 years Marita Frazier Stricker; mother, Mary J. Stricker of Charlestown; brother, Lorne "Snoop" Stricker; mother-in-law, Carolyn Frazier, New Albany, IN; brothers-in-law, Dean Frazier, Charlestown, IN and Steve DeSpain of New Albany, IN; sister-in-law, Stacey DeArk of New Albany, IN; several nieces and nephews. He was preceded in death by his father, daughter, Erin Stricker; and brothers, Dale, Wade, and Benjamin Stricker.

Life celebration services will be held at 11:00 A.M. on Friday, January 5, 2024, at the Grayson Funeral Home in Charlestown with burial in New Market Cemetery. Visitation will begin on Thursday from 4:00 to 8:00 P.M. and after 9:00 A.M. Friday until the time of service. Expressions of sympathy in memory of Rick may take the form of donations to the [American Cancer Society](#).

To plant trees in memory, please visit the [Sympathy Store](#).

#### Michael H. Lauziere Sr.



Michael H. Lauziere Sr., age 72, resident of [Ashby, MA](#), passed away on January 2, 2024 with his family by his side. He is the loving husband of Florence (Flossy Souther) Lauziere.

Michael was born on September 10, 1951 to the late Henry and Gloria (Ghilardi) Lauziere in [Cambridge, MA](#). Michael grew up in Arlington, MA and graduated from Arlington High School in 1970. He worked at various auto places before starting a career at Raytheon in Waltham and Andover as an electronic technician and engineer and retired after 25 Years only to finish his career at Select Engineering with his son for a final 5 years.

Michael had a passion for Harley Motorcycles. You could find him and Flossy riding every weekend possible with their good friends Mike & Linda Frank or on various fundraising motorcycle runs. When he wasn't riding you could find him playing pool, taking trips to Foxwoods, or watching reruns of the 3 stooges. Michael was a former volunteer fire fighter and former commander of the sons of the American Legion both in Ashby. Mike was also a member of the South End National Club in [Fitchburg, MA](#).

Michael is predeceased by his parents. He is survived by his loving wife of 50 years, Florence (Flossy Souther), his children Michael Jr. and his wife Essty from Ashburnham, MA and his daughter Wendy (Lauziere) Wendling and her husband Eric of [Ashby, MA](#). His children meant the world to him. His grandchildren that he cherished, Nikko Lauziere, Mariana Wendling, Jake Wendling and Lilliana Lauziere. His siblings, Stephen Lauziere and his partner Jacqui King, William Lauziere and wife Jerri, Sandra Seabrook and partner Clem Salvi, Susan Hopkins and husband Bruce, Thomas Lauziere, and wife Robin. HE had many nieces and nephews. He will be missed by all that knew him.

Arrangements under the care of Brandon Funeral Home, 305 Wanoosnoc Rd. [Fitchburg, MA](#) 01420.

Kevin J. Mack, Walter C. Taylor, Melissa A. McQuaid, Funeral Directors.

Family and friends will gather to honor and remember Michael for a period of visitation on Sunday, January 14, 2024, at Brandon Funeral Home, 305 Wanoosnoc Rd. [Fitchburg, MA](#), 01420 from 10:00 am until 1:00 pm. Celebration of Life to follow from 1pm-p.m. at Oak Hill Country Club 840 Oak Hill Rd. [Fitchburg, MA](#) 01420.

[View the online memorial for Michael H. Lauziere Sr.](#)



To plant trees in memory, please  
visit the [Sympathy Store](#).

#### William Charles Loar



PALMYRA –  
William Charles  
Loar, age 67 Pal-  
myra, passed  
away peacefully  
Wednesday,  
January 3,  
2024, at Pro-  
Medica Charles

and Virginia Hickman Hospital.  
He was born in Adrian on Septem-  
ber 18, 1956, to the late Howard Da-  
vid and Lois Elaine (Mason) Loar.  
On August 16, 1975, he married  
Carolyn Duckworth in Blissfield,  
and she survives. Bill served his ap-  
prenticeship and then worked as a  
millwright at the former Tecumseh  
Products until their closing. He  
also farmed his entire life. In his  
free time, he loved to watch John  
Wayne and sing karaoke to any-  
thing Johnny Cash. He was a mem-  
ber of the Blissfield American Le-  
gion, Sons of the America Legion  
Post 325.

Surviving besides his wife, Carolyn,  
are his children, Alicia Hagedorn,  
and Kyle (Michelle) Loar; grand-  
children, Cassandra, Emily, Ash-  
ton, Madeline, Lily, Tyler, and  
Aadan; brothers, Dave (Betty)  
Loar, Don (Linda) Loar, Jim (Su-  
san) Loar, Dan (Vickie) Loar; sister,  
Jennifer (Mike) Roth; and many  
special nieces and nephews. He  
was preceded in death by his par-  
ents.

Memorial visitation for Bill will be  
held on Monday, January 8, 2024,  
from 5:00 – 8:00 PM, at the Ander-  
son-Rudd Funeral Home in Bliss-  
field. Memorial services will be  
held on Tuesday, January 9, 2024,  
at 11:00 AM with visitation begin-  
ning one hour prior, also at the fu-  
neral home.

Online condolences to the family  
may be offered at [www.andersonfuneralservices.com](#). Memorial con-  
tributions may be given to the SAL  
Post 325 in Blissfield. The Ander-  
son-Rudd Funeral Home in Bliss-  
field is assisting the family with ar-  
rangements.

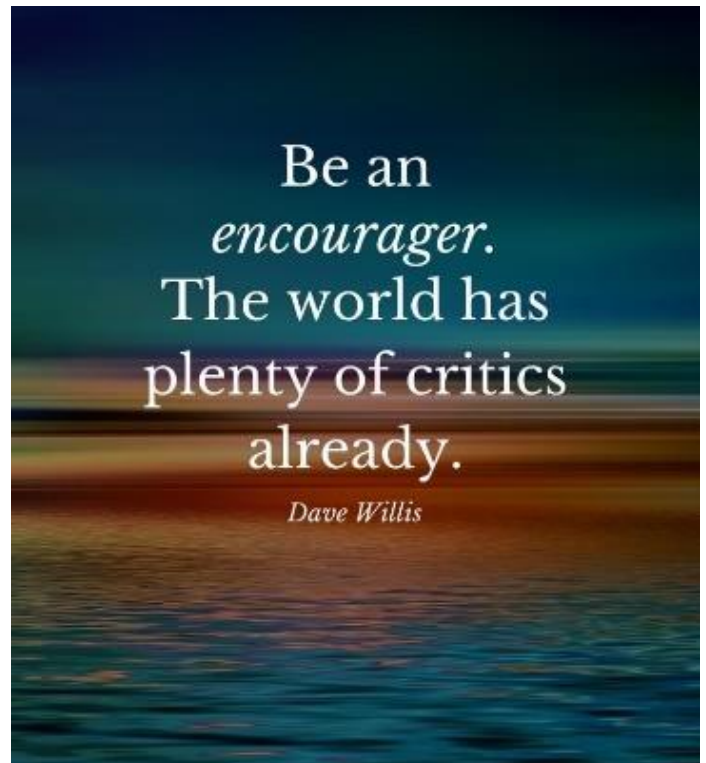
To send flowers to the family or  
plant a tree in memory of William,  
please visit our floral store.  
If you would like to make a dona-  
tion in memory of William Charles  
Loar, please visit the  
Tribute Fund.



