

The Oregon Legionnaire

The Voice of Oregon's Veteran's Since 1919

March 2026 Issue



THE AMERICAN LEGION
DEPARTMENT OF OREGON

ORATORICAL CONTEST WINNERS



CONGRATULATIONS TO THE WINNERS

FROM LEFT TO RIGHT

3RD PLACE WINNER

LILLIAN HARRIS

1ST PLACE WINNER

CHASE MCMULLEN

2ND PLACE WINNER

ADELAIDE SAUNDERS



THE AMERICAN LEGION

Veterans Strengthening America

OFFICE OF THE NATIONAL COMMANDER

PO BOX 1055, INDIANAPOLIS, IN, 46206-1055 • WWW.LEGION.ORG • P: (317) 630-1200 • F: (317) 630-1223

To my fellow Legionnaires in Oregon,

You are meeting at a very special time. Not just for The American Legion, but for our nation. On July 4th, America will officially celebrate its 250th birthday. This is a milestone that would not be occurring if not for the sacrifices of the men and women who have defended our freedom.

I encourage all who are attending this conference to sign up for the USA 250 Challenge. Anyone can participate. The challenge would be whatever you make of it. It could be walking 250 blocks, making 250 buddy checks or performing 250 hours of service to your community. The possibilities are endless. Participants will receive a special USA 250 Challenge shirt and proceeds will go to The American Legion Veterans Children Foundation. You can register on our national website, www.legion.org.

Whether you are a Legionnaire, an Auxiliary member or a member of the Sons of The American Legion, please know that you are a vital part of The American Legion Family. The most successful posts, units, squadrons and American Legion Riders chapters are those that practice the ethos, "Better Together!" I cannot overstate the importance of the service that our American Legion Family provides at the community level.

The "local Legion" is often the first and lasting impression that veterans and nonveterans form about our organization. Even so, you can still have a national impact on policies that will improve the lives of our current military members, veterans and their families by expressing your support for our legislative priorities to Congress. We make this process easy. Just visit www.legion.org/action to read about important veterans' issues and send an automated message to lawmakers.

During my time as national commander, I have met many veterans who have told me that our Be the One Mission has saved their lives. They are here because someone took the time to ask how they were doing. That is the purpose of our buddy checks. Ask, listen and remove the stigma. Be the one to save one. We must stop the national tragedy of veteran suicide. This remains our highest priority.

Thank you for all that you are doing for our American Legion Family.

Best wishes for an enjoyable and productive conference.

For God and Country,

Dan K. Wiley
National Commander





Message from the Commander

[Chinook Winds
Casino Resort](http://www.chinookwindscasino.com)

www.chinookwindscasino.com



[1777 NW 44th St. Lincoln City, OR
97367](http://1777NW44thStLincolnCityOR97367)



**American Legion Convention
Lincoln City, Oregon**

It's better at the Beach



June 24-27, 2026

Discounted Hotels

Fun Activities:

- Golf (June 24th)
- Sightseeing excursion
- Fishing trip
- Beach party
- Dinners

And much more!

Convention Kickoff



Tee Time

Wednesday, June 24, 2026

Starts at 8 AM

Shotgun start

Price: \$80.00 per golfer

Price includes:

18 holes of golf

Golf Cart

Lunch (2 to choose from)

Come join us for a family friendly Convention at the best beach in Oregon: So, mark your calendars for June 24 thru June 27th at Chinook Winds Casino in Lincoln city Oregon. Hotel, Meals, RV parking information to follow and more events to be happening

VETERANS STAND DOWN **COMING SOON, SEPT 2026** **TO YAMHILL COUNTY**

HOSTED BY: The American Legion Auxiliary, Unit 21

ITEMS NEEDED:

**Tarps, 2 Person Tents, Personal Hygiene,
Towels, Back Packs, New & Slightly
Used Clothing, Shoes**

DONATION DROP OFF LOCATION:

**The American Legion
126 NE Atlantic Street
McMinnville, OR
(503) 435-2218**



The Essence of Leadership

Leadership is far more than holding a title or occupying a high-ranking position—it is the art of influencing others toward a shared purpose. At its core, leadership is about vision, integrity, and the ability to inspire people to move forward together.

Effective leaders begin with clarity of purpose. They know where they want to go, and they communicate their vision in a way that motivates others to join them. This clarity becomes a guiding light during uncertain times, helping teams stay focused and aligned.

Equally important is emotional intelligence. Great leaders listen deeply, understand the needs of their teams, and respond with empathy. They create environments where people feel valued and supported, which fuels engagement and creativity.

Leadership also requires courage—the courage to make difficult decisions, to admit mistakes, to take responsibility for outcomes, and never micro-manage. When leaders demonstrate humility and accountability, they establish trust, which is the foundation of strong relationships and high-performing teams.

Ultimately, leadership is a journey of continuous learning. Great leaders stay curious, adapt to change, and encourage growth in themselves and others. When done well, leadership becomes a catalyst for progress—not only achieving goals but elevating the people involved.

**“If you are not willing to learn, no one can help you.
If you are determined to learn, no one can stop you.”**

*Leadership is not about the
position you hold but the
conversations you create and the
impact you leave.*

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The Oregon Legionnaire

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***no later than the 25th of each
month for article to be placed in
the next months issue.***



A Message from the Detachment Commander

I have been involved with Son's of the American for a long time and a dual member as a Legionnaire. Early on I had some health issues that slowed me down a bit from doing some of the visits that I needed to do as the current commander, however I did make some phone contacts with some of the Squadrons and have made a few visits to squadrons like New Port. I know and understand that being the Detachment commander is more than a cover and a title; it is a large responsibility to which I now can fulfil to the best of my ability to do so.

Here are just a few items that has been started this year: With the assistance of our Detachment adjutant a generic email has been set up,

That email address is: detachment.adjutantsal@gmail.com also we are searching out ways to make attendance to our Detachment meetings easier so that travel cost is not an issue. We are searching virtual meeting platforms like Zoom or Microsoft Team, these both offer free for meetings the zoom is 40 Minutes free for a meeting the Microsoft Teams is 60 Minutes free. We will be discussing at the 11 April 2026 Detachment meeting the logistics of doing the virtual meetings and what the protocol would be, for example if you're within a reasonable distance the expectation would be that you are present at the meeting.

Now with our email system of communication, we are attempting to work out the bugs in this, however we have found that some of the addresses provided to the Oregon department of American Legion are not current emails, or the information was not correctly put into the system so a

percentage of the emails sent out are coming back, so Squadrons please send to department the corrected information so that you can receive the notifications of upcoming events. Also, if your squadron has not completed your new officers' confidential list for department membership renewal card will not be available until that is done.

Notice we have a few vacancies at the detachment level so if you are interested in being a part of the Detachment leadership contact me, I would love to hear from you and discuss these openings. Also we have noticed that some units are not doing some of the programs and are in danger of losing their charter, we really don't want to see that happen to any of our Squadrons so if your squadron is one of those please reach out to us, so that we may assist you in continuing to be a squadron in good standings once again.

Detachment Commander
Jerry Patton
Son's of the American Legion



POINT TO PONDER

“Should you do the right thing, or should you do things right?”