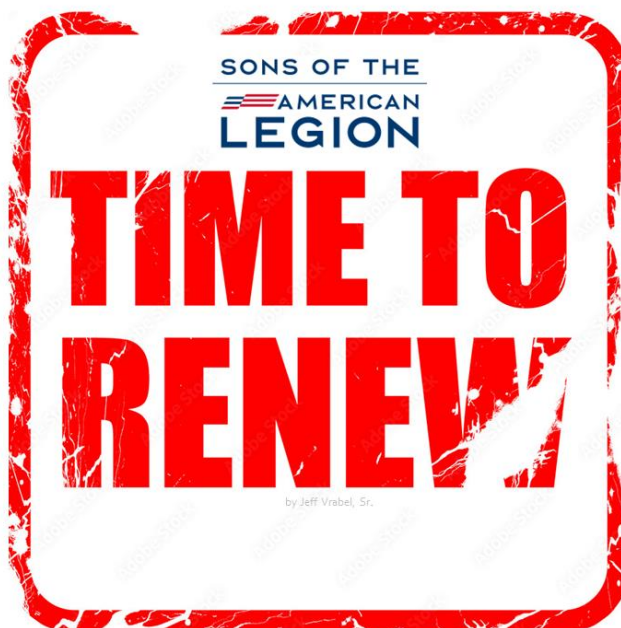
## RENEW!

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Juan Cruz Rodriguez,  
Department of Puerto Rico



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LEGION



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*Thank you!*

Jeff Vrabel Sr  
@Jeff-VrabelSr



venmo



# AMERICAN LEGION



Daniel J. Seehafer,  
National Commander  
The American Legion

Dan Seehafer, National Commander  
The American Legion

## How to sleep well

Jennifer Campbell | January 3, 2023



Americans are in a sleep crisis.

According to the Centers for Disease Control and Prevention, 70% of Americans say they don't

sleep well, and about 1 in 3 report not getting enough rest or sleep daily. Nearly 40% accidentally fall asleep during the day at least once a month.

Prolonged sleep deprivation and poor sleep quality can lead to serious health consequences. Proper sleep helps the body heal and repair itself, and regulates mood and brain function, while limiting the risk of a number of medical conditions.

**The importance of REM.** There are two types of sleep: REM (rapid eye movement) sleep, when the brain is more active and we dream more, and non-REM sleep, when our brain slows down. During REM, your eyes dart back and forth under your lids. REM is important because it stimulates areas of the brain that aid in learning, processing, and consolidating new information, and long-term memory retention.

Poor REM sleep hinders mental cognition and mood regulation, diminishing daily work performance and overall quality of life.

## Tips to improve sleep

**Sleep hygiene.** This refers to habits, behaviors and an environment that promotes uninterrupted sleep. Your bedroom should be dark, quiet, and cool (ideally 65 to 68 degrees). If you're not in a quiet or dark place, invest in soft earplugs and an eye mask. Reducing blue-light exposure from electronics an hour or longer before bedtime and swapping out your bedroom light with a red light, can help calm the brain.

**Chronic stress.** Sleep loss stimulates our sympathetic nervous system, keeping our stress response activated. This leads to an elevation in cortisol levels, which further upsets sleep quality. Consider meditation and breathing exercises before bed, or an Epsom-salt bath with lavender to promote relaxation. Experts say continual self-work on reducing chronic stress is key to improved sleep.

**Nutrition.** Nutrient deficiencies can contribute to insomnia, and uncontrolled glucose levels can have a significant effect on sleep. Poor sleep also leads to reduced insulin sensitivity, leading to poor fat metabolism. Avoid eating two to three hours before bedtime to allow your body to repair during the night.

**Vitamins.** About 45% of the population is magnesium-deficient. Low magnesium can contribute to tightness, irritability, cramps, and stiffness. Sufficient levels of magnesium, iron, and vitamins D, B12 and B6 can drastically improve sleep.

**Exercise.** Regular exercise helps you fall asleep quicker and improves overall sleep quality. Aerobic exercise has been shown to have similar effects on sleep as sleeping pills. Don't work out too close to bedtime, though; for many people, this can interfere with how quickly they fall asleep.



Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is past commander of the California American Legion's 24th District and Hollywood Post 43.



## ‘Top students in the world’ learn of GI Bill’s evolution

[Jeff Stoffer](#) | January 6, 2023



American Legion National Commander Daniel J. Seehafer addresses attendees of the Student Veterans of America National Conference Friday in Nashville, Tenn., during a general session on government affairs.

Jeff Stoffer

Attendees of Friday’s Government Affairs General Session at the 16th Student Veterans of America National Conference in Nashville, Tenn., were served a healthy dose of inspiration, history, vision and unfinished business about the GI Bill and their other VA benefits.

Certainly, most of the post-9/11 student veterans gathered in the Presidential Ballroom of the Gaylord Opryland Convention Center were pursuing their futures with help from GI Bill education benefits. Those benefits have varied through the decades since the Servicemen’s Readjustment Act of 1944 was drafted and pushed to passage by The American Legion to serve veterans of World War II. Nearly 8 million veterans took advantage of that first GI Bill’s offer of tuition-free college, credited as one of the most important socio-economic developments in U.S. history. The Post-9/11 version, first passed in 2008 to better accommodate 21st century veterans and education landscape, and modified multiple times since, continues to deliver opportunities and results for “the special 1% who voluntarily decided to serve our great country,” American Legion National Commander Daniel J. Seehafer told more than 1,000 who attended the session.

“Thanks to improvements made through the Post 9/11 version, we again have a GI Bill worthy of the name,” Seehafer said. “Veterans can now transfer education benefits to family members, which was not the case for the World War II version. The Harry W. Colmery ‘Forever’ GI Bill (named for The American Legion past national commander who was chief

architect of the original) removed restrictive usage deadlines.”

Seehafer said work continues to make the benefits package fairer, including the Legion’s push to “seek parity in benefits available to National Guard members and Reservists, who – like their active-duty counterparts – sacrifice and risk their lives in service to our nation, too.”

Joining Seehafer on the stage for that session of the 16th SVA NATCON was VA Secretary Denis McDonough, who pleaded with the young veterans to make the most of all their VA benefits and services, including disability claims, mental health resources and employment, as well as education.

The Department of Veterans Affairs has had a massive footprint at the conference, with a veterans claims clinic set for all three days of the event and multiple information desks at the SVA “campus” exhibit hall.

“This year, we are taking up an entire row of booths covering nearly everything we do at VA – claims, mental health, military spouse employment, VA hiring and more,” McDonough said. “If you have any questions at all about any of our work at VA, come talk with my VA teammates. They are here to help with any question you might have, and some you might not even know you have. We even have a mobile Vet Center parked right outside. The holiday season can be a uniquely challenging time for veterans, their families and, frankly, for all of us. That’s natural. If you find yourself struggling, you need not struggle alone.”

McDonough said the Vet Center was there for confidential visits by any student veteran or supporter. He also urged anyone in need to use the 24-hour Veterans Crisis Line. “If you are ever in crisis, or if you know a veteran who is in crisis, please dial 988 and press 1. Let’s work together to ensure that we all get the mental health support that we need, and that we deserve.”

On the employment front, McDonough asked the student veterans to “consider making a career at VA. Each of you has already demonstrated your commitment to your fellow vets by building veteran communities on your campuses. You can keep doing that work, keep improving VA at doing that work. There is no more noble mission than ours – caring for America’s veterans, their caregivers, and survivors. We want you at VA. We need you at VA.”

The secretary added that a modernized “digital GI Bill” is soon on its way, in part to replace a “50-year-old I.T. system that still processes your education payments. These upgrades will make the GI Bill more efficient and modern than it has ever been. These improvements will hold VA and our vendors more accountable to delivering for you. These improvements will improve automation, making it easier for you to apply for, and receive, your education benefits.”

The new system will also allow veterans easy access to their GI Bill information and steps in the transition journey, he said. “That will put you in the driver’s seat so you can manage your own experience, quickly accessing your information and achieving your vocational and career goals ... When it comes to your GI Bill, you shouldn’t have to worry if you are going to get paid on time. You shouldn’t have to worry about platforms talking to one another. When it comes to any VA benefits or services, you shouldn’t have to worry. Our duty is to keep you at the center of everything we do, meaning we worry for you ... adapting to you and your needs, rather than expecting you to adapt to us. You’re building new families, careers, and communities after military service, all while going to school. If we’re going to keep our promise to you, we need to meet you where you are, when you need us, without exception.”

McDonough also told the students that the PACT Act – landmark legislation signed into law in August 2022 that acknowledges more than 20 adverse health conditions as service-connected due to toxic exposures – has led to more than 1.3 million disability claim filings and more than 5 million screenings. However, he added, “We’ve got a lot of work left to do, especially with the cohort of vets that you all represent – the post-9/11 vets. Younger vets trust VA less than your older counterparts, and you’re applying for benefits and care at lower rates. That could be for a number of reasons. It could be that we lost your trust. It could be that you want to not take something from your battle buddy. But let me tell you, the most important thing that you might be able to do for your battle buddy is to file your story in a claim, because the more we know about you and your service, the more we know about the people deployed with you. So, please file those claims.”

He said that in March, all toxic-exposed veterans will be eligible to enroll directly for VA health-care services under the PACT Act, “including any veteran who served in Iraq, Afghanistan, the Gulf War, or any other combat zone after 9/11. This means that

millions of additional veterans will have the opportunity of getting access to VA health care. And even if you don’t need this care today, you might need it tomorrow or the next day, or 30 years from now, and once you’re in, you have that access for life. We want to serve you. We want you in our care. And we will not rest until we have you in our care. So, please apply for your VA care benefits (and) re-apply if you’ve been denied before.”

American Legion department service officers were also on hand, along with VA claims specialists, at the conference to help student veterans file for their disability benefits.

The VA secretary rounded out his remarks by explaining that when the World War II veterans came home, they changed the paradigm for veterans pursuing higher educations and advancing in civilian lives. “Settling down in communities around the country, colleges and universities saw their immense potential. Here’s the thing: vets make the best students. The leadership. The tenacity. Creative problem-solving. Dedication to truth, to one another, that they learned on the battlefield ... is unrivaled in the classroom, unrivaled in public life, unrivaled in business.”

Seehafer put it this way: “Your military experience, combined with your academic success, should make you a true asset and credit to whatever career field follows. If you find a calling that you love, stick with it. One of the most attractive attributes of our military branches are the thousands of jobs that you can hold. From computers to aviation to law enforcement, there is something for everybody.

“As national commander of The American Legion, it’s not surprising that I believe that the United States has the best military in the world. I just as strongly believe that our military veterans make the top students in the world, as well.”

Also addressing the student veterans in the Government Affairs session were Department of Education Assistant Secretary Roberto Rodriguez, Veterans of Foreign Wars Executive Director Ryan Gallucci and Global War on Terrorism Memorial Foundation President Michael Rodriguez.

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## 2024 SAL Membership Report as of: January 4, 2024

| #             | DETACHMENT     | 2024 DET.<br>YEAR END<br>GOAL | NEEDED TO MEET<br>60% TARGET<br>1/18/2024 | 2024<br>ACTUAL<br>MBRSHP | % OF YEAR<br>END GOAL | 2024<br>RENEWAL % |
|---------------|----------------|-------------------------------|-------------------------------------------|--------------------------|-----------------------|-------------------|
| 1             | HAWAII         | 120                           | -47                                       | 119                      | 99.17%                | 89.92             |
| 2             | SOUTH DAKOTA   | 1,611                         | -489                                      | 1,456                    | 90.38%                | 79.32             |
| 3             | FRANCE         | 168                           | -44                                       | 145                      | 86.31%                | 77.71             |
| 4             | WISCONSIN      | 4,398                         | -1,110                                    | 3,749                    | 85.24%                | 77.59             |
| 5             | NORTH DAKOTA   | 1,075                         | -258                                      | 903                      | 84.00%                | 75.71             |
| 6             | LOUISIANA      | 1,821                         | -385                                      | 1,478                    | 81.16%                | 75.13             |
| 7             | SOUTH CAROLINA | 1,570                         | -290                                      | 1,232                    | 78.47%                | 66.05             |
| 8             | FLORIDA        | 23,066                        | -4,012                                    | 17,852                   | 77.40%                | 65.78             |
| 9             | IOWA           | 4,914                         | -855                                      | 3,803                    | 77.39%                | 71.50             |
| 10            | ILLINOIS       | 13,716                        | -2,018                                    | 10,248                   | 74.72%                | 70.12             |
| 11            | MONTANA        | 1,091                         | -160                                      | 815                      | 74.70%                | 70.30             |
| 12            | OREGON         | 1,534                         | -224                                      | 1,144                    | 74.58%                | 61.35             |
| 13            | MARYLAND       | 16,803                        | -2,421                                    | 12,503                   | 74.41%                | 68.43             |
| 14            | ALABAMA        | 2,100                         | -301                                      | 1,561                    | 74.33%                | 64.69             |
| 15            | MISSISSIPPI    | 736                           | -105                                      | 547                      | 74.32%                | 64.79             |
| 16            | NORTH CAROLINA | 2,770                         | -332                                      | 1,994                    | 71.99%                | 60.07             |
| 17            | GEORGIA        | 4,887                         | -561                                      | 3,493                    | 71.48%                | 63.59             |
| 18            | RHODE ISLAND   | 348                           | -38                                       | 247                      | 70.98%                | 60.92             |
| 19            | CONNECTICUT    | 1,865                         | -200                                      | 1,319                    | 70.72%                | 61.90             |
| 20            | NEBRASKA       | 6,992                         | -749                                      | 4,944                    | 70.71%                | 67.97             |
| 21            | IDAHO          | 659                           | -67                                       | 462                      | 70.11%                | 54.09             |
| 22            | OHIO           | 31,690                        | -3,056                                    | 22,070                   | 69.64%                | 64.52             |
| 23            | VIRGINIA       | 4,367                         | -409                                      | 3,029                    | 69.36%                | 60.57             |
| 24            | INDIANA        | 37,244                        | -3,485                                    | 25,831                   | 69.36%                | 64.53             |
| 25            | VERMONT        | 3,920                         | -366                                      | 2,718                    | 69.34%                | 65.19             |
| 26            | MINNESOTA      | 11,435                        | -1,058                                    | 7,919                    | 69.25%                | 64.56             |
| 27            | TENNESSEE      | 1,792                         | -155                                      | 1,230                    | 68.64%                | 58.28             |
| 28            | DELAWARE       | 2,596                         | -214                                      | 1,772                    | 68.26%                | 61.15             |
| 29            | MICHIGAN       | 26,236                        | -2,135                                    | 17,877                   | 68.14%                | 61.43             |
| 30            | NEW YORK       | 30,663                        | -2,409                                    | 20,807                   | 67.86%                | 62.38             |
| 31            | ARIZONA        | 8,595                         | -646                                      | 5,803                    | 67.52%                | 56.57             |
| 32            | NEW HAMPSHIRE  | 6,027                         | -412                                      | 4,028                    | 66.83%                | 59.82             |
| 33            | CALIFORNIA     | 11,292                        | -670                                      | 7,445                    | 65.93%                | 57.56             |
| 34            | MISSOURI       | 3,337                         | -184                                      | 2,186                    | 65.51%                | 58.43             |
| 35            | PENNSYLVANIA   | 62,746                        | -3,067                                    | 40,715                   | 64.89%                | 60.56             |
| 36            | TEXAS          | 5,783                         | -277                                      | 3,747                    | 64.79%                | 56.25             |
| 37            | WYOMING        | 1,248                         | -59                                       | 808                      | 64.74%                | 57.97             |
| 38            | NEW JERSEY     | 9,662                         | -285                                      | 6,082                    | 62.95%                | 56.43             |
| 39            | UTAH           | 460                           | -13                                       | 289                      | 62.83%                | 59.23             |
| 40            | KANSAS         | 6,055                         | -159                                      | 3,792                    | 62.63%                | 58.18             |
| 41            | ARKANSAS       | 406                           | -9                                        | 253                      | 62.32%                | 50.00             |
| 42            | PUERTO RICO    | 156                           | -2                                        | 96                       | 61.54%                | 56.21             |
| 43            | MAINE          | 2,757                         | -42                                       | 1,696                    | 61.52%                | 54.24             |
| 44            | NEVADA         | 387                           | -6                                        | 238                      | 61.50%                | 52.66             |
| 45            | OKLAHOMA       | 1,430                         | -5                                        | 863                      | 60.35%                | 48.67             |
| 46            | MASSACHUSETTS  | 5,432                         | 4                                         | 3,255                    | 59.92%                | 54.21             |
| 47            | COLORADO       | 2,952                         | 83                                        | 1,688                    | 57.18%                | 49.31             |
| 48            | DIST OF COL    | 91                            | 4                                         | 51                       | 56.04%                | 52.27             |
| 49            | WASHINGTON     | 2,682                         | 110                                       | 1,499                    | 55.89%                | 44.45             |
| 50            | ALASKA         | 1,740                         | 99                                        | 945                      | 54.31%                | 45.14             |
| 51            | WEST VIRGINIA  | 2,593                         | 173                                       | 1,383                    | 53.34%                | 46.22             |
| 52            | KENTUCKY       | 2,399                         | 231                                       | 1,208                    | 50.35%                | 43.07             |
| 53            | NEW MEXICO     | 1,582                         | 177                                       | 772                      | 48.80%                | 38.16             |
| 54            | LATIN AMERICA  | 33                            | 4                                         | 16                       | 48.48%                | 15.63             |
| 55            | PHILIPPINES    | 79                            | 40                                        | 7                        | 8.86%                 | 7.59              |
| Grand Totals: |                | 382,111                       | -32,865                                   | 262,132                  | 68.60%                | 62.20             |