Some men have thousands of reasons why they cannot do what they want to, when all they need is one reason why they can.

Martha Graham



SAL Detachment Adjutant



As your Detachment of Oregon Son's of the American Legion, adjutant thank you for this opportunity to serve you and the Detachment of Oregon.

My name is Jay Thornhill, being the Detachment of Oregon SAL Adjutant is an honor to which I thank you for.

Just a few things to get started here as your adjutant, your assistance as Squadrons and Squadron leaders is greatly needed and appreciated. This year under the leadership of Commander Jerry Patton, we have started a generic email and that address is: detachment.adjutantsal@gmail.com . this was started so that we could have continuity when transition happens, so that

squadrons are getting information. We need the assistance of squadrons and squadron leadership to give us current email addresses and contact information so we can communicate better with you.

Another item on the table to be started this coming year is the ability to have a virtual meeting set up for those members that long distances of travel and motel expense can be a part of the meeting virtually, the platforms currently looked at are as follows: 1 Zoom, zoom offers 40 minutes free so

part of the meeting would not be virtual because of time. 2 Microsoft teams offer 60 minutes free and with this one it might be possible to do the whole meeting. We do however want to be able to best serve all the squadrons and to have their input at the 11 April 2026 meeting in John

Day.

As the Adjutant I do understand that communication has been an issue for a while, and this is something that we want to do a better job of, so with that we need all the squadrons and squadron leadership give us current contact information so that we as detachment leadership can communicate with you. Also to let each squadron and squadron leadership know,

membership renewal cards will not be given unless the squadron has submitted their confidential officers list to the American Legion Department of Oregon.

Questions about Squadrons and Squadron leadership:

- 1) What are you doing to engage your members, Legionnaires, Auxiliary, and Squadron?
- 2) What programs that the legion has, are you as a Squadron doing?
- 3) What is your Why, for why you joined the Sons of the American Legion?

When I think about my why I joined the Sons of the American Legion: It was because I have a long history of family members that were in the military, starting back to the civil war. And my dad who served proudly during WWII in the Navy medical Corp.

As I bring this to a close, I want to say being a Detachment Adjutant is an honor, and as such I want to assure the Detachment of Oregon American Legion Sons of the American Legion I am here to serve you.

Adjutant
Jay Thornhill
Son's of The American Legion



The screenshot shows the website for The American Legion. At the top, there are navigation buttons for 'Join', 'Renew', and 'Donate'. Below that is a menu with 'ABOUT', 'PROGRAMS', 'SERVICES', 'MEMBERS', 'MEDIA', and 'CONTACT'. A search bar is also present. The main content area features a 'Basic Training' course advertisement. The ad includes the text: 'Learn about The American Legion in this self-paced online course'. It lists the price as 'Members Free, Nonmembers \$9.95' and describes the benefits: 'What you get: A printable Certificate of Recognition. The redesigned lapel/cap pin can be ordered from Emblem Sales after you pass the course.' It also states the 'Estimated Effort: Approximately 120min, but there is no time limit. You may return and access the course as many times as you want.' A yellow 'Enroll' button is at the bottom of the ad.



1st Vice Commander

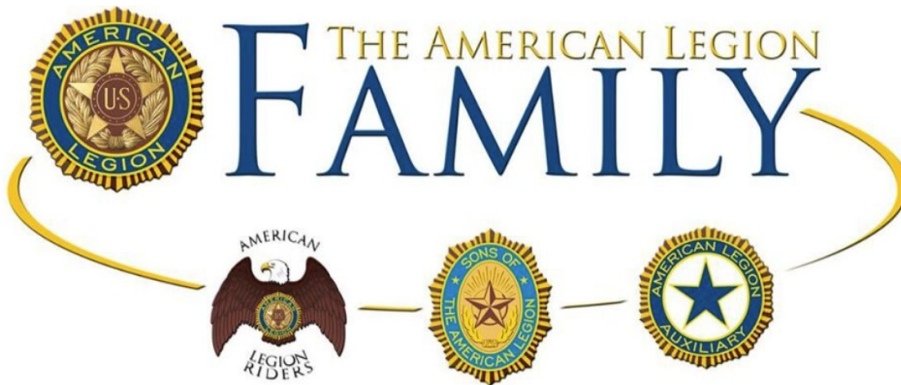
This report covers the period of December 20, 2025, through February 26, 2026 (68 days). During that time frame I participated in 1 Boys State Committee meeting, Congresswoman from District 6, Andrea Salinas's Military Academy Selection Board where we interviewed 20 applicants for the Nations' Military Academies, visited 3 Legion District meetings, and visited 3 Posts. I also represented Boys State at two Legion Post's recognition dinners. In reviewing my Legion calendar, I had 27 separate event days totaling 130 hours with 2,445 miles driven, everywhere from Milwaukie Post #180 to Roseburg Post #16.

The greatest benefit of visiting different Posts & Districts is meeting fellow veterans/Legionnaires. We didn't serve together, didn't share the flight line, didn't feel the rock and sway of the deck underfoot, but there is a camaraderie among Legion members, and I truly feel a desire to help our fellow man (and woman). In today's environment there is also respect and admiration from the public, and that didn't exist thirty, forty years ago. It is my pleasure and honor to be able to travel around and meet my fellow brothers and sisters, and get their opinions and feelings about what we do and what we can do better.

Boys State has ramped up and we are in full swing to get the message out to all the schools so we can get as many as possible to OSU this year for the Boys State week. Let's all get going and support our youth programs, as they are our future.

1st Vice Commander
Fred Broadwater
The American Legion
Department of Oregon

BE THE ONE



VA resources, we're here for you.

For any questions or requests, [1-800-MyVA411](tel:1-800-MyVA411) ([1-800-698-2411](tel:1-800-698-2411)) is always the right number.
[Veterans Crisis Line: 988](#) and press 1, [Chat](#), or Text [838255](tel:838255)
[Vet Centers: 1-877-927-8387](tel:1-877-927-8387)
[Homeless Veteran Resources: 1-877-424-3838](tel:1-877-424-3838) or [ChatAsk VA](#)
[Schedule a 1-on-1 Appointment with a VA Benefits Expert](#)
[Find a VA facility near you](#)



For non-urgent questions, you can reach VA using the [VA Health & Benefits App](#) or [MyHealthVet](#) secure messaging to schedule an appointment, refill prescriptions, and access your medical records.



2nd Vice Commander

Recently, there has been some drama in a few posts. Members want the District and Department leaders to “come fix our problem”. Unfortunately, that’s not how the Legion is set up. The title of “Commander” is a misnomer. In the Legion, Commanders don’t command, they act as Committee Chairs. Unlike the military, no matter what level they are at, a Legion Commander can’t command someone to “drop and give me 20”. That’s not how it works.

Here is an analogy I came up with to explain who, can do what: Imagine a table with 4 toolboxes on top, one labeled “Post”, one “District”, one “Department” and one “National”. If you open the post box, you see all sorts of tools, everything you need to run, repair and build your post. That’s where all the power is. When you open the District box, you see paper, lots of paper. There are procedures, Constitutions and By-Laws and, yes, some hot air. Districts can answer questions, give advice, mentor, but no pushups. Then there is the Department box. When you open it, the only thing you see inside is a “fine alignment tool”, a big hammer. You never want to see the hammer. It’s used to smash charters. Again, no pushups.