## 2024 SAL Regional Breakdown

| Western Region - James R. Fischer, Sr. (CA) |               |               |               |
|---------------------------------------------|---------------|---------------|---------------|
| Detachment                                  | Goal          | Actual        | % of Goal     |
| HAWAII                                      | 120           | 119           | 99.17%        |
| MONTANA                                     | 1,091         | 815           | 74.70%        |
| OREGON                                      | 1,534         | 1,144         | 74.58%        |
| IDAHO                                       | 659           | 462           | 70.11%        |
| ARIZONA                                     | 8,595         | 5,803         | 67.52%        |
| CALIFORNIA                                  | 11,292        | 7,445         | 65.93%        |
| WYOMING                                     | 1,248         | 808           | 64.74%        |
| UTAH                                        | 460           | 289           | 62.83%        |
| NEVADA                                      | 387           | 238           | 61.50%        |
| COLORADO                                    | 2,952         | 1,688         | 57.18%        |
| WASHINGTON                                  | 2,682         | 1,499         | 55.89%        |
| ALASKA                                      | 1,740         | 945           | 54.31%        |
| NEW MEXICO                                  | 1,582         | 772           | 48.80%        |
| LATIN AMERICA                               | 33            | 16            | 48.48%        |
| PHILIPPINES                                 | 79            | 7             | 8.86%         |
| <b>Totals:</b>                              | <b>34,454</b> | <b>22,050</b> | <b>64.00%</b> |

| Southeast Region - Linwood A. Moore (VA) |               |               |               |
|------------------------------------------|---------------|---------------|---------------|
| Detachment                               | Goal          | Actual        | % of Goal     |
| LOUISIANA                                | 1,821         | 1,478         | 81.16%        |
| SOUTH CAROLINA                           | 1,570         | 1,232         | 78.47%        |
| FLORIDA                                  | 23,066        | 17,852        | 77.40%        |
| ALABAMA                                  | 2,100         | 1,561         | 74.33%        |
| MISSISSIPPI                              | 736           | 547           | 74.32%        |
| NORTH CAROLINA                           | 2,770         | 1,994         | 71.99%        |
| GEORGIA                                  | 4,887         | 3,493         | 71.48%        |
| VIRGINIA                                 | 4,367         | 3,029         | 69.36%        |
| TENNESSEE                                | 1,792         | 1,230         | 68.64%        |
| TEXAS                                    | 5,783         | 3,747         | 64.79%        |
| ARKANSAS                                 | 406           | 253           | 62.32%        |
| PUERTO RICO                              | 156           | 96            | 61.54%        |
| <b>Totals:</b>                           | <b>49,454</b> | <b>36,512</b> | <b>73.83%</b> |

| Midwest Region - Terry A. Harris (KS) |               |               |               |
|---------------------------------------|---------------|---------------|---------------|
| Detachment                            | Goal          | Actual        | % of Goal     |
| SOUTH DAKOTA                          | 1,611         | 1,456         | 90.38%        |
| NORTH DAKOTA                          | 1,075         | 903           | 84.00%        |
| IOWA                                  | 4,914         | 3,803         | 77.39%        |
| NEBRASKA                              | 6,992         | 4,944         | 70.71%        |
| MISSOURI                              | 3,337         | 2,186         | 65.51%        |
| KANSAS                                | 6,055         | 3,792         | 62.63%        |
| OKLAHOMA                              | 1,430         | 863           | 60.35%        |
| <b>Totals:</b>                        | <b>25,414</b> | <b>17,947</b> | <b>70.62%</b> |

| Northeast Region - John R. Cook (NH) |                |               |               |
|--------------------------------------|----------------|---------------|---------------|
| Detachment                           | Goal           | Actual        | % of Goal     |
| FRANCE                               | 168            | 145           | 86.31%        |
| MARYLAND                             | 16,803         | 12,503        | 74.41%        |
| RHODE ISLAND                         | 348            | 247           | 70.98%        |
| CONNECTICUT                          | 1,865          | 1,319         | 70.72%        |
| VERMONT                              | 3,920          | 2,718         | 69.34%        |
| DELAWARE                             | 2,596          | 1,772         | 68.26%        |
| NEW YORK                             | 30,663         | 20,807        | 67.86%        |
| NEW HAMPSHIRE                        | 6,027          | 4,028         | 66.83%        |
| PENNSYLVANIA                         | 62,746         | 40,715        | 64.89%        |
| NEW JERSEY                           | 9,662          | 6,082         | 62.95%        |
| MAINE                                | 2,757          | 1,696         | 61.52%        |
| MASSACHUSETTS                        | 5,432          | 3,255         | 59.92%        |
| DIST OF COL                          | 91             | 51            | 56.04%        |
| <b>Totals:</b>                       | <b>143,078</b> | <b>95,338</b> | <b>66.63%</b> |