Like I said, the Legion is not the military. So, what about the National box. When you go to open it, you see that there is a padlock on it. How are you supposed to open it? YOU don’t! Only the Department has the key. That’s why, if you have something you want National to see, it must go through Department. If you choose to send something directly to national, it’s bounced back to Department with a nasty gram attached. Not a good way to make friends at Department.

So, bottom line, you need to follow the “chain of command”, there’s that word again, especially when communicating. You’ll save yourselves and others a lot of headaches.

All that being said, a word from Americanism. Dept Oratorical is coming up on the 7th at Salem Post 136. It starts at 10:00am “Sharp”. Recruiting for Boys State is hot now. Check your local High School for Juniors that may be interested. Same with High Schoolers that might be interested in Law Enforcement Career Camp. Make sure the kids know what’s available.

Dept 2nd Vice Commander
Mike Speer

“Leadership is not about a title or a designation. It’s about impact, influence, and inspiration.”

AMERICANISM

DEADLINE

**For the
April
Issue of the
Legionnaire Is
March 25th**

What is it?

The American Legion defines Americanism as a devotion to the founding principles, values and civic responsibilities of the United States.

It emphasizes loyalty to the Constitution, respect for democratic institutions, and fostering national unity.

BE THE ONE

**You might just
Be the only
ONE!**



Adjutants Column

What is Meeting Protocol?



The definition of protocol is “an official procedure or system of rules that govern affairs of states or diplomatic occasions.” These rules are granted by:

1. The Constitution
2. The Bylaws
3. Standing Rules
4. Established Customs
5. Parliamentary Procedure/Robert’s Rules of Order

The meeting chair follows a common protocol including:

- Only one person speaks at a time
- The speaker must be recognized before speaking
- All comments are made through the chair
- Comments are confined to the current issue
- Discussion should alternate between pro and con arguments
- Not allowing lengthy papers to be read during the meeting
- No cross conversations
- No verbal attacks of other members
- All rules must be respected and obeyed

Robert’s Rules of Order

Robert’s Rules of Order, or parliamentary law, helps maintain order by providing an approved method of conducting meetings in a democratic, orderly, and expeditious manner. Orderly meetings effectively uphold the organization’s objectives according to the bylaws and protect the rights of the organization’s members. Each rule is affected by, and in turn, affects all other

rules. Robert’s Rules contains a comprehensive set of rules that addresses virtually every potential meeting issue. Robert’s Rules are a guideline. One of the main parts of parliamentary procedure is the handling of motions. There are six steps to handling motions:

1. Member stands, is recognized, and makes a motion
2. Another member seconds the motion
3. Presiding officer restates the motion
4. Members debate the motion
5. Presiding officer asks for the affirmative and negative votes
6. Presiding officer announces the result of the voting

Point of Order

When a member notices a violation of a rule, the rule can be called out without waiting for the chair to recognize the member that questions it. In such a situation, the member calls out, “Point of Order.” The chair listens to the complaint and makes a ruling on whether there is a violation. If the member disagrees with the chair’s ruling, the member may appeal the decision of the chair.

Appealing Point of Order

The member states, “I appeal the decision of the chair.” The chair explains the reason for the ruling. Each member has the opportunity to debate one time. The chair gives a closing statement, and a vote is taken on whether the decision of the chair should be sustained. Only a majority of the negative may overturn the ruling of the chair.

Suspending the Rules

Sometimes groups need to perform a task that is specifically prohibited in the bylaws. There is a workaround for such a circumstance called “suspending the rules.” The group can move to “suspend the rule that prohibits...” in order to complete a specific task.

CONT. from PG 10

Quorum

The quorum is the minimum number of members who must be present to conduct business and pass motions. The number of acceptable voting members that constitutes a quorum is specified in the organization's bylaws. Meetings can be held when a quorum is not present, but official business cannot be transacted.

Agenda

The meeting agenda should be distributed to members in enough time before the meeting so that they may request additions and changes. Typical agendas include:

- Call to Order
- Welcome and introductions
- Approval of minutes from the previous meeting
- President's report
- Finance Committee's report
- Other committee reports
- Old business
- New business
- Comments and announcements
- Adjournment

Handling Minutes

At the specified time during the agenda, the prior meeting's minutes should be reviewed for accuracy and approved. Depending upon established meeting procedures, the minutes may either be read aloud or distributed prior to the meeting. Corrections and amendments may be addressed during this part of the meeting. Minutes are to be signed by the secretary.

Bylaws vs Standing Rules

Bylaws can sometimes be confused with standing rules. Both sets of rules have different functions, so it's important to understand the differences between bylaws and standing rules. Here are a few examples: Bylaws usually state the number of meetings, whereas standing rules outline the time and location of the meetings. For example, bylaws outline the primary responsibilities of the officers and the chairmen, whereas standing rules give the specifics. Bylaws designate who is responsible for a committee or program; standing rules list who forms the committee or how the program is to be implemented. In short, bylaws broadly outline responsibilities; whereas standing rules specify the details of how that particular group carries things out.

Open Meetings Acts

While the group protocol is designed to allow the group to perform its duties in an expedient, orderly manner, some members become proficient at using the rules to their advantage. Each group member holds a responsibility to make informed decisions that hold true to the vision and mission of the organization. When parliamentary procedure is followed with fidelity, the group process protects everyone's rights while championing the work of their organization.

It is highly suggested that every Post and District has a copy of The Roberts Rules of Order and use them. This will help maintain proper meeting protocol.

Submitted by.
Adjutant
S. Flynn Phillips
Department of Oregon



Don't forget your

"BUDDY CHECKS"

Call them today, while your thinking of it.

DISTRICT 10

Purpose & Relevance, Servant Leadership in Action

Note: This column reflects ongoing national conversations within The American Legion about keeping our posts strong, relevant, and grounded in service.

One of the lessons at American Legion College focused on the core values of servant leadership. We talked about what those values look like on paper, but more importantly, how they show up in real life—leading by example, building relationships, working together, and making sure what we do lines up with why we exist in the first place.

When I came home, I didn't have to look far to see those lessons already at work in my district. Nyssa Post 79 is a good example of servant leadership done the right way. Relationships come first there. The post currently meets in a local church, and a new meeting space has been donated for their future home. That doesn't happen without trust, respect, and people willing to step up for one another.

You can also see collaboration in the way the post and the community have worked side by side. Fundraisers have been held, materials have been donated, and neighbors have commented on pitching in to help move renovation plans forward. It's the kind of progress that doesn't make headlines, but it gets real work done.

This is leadership that starts with service. Folks aren't standing back giving orders, they're showing up, working together, and keeping the mission front and center. That's what's creating momentum at Post 79, not titles or positions.

Post Commander Jerod Edmondson and Adjutant Neil Berdowski have been clear that the goal for the new meeting space is more than a building. As Berdowski shared, the vision is to create a place where veterans feel they belong—a place where they're comfortable sitting down with others who share the common bond of military service. That's the heart of servant leadership. When relationships matter and actions line up with the mission, the result isn't just a renovated space. It's a stronger post and a stronger sense of community.

Nyssa Post 79 reminds us that leadership isn't something you talk about once a year, it's something you live out every day, through service, cooperation, and a devotion to mutual helpfulness. Keep leading by example!

By: Niki McElravy, District 10

Children & Youth



Hello Legionnaires,

Just a reminder of the topics that are included in the 4th Pillar of Children Youth and that the American Legion supports.

- Child Pornography
- Catastrophic illnesses
- Intellectual Disabilities
- Immunizations for Needy Children
- Family Integrity
- Media Violence
- Child Sexual Exploitation
- Temporary Financial Assistance

There is more information on the National Website on each of these topics.

If you have questions, please don't hesitate to give me a call. Again, I encourage all Posts to support one of these topics.

Betty Fish-Ferguson
Chairman C&Y



BE THE ONE



Number of veterans dying by suicide dropped slightly from 2022 to 2023, but the rate of suicide grew.

The recently released 2025 U.S. Department of Veterans Affairs' [National Veteran Suicide Prevention Annual Report](#) showed that while the total number of veterans who died by suicide slightly reduced from 2022 to 2023, the overall rate of veteran suicides increased over that period.

From 2022 to 2023 – the most recent year for which data is available – suicides among veterans dropped from 6,442 to 6,398 suicides. And the average number of veteran suicides per day fell slightly, to 17.5 in 2023 from 17.6 in 2022. However, the rate of suicides per 100,000 veterans rose during the same period in both the male and female population. For women, the rate rose from 13.7 to 13.9, and for men, it rose from 37.3 to 37.8.

The report also showed that 61 percent of veterans who died by suicide in 2023 were not receiving VA health care in the last year of their life. For veterans receiving VHA in the previous year or year of their suicide, the suicide rate dropped from 40 percent to 39 percent from 2022 to 2023.

“Veteran suicide has been a scourge on our nation for far too long,” VA Secretary Doug Collins said in a press release. “Most veterans who die by suicide were not in recent VA care, so making it easier for those who have worn the uniform to access the VA benefits they have earned is key.”

Also noted in the report is that suicide rates are elevated for veterans aged 18 to 34 years, and those with certain risk characteristics. Those include:

- **Mental Health Issues or Substance Use:** Among veterans in VHA care who died from suicide in 2023, 60.9 percent had a VHA mental health or substance use disorder diagnosis, while 39.1 percent did not.
- **Head Trauma/Traumatic Brain Injury (TBI):** Research shows increased suicide ideation, attempt and death rates among people who have experienced head trauma. In each year from 2001-23, suicide rates for veterans in VHA care were elevated for those with a TBI. In 2023, the suicide rate was 77.6 per 100,000 for those with a recent diagnosis of TBI, which was 94.3% higher than for those without a diagnosis.
- **Unsecured Firearms:** Unsecured firearms in the home increase the risk of suicide death. In 2023, firearms were involved in 73.3 percent of veteran deaths by suicide, compared to 52.9 percent of suicides of non-veteran U.S. adults.
- **Homelessness:** In 2023, the suicide rate among veterans in VHA care with diagnoses of homelessness was 146 percent higher than for those without diagnoses of homelessness.

The American Legion's Be the One veteran suicide prevention mission seeks to reduce the stigma associated with mental health treatment, providing free suicide prevention training and empowering everyone to take appropriate action when a veteran or servicemember may be at risk. Learn more or sign up for one of our virtual Be the One training sessions at betheone.org.

Submitted by:
Charlie Schmidt, PNC, PDC
The American Legion
Department of Oregon

BE THE ONE TODAY



You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing everything with logic. True power is restraint. If words control you that means everyone else can control you. Breathe and allow things to pass.

UPCOMMING EVENTS

2026 YEAR

Mar	Community Service Month / Boys State prep	
Mar	District 6 Meeting	Post 41, Baker
Mar 15	District 5 Roundup	Prineville, OR
Mar 15-17	American Legions funding	
Apr 11	Spring DEC	John Day, OR
April 15	Deadline for Boys State Apps	
April 25	Dist 6 Meeting	Post 43, La Grande
May 10	Mother's Day	
May 2	District 2 Caucus	Keizer, Post 17
May 25	Memorial Day	
Jun 14	Flag Day	
Jun 21	Fathers Day	
June 24-27	Department Convention	Chinook Winds, Lincoln City
June 21-27	Boys State	OSU, Corvallis
July 4	Independence Day Celebration 250 year Celebration	
Aug	National Convention, Louisville, KY	
Sep	National Disaster Preparedness Month/POW Reg Day	
Sep 7	Labor Day	
Sep 11	9/11 Remembrance	
Sep 17	Constitution Day	
Oct	Launch POST membership campaign	
Nov 11	Veterans Day and American Education Week	
Nov 26	Thanksgiving	
Dec	Visit Veterans in homes, hospitals, & Sick.	
Dec 7	Pearl Harbor Day.	
Dec 25	Christmas	
Dec 31	New Years Eve	
2027 YEAR		
Jan 1	New Years Day	



SONS OF THE
AMERICAN
LEGION



**Need your event placed on the Legionnaire calendar,
Submit it to orlegionaire@gmail.com before the 25th of each month.**

USA 250 CHALLENGE

Past National Commander James LaCoursiere announced the USA 250 Challenge as a way to kick off The American Legion's celebration of our nation's 250th birthday.

The challenge is a major part of how The American Legion will celebrate the historic occasion, now through July 4, 2026. That may seem like a long way off — but it is up to us as leaders to act now to demonstrate to the American Legion Family, other veterans and our nation why this is important. **If you haven't already, signed up, encourage others and share [this link to register](#).**

What I love about the USA 250 Challenge is that it ties in several key components that our organization prioritizes — community service, mental wellness and fitness activities.

In fact, the challenge was designed to allow anyone to participate, virtually any way they choose. Participants may pursue one or more of the three categories over the next year, either solo and/or as part of a team. You can learn more about the challenge, which benefits the Veterans & Children Foundation, at [this web page](#).

More about the categories:

- **Wellness:** Participants complete 250 hours of wellness activities such as yoga, meditation and other forms of mindfulness. A post, district or department team could work together to conduct 250 Buddy Checks, for example.
- **Fitness activities:** Participants may choose to walk, bicycle or cover 250 miles (or hours) any way they choose. Or they can aim to do 250 hours of activity like playing pickleball, strength training or kayaking. An example of a team challenge for a post or district would be 10 participants each walking 25 miles.
- **Community service:** Participants achieve 250 hours of community service or reach the 250 bar of a community service project. A post or district could team up to create and distribute 250 care packages to deployed troops, collect 250 items for homeless veterans, or some other project.

For questions about the challenge itself, please contact Henry Howard, hhoward@legion.org.

Let's kick off our celebration of America's 250th birthday by leading from the front, engaging in physical activities, conducting community service and embracing mental wellness!