| Central Region - Robert L. Bristo (MN) |                |               |               |
|----------------------------------------|----------------|---------------|---------------|
| Detachment                             | Goal           | Actual        | % of Goal     |
| WISCONSIN                              | 4,398          | 3,749         | 85.24%        |
| ILLINOIS                               | 13,716         | 10,248        | 74.72%        |
| OHIO                                   | 31,690         | 22,070        | 69.64%        |
| INDIANA                                | 37,244         | 25,831        | 69.36%        |
| MINNESOTA                              | 11,435         | 7,919         | 69.25%        |
| MICHIGAN                               | 26,236         | 17,877        | 68.14%        |
| WEST VIRGINIA                          | 2,593          | 1,383         | 53.34%        |
| KENTUCKY                               | 2,399          | 1,208         | 50.35%        |
| <b>Totals:</b>                         | <b>129,711</b> | <b>90,285</b> | <b>69.60%</b> |

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| 01/04/24                | NATIONAL   Donald "JR" Hall, Jr. (MD)   National Commander |         |                  |         |          |            |           |
|-------------------------|------------------------------------------------------------|---------|------------------|---------|----------|------------|-----------|
| Region                  | Goal                                                       | Actual  | Needed for Quota | Percent | Increase | Quota Date | 105% Date |
| Southeast 1, 2, 3, 4, 5 | 49,454                                                     | 36,512  | (12,942)         | 73.83%  | 618      |            |           |
| Midwest 1, 2, 3, 4, 5   | 25,414                                                     | 17,947  | (7,467)          | 70.62%  | 456      |            |           |
| Central 1, 2, 3, 4, 5   | 129,711                                                    | 90,285  | (39,426)         | 69.60%  | 2,189    |            |           |
| Northeast 1, 4          | 143,078                                                    | 95,338  | (47,740)         | 66.63%  | 2,158    |            |           |
| Western 1, 2, 3, 4      | 34,454                                                     | 22,050  | (12,404)         | 64.00%  | 444      |            |           |
| TOTALS 1, 2, 3, 4, 5    | 382,111                                                    | 262,132 | (119,979)        | 68.60%  | 5,865    |            |           |



| 01/04/24                        |                | CENTRAL REGION   Robert L. Bristo (MN)   National Vice-Commander |                  |               |              |               |              |            |           |
|---------------------------------|----------------|------------------------------------------------------------------|------------------|---------------|--------------|---------------|--------------|------------|-----------|
| Detachment                      | Goal           | Actual                                                           | Needed for Quota | Percent       | Increase     | National Rank | Renewal Rate | Quota Date | 105% Date |
| 1 Wisconsin 1, 2, 3, 4, 5, 6, 7 | 4,398          | 3,729                                                            | (669)            | 84.79%        | -            | 4             | 77.59%       |            |           |
| 2 Illinois 1, 2, 3, 5           | 13,716         | 10,248                                                           | (3,468)          | 74.72%        | 435          | 10            | 70.12%       |            |           |
| 3 Ohio 1, 3, 4, 5               | 31,690         | 22,070                                                           | (9,620)          | 69.64%        | 368          | 22            | 64.52%       |            |           |
| 4 Indiana 1, 2, 3, 4, 5         | 37,244         | 25,831                                                           | (11,413)         | 69.36%        | 404          | 24            | 64.53%       |            |           |
| 5 Minnesota 1, 2, 3, 4, 5       | 11,435         | 7,919                                                            | (3,516)          | 69.25%        | 42           | 26            | 64.56%       |            |           |
| 6 Michigan 1, 3, 4, 5           | 26,236         | 17,877                                                           | (8,359)          | 68.14%        | 909          | 29            | 61.43%       |            |           |
| 7 West Virginia 1               | 2,593          | 1,383                                                            | (1,210)          | 53.34%        | 7            | 51            | 46.22%       |            |           |
| 8 Kentucky 1, 4                 | 2,399          | 1,208                                                            | (1,191)          | 50.35%        | 4            | 52            | 43.07%       |            |           |
| <b>TOTALS 1, 2, 3, 4, 5</b>     | <b>129,711</b> | <b>90,265</b>                                                    | <b>(39,446)</b>  | <b>69.59%</b> | <b>2,169</b> |               |              |            |           |

| 01/04/24                        |               | WESTERN REGION   James A. Fischer Sr. (CA)   National Vice-Commander |                  |               |            |               |              |            |           |
|---------------------------------|---------------|----------------------------------------------------------------------|------------------|---------------|------------|---------------|--------------|------------|-----------|
| Detachment                      | Goal          | Actual                                                               | Needed for Quota | Percent       | Increase   | National Rank | Renewal Rate | Quota Date | 105% Date |
| 1 Hawaii 1, 2, 3, 4, 5, 6, 7, 8 | 120           | 119                                                                  | (1)              | 99.17%        | (4)        | 1             | 89.92%       |            |           |
| 2 Montana 1, 2, 3, 4, 5         | 1,091         | 815                                                                  | (276)            | 74.70%        | 61         | 11            | 70.30%       |            |           |
| 3 Oregon 1, 2, 3, 4, 5          | 1,534         | 1,144                                                                | (390)            | 74.58%        | 7          | 12            | 61.35%       |            |           |
| 4 Idaho 1, 2, 3, 4, 5           | 659           | 462                                                                  | (197)            | 70.11%        | 15         | 21            | 54.09%       |            |           |
| 5 Arizona 1, 4, 5               | 8,595         | 5,803                                                                | (2,792)          | 67.52%        | 111        | 31            | 56.57%       |            |           |
| 6 California 1, 2, 3, 4, 5      | 11,292        | 7,445                                                                | (3,847)          | 65.93%        | 156        | 33            | 57.56%       |            |           |
| 7 Wyoming 1, 2, 3, 4, 5         | 1,248         | 808                                                                  | (440)            | 64.74%        | 51         | 37            | 57.97%       |            |           |
| 8 Utah 1, 2, 3, 4, 5            | 460           | 289                                                                  | (171)            | 62.83%        | 1          | 39            | 59.23%       |            |           |
| 9 Nevada 1, 2, 3, 4, 5          | 387           | 238                                                                  | (149)            | 61.50%        | -          | 44            | 52.66%       |            |           |
| 10 Colorado 1, 2, 3, 4          | 2,952         | 1,688                                                                | (1,264)          | 57.18%        | 10         | 47            | 49.31%       |            |           |
| 11 Washington 4                 | 2,682         | 1,499                                                                | (1,183)          | 55.89%        | 10         | 49            | 44.45%       |            |           |
| 12 Alaska 3                     | 1,740         | 945                                                                  | (795)            | 54.31%        | 11         | 50            | 45.14%       |            |           |
| 13 New Mexico                   | 1,582         | 772                                                                  | (810)            | 48.80%        | 15         | 53            | 38.16%       |            |           |
| 14 Latin America 4              | 33            | 16                                                                   | (17)             | 48.48%        | -          | 54            | 15.63%       |            |           |
| 15 Philippines                  | 79            | 7                                                                    | (72)             | 8.86%         | -          | 55            | 7.59%        |            |           |
| <b>TOTALS 1, 2, 3, 4, 5</b>     | <b>34,454</b> | <b>22,050</b>                                                        | <b>(12,404)</b>  | <b>64.00%</b> | <b>444</b> |               |              |            |           |