**BE PART
OF THE
TEAM.**

**LET'S
GET
GOING!**



Veterans Affairs & Rehabilitation: VA&R Veterans Employment, Education & Homeless:

Our Commission works on the programs of the 1st Pillar: Veterans. Veterans Administration and Rehabilitation (VA&R) Commission members for the 2025-2026 membership year is Department Chaplain and Alternate NEC Betty Fish Ferguson, Ann Everetts, District 1 Commander Adam Gettman, John Reish and PDC Bob Huff, Chair. The focus of the Commission is oversight into VA&R activities for our department. So far during this membership year we have held separate and combined meetings with our Veterans Employment, Education and Homelessness (VE&E) Commission members as their Commission participates with our Commission on our activity supporting our Veterans and their Families.

Members of the Veterans Employment and Education and Homelessness (VE&E) Commission is Niki McElravy, Tim Troupe, Department Judge Advocate Maria Tye, Carol Bova Rice and PDC Bob Huff. Our commission has met several times already this membership year virtually on ZOOM. Our last combined meeting was on Wednesday, March 18, 2026, and have participated in events and have many more events scheduled.

Our Commissions activity is continuous through the membership years, it is supporting Veterans in person, at events, electronic, telephone, whenever, wherever, continuous. We have held six Veteran Stand Downs, Employment and Benefits Events; the Women Veterans Conference Event in Bend, Veterans Day Events, one Veterans Day Parade and a Benefits Event on Veterans Day at Eagle Point High School, serving all participants Lunch and providing Vietnam Era War pins and a “Be the One” table with brackets, pins and information. We supported Wreaths Across America in December at our National Cemeteries in Oregon. We are now planning meetings with the VA for our start of our first Veterans Stand-Down, Employment and Benefits Event and Veterans Court for 2026.

We will be holding Be the One information tables and information at Prineville Round-up and our Spring DEC in John Day, our activity is never finished as long as a Veteran needs support. We have been very actively supporting our Veterans and will continue to serve our Veterans community. We have had a lot of demand for our activities to support Veterans’ events this year and are receiving requests for support for the 2027 membership years and the demand continues, which is good. Our Department Service Officers have focused on virtual, telephone and outreach for our Department Service Office activity, which has been very busy, which our commission has oversight of the Service Office and our team do an excellent job supporting our Veteran’s community. If you see one of our Service Officers, thank them, they are amazing.

We continue to hold “Be the One” activity for staff and patients at the VA SORCC is part of our VAVS area. We have continued to participate in Virtual National VE&E meetings and panels in this 2025-2026 membership year, and I have just returned from In-Person National VE&E meetings in Washington DC.

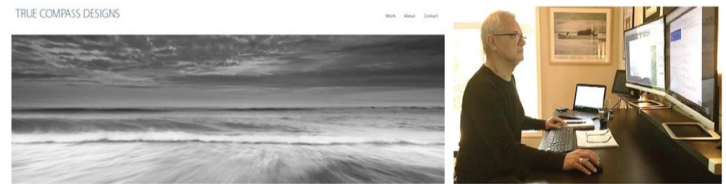
TAP Training and Veterans Small Business Opportunities were major issues we discussed and worked on. We have supported Yellow Ribbon ceremonies and “DEMOBS” for our returning Oregon Army National Guard units and just attended the return of the 1/186 INF in Ashland. We participated in both the Salem National Guard Auditorium, and the Ashland Hills Hotel and Convention Center, excellent event. Please check with your local units for their DEMOB locations and dates and please provide support from your local Posts. Please provide our team with the location and if not double booked, we will also support. We are prepared to support wherever the location is moved. We will be supporting this activity and ask that our Legion Family from those returning units area also support these events. We still have a lot on our plate, which is good.

I apologize if I missed an event or giving credit to those supporting our events and activities, we have several Posts supporting this effort. Thank you, we have been very active this membership year, which is good and continues to be active.

If your Post or District is scheduling a Veterans Stand-Down, Employment, Education or Benefits event, or Revitalization for Membership, please let us know and if it is not conflicting with another event, we will support in-person. We are looking for opportunities to get out the information on the “Be the One” campaign and to support our department and Veterans and their families. We have a lot of opportunities with our returning veterans from Deployments. We are busy, that is good, supporting our veterans and their families is our mission. Remember, Veterans and Families do not have to be members of our Legion Family to receive support from our Veterans Service Officers; we are available.

Military help line
for Legionnaires

[http://
militaryhelpline.org
/about-us/](http://militaryhelpline.org/about-us/)



True Compass Designs is a digital development company that has been in business for more than 17 years. Certified in 11 different Adobe programs, Mick Bird of Camas, Wash., builds websites for clients while working from the comfort of his home. Mick is The American Legion Department's Web Designer.

TRUE COMPASS DESIGNS

360.210.4157
19215 SE 34th St. #106
PMB 142
Camas, WA 98607

<https://www.godaddy.com/garage/true-compass-designs-navigating-web-design-by-honoring-his-true-north/>

DON'T FORGET

If you have an article of interest, Post information, photos, anything of interest for the Legionnaire Magazine, please send them in. We send out approx. 7,200 e-mails of the Legionnaire Magazine each month, we hope you are receiving it. If not get with your commander and find out why.

We are trying to build up the Legionnaire Magazine where it is interesting and informative to everyone, we want all our Post to know what is going on around the Great State of Oregon. Let us know. Send your articles to:

orlegionnaire@gmail.com

**Don't Forget
To Send In Your
Articles / Photos /
Community Points
Of Interest For
The Next
Legionnaire**



ANSWERS ON PAGE: 32

1. Which war was the inspiration for the film "Saving Private Ryan?"
2. Who was the first female to become a four-star Admiral in the US Navy?
3. Which military conflict was the subject of the book Black Hawk Down.
4. Which battle is considered the turning point of the American Civil War?

Join Us - Be Part of History

Revolutionary War Memorial

Honoring Our Nation's First Veterans

Dedication April 19, 2026 - 1:30 PM



Veterans Memorial Park-Beaverton, Oregon
SW Watson Ave & 8th St.

START YOUR CELEBRATION OF THE
250th ANNIVERSARY OF THE SIGNING
OF THE DECLARATION OF INDEPENDENCE.

Major Contributors: OPRD Veterans & War Memorial Grant Program,
Lews & Clark Chapter SAR, George Washington Endowment Fund,
Oregon SAR, DAR, C.A.R. - Societies, Chapters & Members





The American's Creed

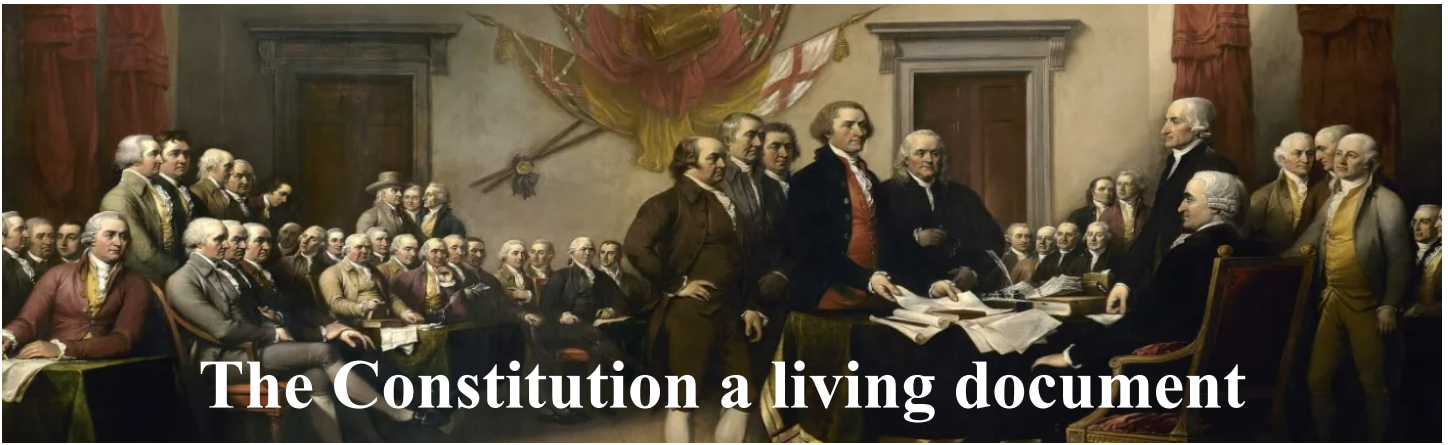
“I believe in the United States of American as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed; a democracy in a republic; a sovereign Nation of many sovereign States; a perfect union, one and inseparable, established upon those principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes.”

“I therefore believe it is my duty to my country to love it, to support its Constitution, to obey its laws, to respect its flag, and to defend it against all enemies.”

William Tyler Page, Clerk of the U. S. House of Representatives, wrote "The American Creed" in 1917. It was accepted by the House on behalf of the American people on April 3, 1918.

Don't be disappointed if people refuse to help you. Remember the words of Einstein:
 “I am thankful to all those who said NO. It's because of them, that I did it myself.”





The Constitution a living document

The U.S. Constitution is considered a "living document" primarily because it can be **formally amended** and **judicially interpreted** to adapt to changing societal needs and circumstances over time. While it was written in 1787 for a premodern agrarian society, proponents of the "living Constitution" theory argue it must remain a dynamic tool for legal interpretation in an evolving modern nation.

Core Mechanisms of the "Living" Constitution

- **The Amendment Process (Article V):** The most direct way the document "lives" is through the ability to add or subtract rights. Though there have only been 27 amendments in over 200 years, this process has allowed for monumental shifts, such as the abolition of slavery and the expansion of voting rights to women.
- **Judicial Interpretation:** Courts often interpret the Constitution's broad language to address modern issues the Framers could not have envisioned, such as digital surveillance, the internet, or smartphones.

Adaptability to Crisis: Early leaders like Chief Justice John Marshall (1819) argued that the Constitution was intended to "endure for ages to come" and must be "adapted to the various crises of human affairs".

The Debate: Living Constitutionalism vs. Originalism

The idea of a living document is a subject of significant legal and philosophical tension:

Feature	Living Constitutionalism	Originalism
View of Meaning	Dynamic; meanings can change as social attitudes evolve.	Static; meaning is fixed based on the original intent of the Framers.
Role of Judges	Interpreters who apply principles to contemporary values.	Restrained actors who must stick to the text's original understanding.
Examples of Rights	Right to privacy (not explicitly mentioned in the text).	Focus on explicitly stated rights (e.g., literal text of the Second Amendment).
Recent Judicial Shift	Championed by figures like Justice William Brennan.	Currently dominant in the Supreme Court (e.g., Justices Gorsuch, Kavanaugh, Barrett).

Current Context and Criticisms

Critics of the "living" theory, often aligned with originalism, argue that it allows for **judicial activism**, where unelected judges may change the law based on personal political views rather than the written text. They contend that any substantive changes to the Constitution should occur strictly through the formal amendment process.

George Washington: The Constitution should be used as a guide and never be abandoned, and emphasized holding onto it to prevent anarchy.



INTERNAL AFFAIRS

ELECTIONS

We are entering that season when Posts and Districts will be having elections for new officers. As you may already know, the Department of Oregon Constitution By-Laws calls for “Each Post shall select its officers for the ensuing year not less than forty-five (45) days prior to the Department Convention” (Art. II, Sec. 3.). That would mean that all elections would be held prior to May 10, 2026.

So, what are some of the other requirements that should be considered in preparation for elections? Department Adjutant shall issue each post not less than 60 days prior to Convention (Apr. 25) the number of delegates and alternates each Post is entitled for Convention. (Const. Art. V, Sec. 4) Each Post shall have the following Post officers ...Commander, one or more Vice Commanders, Adjutant, Finance Officer, Chaplain, Service Officer (By-Laws Art. II, Sec. 2.). These are elected, except for those that the Post Constitution and By-Laws designate as appointed.

Each District shall select a District Commander, one or more Vice Commanders, a District Adjutant, and such other elective or appointive officers as the District may determine at a meeting following the spring Department Executive Committee meeting and the results of said meeting to be received at Department Headquarters no later than 20 days prior to the opening of the Department Convention (June 4, 2026). Voting shall be any method determined by the District, however, Posts will vote at convention delegate strength. A quorum shall exist at the annual meeting when a majority of the Posts in the District are represented at the meeting. (By-Laws, Art. I, Sec. 2).

(Note: The minutes of the District meeting at which they were elected must be on file at Department.) Any meetings must have a quorum of members, as designated by the Post/District Constitution and By-Laws to conduct business for which a vote is required. If only one person is nominated, then that person can be elected by “acclamation”. (A vote is still required, after which they are declared elected by acclamation.)

During elections, the person presiding over the election for that officer’s position must be someone other than the person nominated for the position. So, in the case of the Commander presiding over the meeting, and he/she being nominated for the Commander position, then a Vice Commander should preside over the election for that position. Then, after the election, the Commander can resume presiding over the elections for any other officer position elections.

Any nominations for elections must be seconded, prior to voting. All election results must be recorded in the minutes, to include the person elected and the position for which they were elected. All meetings should include a sign-in of members for the record. Delegates to the Convention should be voted upon. Forms for documenting elections can be found on the Department website.

Richard Ramey, Chairman
Internal Affairs Commission

BE THE ONE





Immediate Past Department Commander Department of Oregon

Washington Conference

The 66th Annual Washington Conference will be held February 28-March 4, 2026, at the Washington Hilton Hotel, 1919 Connecticut Ave., Washington, DC. Will kick off today. PNC Charles Schmidt leads our Oregon Delegation to see our National Commander Dan Wiley address Congress and testify to give the state of the Legion address. This address is the culmination of all our Consolidated Post reports that have been collected to show what our legion posts are doing and have done over the last year. Your voice is getting heard in Washington.