| 01/04/24                        |               | SOUTHEAST REGION   Linwood A. Moore (VA)   National Vice-Commander |                  |               |            |               |              |            |           |
|---------------------------------|---------------|--------------------------------------------------------------------|------------------|---------------|------------|---------------|--------------|------------|-----------|
| Detachment                      | Goal          | Actual                                                             | Needed for Quota | Percent       | Increase   | National Rank | Renewal Rate | Quota Date | 105% Date |
| 1 Louisiana 1, 2, 3, 4, 5, 6, 7 | 1,821         | 1,478                                                              | (343)            | 81.16%        | 41         | 6             | 75.13%       |            |           |
| 2 South Carolina 1, 2, 3, 5, 6  | 1,570         | 1,232                                                              | (338)            | 78.47%        | 24         | 7             | 66.05%       |            |           |
| 3 Florida 1, 2, 3, 4, 5, 6      | 23,066        | 17,852                                                             | (5,214)          | 77.40%        | 383        | 8             | 65.78%       |            |           |
| 4 Alabama 1, 2, 3, 4, 5         | 2,100         | 1,561                                                              | (539)            | 74.33%        | 6          | 14            | 64.69%       |            |           |
| 5 Mississippi 1, 2, 3, 4, 5     | 736           | 547                                                                | (189)            | 74.32%        | 6          | 15            | 64.79%       |            |           |
| 6 North Carolina 1, 2, 3, 4, 5  | 2,770         | 1,994                                                              | (776)            | 71.99%        | 68         | 16            | 60.07%       |            |           |
| 7 Georgia 1, 2, 3, 4, 5         | 4,887         | 3,493                                                              | (1,394)          | 71.48%        | 7          | 17            | 63.59%       |            |           |
| 8 Virginia 1, 2, 3, 4, 5        | 4,367         | 3,029                                                              | (1,338)          | 69.36%        | 54         | 23            | 60.57%       |            |           |
| 9 Tennessee 1, 2, 3, 4, 5       | 1,792         | 1,230                                                              | (562)            | 68.64%        | 3          | 27            | 58.28%       |            |           |
| 10 Texas 1, 2, 3, 4, 5          | 5,783         | 3,747                                                              | (2,036)          | 64.79%        | 26         | 36            | 56.25%       |            |           |
| 12 Arkansas 1, 2, 3, 4, 5       | 406           | 253                                                                | (153)            | 62.32%        | -          | 41            | 50.00%       |            |           |
| 13 Puerto Rico 1, 2, 3, 4, 5    | 156           | 96                                                                 | (60)             | 61.54%        | -          | 42            | 56.21%       |            |           |
| <b>TOTALS 1, 2, 3, 4, 5</b>     | <b>49,454</b> | <b>36,512</b>                                                      | <b>(12,942)</b>  | <b>73.83%</b> | <b>618</b> |               |              |            |           |



| 01/04/24                            | MIDWEST REGION   Terry A. Harris (KS)   National Vice-Commander |        |                  |         |          |               |              |            |           |
|-------------------------------------|-----------------------------------------------------------------|--------|------------------|---------|----------|---------------|--------------|------------|-----------|
| Detachment                          | Goal                                                            | Actual | Needed for Quota | Percent | Increase | National Rank | Renewal Rate | Quota Date | 105% Date |
| South Dakota 1, 2, 3, 4, 5, 6, 7, 8 | 1,611                                                           | 1,456  | (155)            | 90.38%  | 36       | 2             | 89.92%       |            |           |
| North Dakota 1, 2, 3, 4, 5, 6, 7    | 1,075                                                           | 903    | (172)            | 84.00%  | -        | 5             | 75.71%       |            |           |
| Iowa 1, 2, 3, 4, 5, 6               | 4,914                                                           | 3,803  | (1,111)          | 77.39%  | 95       | 9             | 71.50%       |            |           |
| Nebraska 1, 2, 3, 4, 5              | 6,992                                                           | 4,944  | (2,048)          | 70.71%  | 101      | 20            | 67.97%       |            |           |
| Missouri 1, 2, 3, 4, 5              | 3,337                                                           | 2,186  | (1,151)          | 65.51%  | 187      | 34            | 58.43%       |            |           |
| Kansas 1, 2, 3, 4, 5                | 6,055                                                           | 3,792  | (2,263)          | 62.63%  | 29       | 40            | 58.18%       |            |           |
| Oklahoma 1, 2, 3, 4, 5              | 1,430                                                           | 863    | (567)            | 60.35%  | 8        | 45            | 48.67%       |            |           |
| TOTALS 1, 2, 3, 4, 5                | 23,984                                                          | 17,084 | (6,900)          | 71.23%  | 448      |               |              |            |           |

| 01/04/24       |                            | NORTHEAST REGION   John R. Cook (NH)   National Vice-Commander |        |                  |         |          |               |              |            |           |
|----------------|----------------------------|----------------------------------------------------------------|--------|------------------|---------|----------|---------------|--------------|------------|-----------|
| Detachment     |                            | Goal                                                           | Actual | Needed for Quota | Percent | Increase | National Rank | Renewal Rate | Quota Date | 105% Date |
| 1              | France 1, 2, 3, 4, 5, 6, 7 | 168                                                            | 145    | (23)             | 86.31%  | -        | 3             | 77.71%       |            |           |
| 2              | Maryland 1, 2, 3, 4, 5     | 16,803                                                         | 12,503 | (4,300)          | 74.41%  | 211      | 13            | 68.43%       |            |           |
| 3              | Rhode Island 1, 2, 3, 4    | 348                                                            | 247    | (101)            | 70.98%  | 45       | 18            | 60.92%       |            |           |
| 4              | Connecticut 1, 2, 3, 4, 5  | 1,865                                                          | 1,319  | (546)            | 70.72%  | 7        | 19            | 61.90%       |            |           |
| 5              | Vermont 1, 2, 3, 4, 5      | 3,920                                                          | 2,718  | (1,202)          | 69.34%  | 83       | 25            | 65.19%       |            |           |
| 6              | Delaware 1, 4, 5           | 2,596                                                          | 1,772  | (824)            | 68.26%  | 14       | 28            | 61.15%       |            |           |
| 7              | New York 1, 3, 4, 5        | 30,663                                                         | 20,807 | (9,856)          | 67.86%  | (169)    | 30            | 62.38%       |            |           |
| 8              | New Hampshire 1, 2, 4      | 6,027                                                          | 4,028  | (1,999)          | 66.83%  | 123      | 32            | 59.82%       |            |           |
| 9              | Pennsylvania 4, 5          | 62,746                                                         | 40,715 | (22,031)         | 64.89%  | 1,495    | 35            | 60.56%       |            |           |
| 10             | New Jersey 1, 2, 3, 4, 5   | 9,662                                                          | 6,082  | (3,580)          | 62.95%  | 26       | 38            | 56.43%       |            |           |
| 11             | Maine 5                    | 2,757                                                          | 1,696  | (1,061)          | 61.52%  | 199      | 43            | 54.24%       |            |           |
| 12             | Massachusetts 1, 3, 4      | 5,432                                                          | 3,255  | (2,177)          | 59.92%  | 124      | 46            | 54.21%       |            |           |
| 13             | Dist. of Columbia 4        | 91                                                             | 51     | (40)             | 56.04%  | -        | 48            | 52.27%       |            |           |
| TOTALS 1, 4, 5 |                            | 143,078                                                        | 95,338 | (47,740)         | 66.63%  | 2,158    |               |              |            |           |

| 01/04/24                 | 2024 SUPER SIX STANDINGS |         |                  |         |          |               |              |            |           |
|--------------------------|--------------------------|---------|------------------|---------|----------|---------------|--------------|------------|-----------|
| Detachment               | Goal                     | Actual  | Needed for Quota | Percent | Increase | National Rank | Renewal Rate | Quota Date | 105% Date |
| Florida 1, 2, 3, 4, 5, 6 | 23,066                   | 17,852  | (5,214)          | 77.40%  | 383      | 8             | 65.78%       |            |           |
| Ohio 1, 3, 4, 5          | 31,690                   | 22,070  | (9,620)          | 69.64%  | 368      | 22            | 64.52%       |            |           |
| Indiana 1, 2, 3, 4, 5    | 37,244                   | 25,831  | (11,413)         | 69.36%  | 404      | 24            | 64.53%       |            |           |
| Michigan 1, 4, 5         | 26,236                   | 17,877  | (8,359)          | 68.14%  | 909      | 29            | 61.43%       |            |           |
| New York 1, 3, 4, 5      | 30,663                   | 20,807  | (9,856)          | 67.86%  | (169)    | 30            | 62.38%       |            |           |
| Pennsylvania 4, 5        | 62,746                   | 40,715  | (22,031)         | 64.89%  | 1,495    | 35            | 60.56%       |            |           |
| TOTALS                   | 211,645                  | 145,152 | (66,493)         | 68.58%  | 3,390    |               |              |            |           |

|                                      |                |                |                  |               |              |  |               |  |  |
|--------------------------------------|----------------|----------------|------------------|---------------|--------------|--|---------------|--|--|
| <b>National Totals 1, 2, 3, 4, 5</b> | <b>382,111</b> | <b>262,132</b> | <b>(119,979)</b> | <b>68.60%</b> | <b>5,865</b> |  | <b>62.20%</b> |  |  |
|--------------------------------------|----------------|----------------|------------------|---------------|--------------|--|---------------|--|--|



| 2024 National Membership Target Dates |     |                         |      |
|---------------------------------------|-----|-------------------------|------|
| 1 September 13, 2023                  | 10% | 6 ♥ February 14, 2024 ♥ | 75%  |
| 2 October 18, 2023                    | 25% | 7 March 13, 2024        | 80%  |
| 3 November 15, 2023                   | 35% | 8 April 10, 2024        | 90%  |
| 4 December 13, 2023                   | 45% | 9 May 15, 2024          | 100% |
| 5 January 18, 2024                    | 60% | 10 July 24, 2024 (DSTG) | 105% |

# National Sons of The American Legion University (SAL U) PILOT PROGRAM



*May 2 - 3, 2024, in Indianapolis, IN*

Applications are Due [to National Headquarters](#) by February 1  
Class size is limited.



# NATIONAL SONS OF THE AMERICAN LEGION UNIVERSITY (SAL U)

## COURSE INFORMATION

### DESCRIPTION

SAL U is launching a leadership program in 2024, aiming to train SAL members in effective leadership. The upcoming session is a pilot to refine the course content. Participants will test the program and offer feedback for future sessions. Limited class size; applications due by February 1.

### ORGANIZATION

The pilot course is one and a half days long, requiring participants to attend the entire session. Arrival on Wednesday, with class starting Thursday morning concluding by noon on Friday. National will provide a call-in for pilot participants only. Completion of the on-line [Basic Training](#) is a prerequisite, and participants must attach the certificate to the application.

### COURSE OBJECTIVES & TOPICS

SAL U will provide instruction using classroom lectures, small group interactive techniques, and team building.

Pilot topics will include:

- Welcome, introductions, ground rules
- Why are you here?
- SAL History
- Resolutions
- Time Management
- Communication/Public Speaking/NMI 1
- Technology
- Mentorship
- Membership Retention
- SAL Role with Legion
- Constitution and By-laws
- SAL Programs/Awards (Include Scrapbooks and History books)
- Identify and prepare a speech on a SAL program, award, or resolutions
- Dinner with the Commander
- Homework review - Students present a speech on a SAL program, award, or resolutions
- SAL Etiquette/Legion SAL Politics/Policy
- Legion Riders
- Dress the part
- Parliamentary Procedure
- 5 Star & 10 Ideals Program Review

### TEXT & REQUIRED SUPPLIES

All necessary course materials will be provided. Students are encouraged to explore additional resources independently. **It is mandatory to bring a personal laptop or tablet to class.**

### GRADING PLAN & RULES OF CONDUCT

Completion of the instruction meets graduation requirements. No formal class ranking will be maintained. Upon completion, graduates will receive a diploma from SAL U. Punctual attendance and active participation are expected daily. Feedback is crucial for program improvement. Serious personal or behavioral issues may result in expulsion.



## **SUGGESTIONS FOR SUCCESS**

This course can be challenging, especially for those new to a group of talented peers. Engage in discussions passionately while respecting others' viewpoints. Effective teamwork is key to maximizing course outcomes.

For inquiries about SAL U or the application, contact us at [SALmeetings@legion.org](mailto:SALmeetings@legion.org)



**NATIONAL  
SONS OF THE AMERICAN LEGION  
UNIVERSITY (SAL U) PILOT  
Application Instructions**



**APPLICANT** - Before you answer the questions, read this application carefully. Make sure you give complete answers to each question below. Use good punctuation and sentences that make sense. It's highly recommended to have someone else check your application before you give it to your detachment and department. Don't leave any questions empty. If a question doesn't fit you or you don't know the answer, write 'N/A.' This way, you won't miss any questions or lose points. Give your application to your detachment and department for review. **Applications received at national without first going through your detachment and department will be returned to the student.**

**Section I – Applicant Contact Information**

- A. Fill in the contact details.

**Section II – Military and Sons of The American Legion Service**

- A. Tell us your military branch (if any)
- B. Provide your squadron number, detachment, and membership ID.
- C. Indicate the date you completed the online American Legion Education Institute “BASIC TRAINING” course and **include** your certificate of completion. **ALEI certificates prior to Sept. 2017 will not be accepted.**
- D. List the highest elected position and appointed positions you've had in the SAL.
- E. Share your most important achievement as an SAL leader (250 words max).

**Section III – Education and Career Information**

- A. Choose your highest education level and your most responsible job or position.
- B. Describe a leadership experience from your personal life.

**Section IV – Essay**

- A. Must be typed into the space provided in the fillable PDF application.**  
SAL University graduates are expected to work in parallel with other talented, motivated SAL members to help their detachment meet future goals and provide a welcoming and motivational atmosphere to future leaders. In up to a 1,000-word essay, please explain why you should be selected to attend SAL U.