Your membership dues to your post alone gives the organization its total strength to show that The American Legion is strong in leading the way to support Veterans across the globe. The delegation attending is Commander Renee Ohler, Fred Broadwater, Maria Tye, Dan Evers, Robert Huff, Michael Surret, Don Weber, PNP Linda Boone, and PNC Charles Schmidt. These delegates will visit their respective legislators to discuss the American Legion’s top legislatives priorities for the 119 th Congress (second session) such as protecting existing benefits earned by service members and veterans, paying Coast Guard during a government shutdown, the status of backlog claims at VA, and more as time permits. If you would like to be better informed on our current priorities go here:

<https://www.legion.org/advocacy/legislative/legislative-agenda-point-papers>

We look forward to their report on this conference.

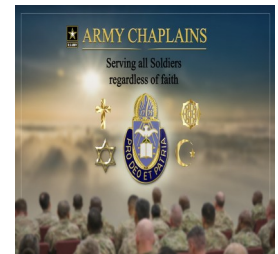
Past Department Commander
S. Flynn Phillips
The American Legion
Department of Oregon



Pictured Right: Part of our 2026 delegation, to the Washinton Conference:
Left to right: Mike Surret, Oregon Service Officer,
Charlie Schmidt, PNC, PDC, Dan Evers, and Linda Boone, PNP, PDP



Message from the Chaplain



Hello Legionnaires,

March marks the transition to spring in the Northern Hemisphere. The vernal equinox marks the start of Daylight Savings Time. This year it falls on Sunday, March 8th at 2am.

Let us rejoice in the rebirth of nature and another season soon to be upon us.

Psalm 19:1 states:

The Heavens declare the Glory of God, and the sky declares the works of his hands.

Looking forward to getting back in the garden.

Betty Fish-Ferguson
Chaplain
Dept. of Oregon



March 20th. & March 21st.

District #5

Round-Up

District Meeting Saturday 1300 hour (1:00 p.m)

Crook County Post, Unit & Squadron #29 would like you to join us for our annual district meeting better known as District #5 Round-Up.

Saturday Meetings,

American Legion: 1300 hours At Post #29

American Legion Auxiliary: 1:00 p.m. At Post #29

There will be new and tradition.



Local Lodging:

Econo Lodge (541) 447-6231

Best Western (541) 447-8080

Country Inn & Suites (Stafford Inn) (541) 447-7100

City Center (541) 447-5522

Executive Inn 541-447-4152

For God & Country,

**405 N. Main St
Prineville, Or. 97754**

Friday Night Dinner

Baked Potato Bar
with all the toppings!

Entertainment

Highway 97 band

Grab Bags

Saturday Lunch

Soup, salad &
Sandwich

Chicken Bingo

Darts

Horse Races

Saturday Night
Dinner

Meatloaf with
Mashed Potatoes,
Gravy & vegetables

Entertainment by

DJ- Angie
Weatherman



**The Legionnaire
Insurance Trust**



Coast Fork Willamette River 2026 Norwegian Foot March

19 SEP 2026, in Cottage Grove, Oregon



Hosted by **SGT Calvin Funk American Legion Post #32**

All active, guard, and reserve members of Oregon-based military units, and members of Oregon American Legion posts, are invited to join our Norwegian Foot March and earn the Norwegian Foot March badge. Starting at Lakeside Park, next to Cottage Grove Lake, the 30km out-and-back route will use the privately owned and access restricted Weyerhaeuser Road through the scenic Coast Fork Willamette River Valley. Register through your military unit or Legion post.

For more information, go to:

<https://cottagegrovelegionpost32.org/norwegian-foot-march/>



Hosting Future Norwegian Foot Marches

25 FEB 2026

by Eric Haan

During the COVID pandemic, Norway dropped the requirement of having Norwegian military personnel or officials present when conducting an official Norwegian Foot March (NFM). Now Norway just requires the submission and approval of a CONOP (concept of operation) to their embassy by a host organization. This has contributed to NFMs exploding in popularity with US military personnel. Additionally, the Army recognizes the NFM badge as a foreign military badge that soldiers can wear on their service uniforms. Soldiers can wear just one foreign badge.

The idea for hosting an NFM last year resulted from leadership in my Army Reserve unit canceling an NFM that I had planned out and received permission to conduct for my unit. Having Post #32 host an alternate NFM kept it out of reach of the Army leadership and ensured the soldiers in my unit still had the opportunity to participate in an NFM last year. The end result was 70 soldiers from 8 units taking up the challenge with about two months notice.

For most soldiers, and other military personnel, the opportunity to participate in an NFM is usually tied to a large base. Oregon doesn't have any large bases, which makes this opportunity a rarity for most Oregon-based military personnel. I hope to see American Legion posts here in Oregon fill that need by sponsoring an NFM every year at different locations around the state, which are open to all Oregon based-military personnel. Hopefully the NFM planned for 19 SEP will go well and become a template for future NFM events.

Hosting NFMs for Oregon military personnel is a good way for the American Legion to serve the current generation of military personnel here in Oregon, while at the same time making a positive first impression and creating a recruiting opportunity. In addition, the opportunity for American Legion members to participate in an NFM may even motivate some members to improve their physical fitness while reliving past military glory, and motivate veterans to join their local Legion post so that they can participate. Civilians can also earn and wear the NFM badge.



If an Oregon American Legion post is interested in hosting an NFM, they should do the following:

- 1) Read about NFMs. The official website is:

<https://www.forsvaret.no/en/courses-and-education/norwegian-foot-march>

Read the "Guidelines For Conducting The Norwegian Foot March" manual:

<https://www.norway.no/contentassets/97a0b1fe76d244ffa647955676546d3f/nfm-guidelines-2025-v1.7.pdf>

Read the article about the 2025 American Legion Post #32 sponsored NFM:

<https://www.dvidshub.net/news/551401/test-grit-oregon-military-members-and-rotc-students-take-norwegian-foot-march>

Youtube also has some good videos about US military hosted NFMs.

<https://www.youtube.com/watch?v=mpQd5ITS2eY&t=1s>

See who else is hosting NFMs in the US and around the world:

https://www.reddit.com/r/army/comments/1qf0szn/2026_norwegian_foot_march_event_thread_part_i/

- 2) Identify a potential NFM route in the vicinity of your post that meets the following Norwegian guidance: "The route should take place on an unimproved road or trail, but may take place on improved surfaces such as roads and pathways. Two route configurations are permitted: out-and-back or circular. An out-and-back route is 15 kilometers long in one direction and requires participants to turn around at the endpoint and return to the start point. Circular routes may use no more than 3 loops in their design (10 kilometers / 6.2 miles)." The route should be fairly flat, as steep and hilly routes do not garner any additional time or glory for participants. The route should also be protected from vehicular traffic, have plenty of available parking near the start/finish line, and a suitable location for a command post near the start/finish line. Although not required, nice scenery is always appreciated by the participants. Once a viable route is identified, contact the stake holders of that route to inquire about whether they are willing to grant use of their property for a future NFM.
- 3) Contact me (eric.haan@gmail.com) with any questions and send members to volunteer at the 19 SEP 2026 NFM in Cottage Grove to help manage the event. Also having members participate in the NFM will provide additional valuable insight for your future NFM management team. Even participants who do not earn the badge still gain valuable experience.
- 4) Once you have identified a viable route and pulled together a team ready to put in A LOT of time and work, contact me about writing up a CONOP for submission to the Norwegian Embassy.