**Section V –Accommodations and Travel Information/Sign Application**

- A. Lodging & travel during the SAL U session will be arranged and paid for by national headquarters. Air travel can be arranged directly with AAA the national headquarters' travel coordinator
- B. Sign and date the application. **An application missing any signatures will be automatically rejected.**

**Section VI – Detachment Recommendation**

- A. Explain why this member should go to the SAL U's purpose, expectations and upon return to the detachment.
- B. Interview candidate and ensure they understand the SALU's purpose, expectations and upon return to the detachment.

**Remember, the application needs signatures from the detachment adjutant, commander, and department adjutant to be considered. Missing signatures mean rejection.**



**National SAL U Pilot**  
**PARTICIPANT APPLICATION**  
Arrive one day before class  
May 2 – 3, 2024, in Indianapolis, IN



**Section I - Applicant Contact Information**

Last Name:  First:  MI:

Mailing Address:

City:  State:  Zip:

Cell Phone:  Home Phone:  Bus Phone:

Email Address:

**Section II - Military and American Legion Service**

A. Any military service, e.g., Dual member, JROTC, Sea Cadets, Civil Air Patrol, Young Marines, etc.

B. Sons of The American Legion Squadron #:  Detachment:

Membership ID:  Year joined SAL:

Completed ALEI **BASIC TRAINING** Month:  Year:

I've included a copy of my certificate with the application. **ALEI certificate before 2017 is not accepted.**

C. List the highest elected position you have held or currently hold.

D. List the highest appointed position you have held or currently hold.



Last Name: \_\_\_\_\_ First: \_\_\_\_\_ MI: \_\_\_\_\_

**E. Tell us your most significant accomplishment as a SAL leader. (250 words max)**

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### **Section III – Education and Career Information**

**A. Educational Background (Check the highest level accomplished)**

- |                                                      |                                                  |
|------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Currently in High School    | <input type="checkbox"/> High School Diploma/GED |
| <input type="checkbox"/> Technical/Trade Certificate | <input type="checkbox"/> College/University      |

**B. Leadership Experience, please list. - See page 1, Section III.**

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**C. What was the most notable leadership experience you have encountered? You may use a good or bad experience. For either choice, describe the outcome of the experience and its impact. How would you have supported or improved the experience? This is not limited to an SAL experience. (250 words max)**

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Last Name: \_\_\_\_\_ First: \_\_\_\_\_ MI: \_\_\_\_\_

**Section IV – Typed essay** Use the fillable blank page starting on page 6.

## SAL University Essay

(Maximum 1000 words)

**Essays must be typed using the fillable pages on pages 6 & 7. See page 1, Section IV**

SAL U participants are expected to work in parallel with other talented, motivated SAL members to help their detachment meet future goals and provide a welcoming and motivational atmosphere to future leaders. In a 1,000-word or less essay, please explain why you should be selected to attend SAL U. Be sure to address the points below. Grammar, punctuation, and spelling are critical to good written communication.

- A. What area of your Detachment will best use your talents and knowledge?
- B. What do you hope to gain by attending SAL U that will make you productive in this area?
- C. How will you use the knowledge obtained?
- D. What will your department gain from your attendance?
- E. Discuss a personal career path that will enable both you and your department to best achieve your goals.

[illegible]

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ MI: \_\_\_\_\_

## **Section V – Accommodation Information**

### **A. Lodging information**

- i. Double occupancy lodging (room rate & tax) is provided free of charge during authorized call-in dates. Students will share a room. Any extra charges, like for additional accessibility needs, phone calls, Internet service, or room service, are the responsibility of each student. Upon check-out, clear any outstanding charges. Unpaid charges billed back to the detachment.
- ii. Students wanting a single room must pay the difference in room balance for an additional occupant

### **B. Air travel should be coordinated through the National Headquarters travel agency.**

### **C. Extended Stay and Check-out Classes continue till Friday after lunch. Participants are welcome to stay for the NEC meetings over the weekend, though it's optional. Any additional stay beyond the program is at the participant's or the detachment's expense. Check-out time is 11 AM.**

☐

Check here if you require special accommodations/dietary needs.

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### **D. I understand the requirements and desire to attend National SAL U. I certify that the information and essays contained in this application are my original effort and have not been edited or changed by any other person.**

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**Applicant Signature:**

**Date:**

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|--|
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|--|

Format: mm/dd/yyyy

The organization does not discriminate regarding any demographic category protected by law.



Last Name:  First:  MI:

**Section VI – Detachment Recommendation** (at least one signature required)

Take the time to screen your applicant. Enter detailed answers to each question. Failure to complete all questions and sign the recommendation section will result in the application being rejected.

Does the candidate meet the following qualifications:

- ☐ Yes ☐ No Current (paid) member of the SAL and a member for at least three (3) years;  
☐ Yes ☐ No Demonstrate leadership potential to apply the University learnings to all levels  
☐ Yes ☐ No of the SAL. Able to develop, present, coordinate, and/or facilitate SAL training at all levels;  
☐ Yes ☐ No Completed American Legion Education Institute online BASIC TRAINING.

**A.** What are the future expectations for this candidate in your Detachment and the SAL?

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**B.** Was this candidate interviewed and vetted by your Detachment, understand the purpose of SAL U and the expectations upon his return? ☐ Yes ☐ No

**Detachment Recommendation** (check one):

**RECOMMENDED** ☐ The applicant is eligible.

If you have more than one candidate is this applicant ☐ Primary or ☐ Secondary?

**NOT RECOMMENDED** ☐ The applicant is not ready for attendance at SAL U at this time.

The individual cost per student is \$500.00 and is billed upon acceptance.

**\*\* Cost per student is waived for the pilot program. \*\***

Detachment of:

Detachment Adjutant - *signature required*

Detachment Commander - *signature required*

Date:

Format: mm/dd/yyyy

Date:

Format: mm/dd/yyyy

Department of:

Department Adjutant - *signature required*

Date:

Format: mm/dd/yyyy

Last Name:  First:  MI:

Mail **or** Email the completed application, essay, and certificate of **BASIC TRAINING** to:

**MAIL:**

The American Legion National Headquarters  
Attn: SAL University  
700 N. Pennsylvania Street  
Indianapolis, IN 46204

OR

**EMAIL:**

Email to: [SALmeetings@legion.org](mailto:SALmeetings@legion.org)  
Email Subject Line: SAL U Application

**Submit by February 1**

**Late applications WILL NOT be accepted.**

**NATIONAL COMMANDER'S CHALLENGE  
NATIONAL FOUR PILLAR SQUADRON CRITERIA & VALIDATION FORM**

**Children and Youth**

Donate \$1.00 for Squadron's membership total as of July 31, 2023 to The American Legion Child Welfare Foundation. *Please list check # and submission date:*

|  |
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**Veterans Affairs & Rehabilitation (VA&R)**

Donate \$1.00 for Squadron's membership total as of July 31, 2023 to The American Legion Operation Comfort Warriors. *Please list check # and submission date:*

|  |
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**Americanism**

Donate \$1.00 for Squadron's membership total as of July 31, 2023 to your home Department's American Legion Boys State Program. *Please list check # and submission date:*

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**National Security**

Host a blood drive or donate \$1.00 for Squadron's membership total as of July 31, 2023 payable to the hosting organization of the blood drive. *Please list date blood drive held, quantity of blood donated & recipient organization and/or list check # and submission date:*

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Squadron Name:

Squadron No:

Squadron Address:

Submitted By:

Title:

**Return Application to:**

Thomas Deal, 1434 Clayton Street, Perryville, MD 21903  
(email) [tom.deal@verizon.net](mailto:tom.deal@verizon.net)