I hope that next year I will be able to participate in an NFM sponsored by another Legion post here in Oregon as I ruck my way toward five successful completions and the gold NFM badge.



Paws Assisting Veterans

Paws Assisting Veterans (PAVE) is a 501(c)(3) nonprofit providing service dogs free of charge to qualified Veterans with physical and/or mental disabilities in Oregon, Washington, Idaho and California.

PAVE service dogs support Veterans through tasks such as:

- Picking up dropped objects
- Opening/closing doors & drawers
- Alerting to & interrupting panic/anxiety attacks
- Providing light balance support
- Waking veterans from nightmares

Veteran Qualifications

- Honorably Discharged
- Currently in treatment with a supportive provider
- Psychologically safe & stable
- Is able to care for the needs of a service dog
- Has stable housing & finances
- If employed, has a safe workplace for a service dog
- Ability to attend training camp in Portland, Oregon

To apply for a PAVE service dog please email: info@paveusa.org

We do not place medical alert, guide dogs, hearing dog or full-weight balance service dogs.

Diane Standing, Auxiliary Presidents

Yearly project for 2025-2026 .

Paws Assisting Veterans

Paws for Veterans is the Auxiliary Presidents Project for the 2025-2026 year.

It is a very worthwhile cause, and very much needed for our Veterans who need a service animal. Be very generous when you have the opportunity and give from the heart.

Auxiliary Presidents project for the year, so let's help her get to her goal.

CALL DEPARTMENT HEADQUARTERS, AUXILIARY, TO MAKE A DONATION.

(503) 685-5006

PRESS #2

BE THE ONE

Be prepared with the Lifeline Medical Alert Service
Fast access to help, 24/7

Free shipping + Free activation

Learn more

Or call 855-495-4359

Endorsed by Your Department of the American Legion

PHILIPS Lifeline

4 Pillars, what is The American Legion NATIONAL SECURITY COMMISSION

Purpose:

- To recommend policies that will ensure the national security of the United States of America;
- To have an understanding of the federal budget process and the budget of the United States departments of Defense, State and Homeland Security;
- To maintain a professional working relationship with the United States departments of Defense, State and Homeland Security;
- To maintain a professional working relationship with all congressional oversight committees and staff relating to the purposes of the Commission;
- To monitor the hearings of these oversight committees and provide congressional testimony in cooperation with the Legislative Commission and staff;
- To be knowledgeable about security threats to the United States of America as defined by the United States departments of Defense, State and Homeland Security;

Such other purposes as may be assigned to it by the National Executive Committee

Usage Examples & Key Initiatives

Heroes to Hometowns: A program connecting returning, service-disabled veterans with local resources.

Military Quality of Life: Advocacy for competitive pay, housing, and healthcare (TRICARE) for active-duty and reserve components.

Foreign Relations: Working with the Department of State to foster international, diplomatic solutions.

Homeland Security/Defense: Supporting local law enforcement, emergency preparedness, and the Department of Homeland Security.

POW/MIA Awareness: Supporting the Defense POW/MIA Accounting Agency.

Blood Donor Program: Encouraging donations within local departments.

Components & Synonyms

National Security Division (Washington Office)

National Security Commission

American Legion Auxiliary National Security Committee

Defense and Foreign Relations Policy.

The division works closely with the Pentagon and Congressional defense committees to ensure national security remains a top priority.

**JOIN UP TODAY, CONTACT YOUR
POST AND GET INVOLVED.**

AMERICANISM

OUR youth programs are so important to our upcoming youth today.

We all need to get out and **HELP** build our **YOUTH** programs up.

Go visit them when the program is active and the kids are there attending, you can see how important the program is to them.

They are being taught the true American values that we were raised on.

Let's keep it going.

**SUPPORT OUR
YOUTH
PROGRAMS
& HELP BUILD A
STRONG
TOMORROW**

The LIT
Call Now: 1-800-235-6943
Monday - Friday 8AM - 7PM (EST)



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No Cost LegionCare

Your valued status as a member of the Legion Family makes you eligible for LegionCare.

Up to \$5,000.00 in NO COST to you insurance coverage.

[SIGN UP NOW](#)



You deserve Medicare Advantage & more

Wellcare is honored to be The Official Medicare Advantage Provider of The Legionnaire Insurance Trust, to serve those who have served our country. We are committed to delivering the coverage and benefits veterans need to support a healthy quality of life.

[Enroll Now](#)



Greetings, fellow Legionnaires,

POST 37

As we near another monthly meeting allow me to share with you a couple of very needy requests.
#1. The District 6 Adjutant has requested our Quarterly Book of Reports and in that request, she asks for our volunteer hours which you need to send to me so that I can include it in my Report before March 5th. So, take a few minutes and add up your **volunteer hours** and submit them to me via email, phone call, text, or even snail mail - of course that'll cost ya.

#2. I have been busy with the transferring of members from Post 114 (Department of Oregon administrative Post) into our Post. So far, I have made phone calls and have snail mailed 16 letters requesting local members whose names appear on the 114 list, inviting them to come aboard and participate in our great organization.

#3. Thanks to our Auxiliary for sponsoring another terrific Valentines Potluck. The dessert buffet was exceptional!

#4. The Hermiston High School JROTC Color Guard will be presenting the Colors at the beginning of our **March 2nd meeting**. Please arrive early enough to witness this event.

#5. Finally, it is time for nominations of officers for our Post. If you'd like to seek a position, or observe someone in need of a job, please make it known at our **March 2nd meeting**.

For the good of the Legion.

Aaron Wetterling
Commander
Post 37



★ OREGON BOYS STATE ★ CIVICS & LEADERSHIP



"A WEEK TO SHAPE A LIFETIME"

SUMMER 2026
JUNE 21-27TH



ELIGIBLE FOR
CLASS OF 2027



WHAT IS BOYS STATE?

- BOYS STATE IS A SELECTIVE CIVIC-LEADERSHIP PROGRAM WHERE STUDENTS FROM ACROSS THE STATE COME TOGETHER FOR ONE WEEK TO FORM A MOCK GOVERNMENT, WRITE AND PASS LEGISLATION, RUN CAMPAIGNS, AND LEARN HOW PUBLIC SERVICE ACTUALLY WORKS.
- BOYS STATE IS WIDELY REGARDED AS ONE OF THE MOST RESPECTED PRE-COLLEGE PROGRAMS IN CIVIC ENGAGEMENT, OFFERING RIGOROUS TRAINING IN GOVERNMENT, LEGISLATION, AND LEADERSHIP.

"Boys State is among the most respected and selective educational program"



Oregon American Legion Foundation

The OALF Board of Directors members: are Bob Huff, President, Richard Ramey, Vice-President, Wendy Berger Wood, 1st Vice Commander Fred Broadwater, Carol Bova Rice, Niki McElravy, Alan Alderman, Treasurer Don Bond, Secretary Flynn Phillips, and Judge Advocate Maria Tye.

The OALF Board has met eight times since Department Convention, one in person and seven virtual meetings. We completed Board elections in our first meeting, revised our By-Laws and Code of Procedures, approved both and have submitted our By-Laws to the Secretary of State as we are a Private Foundation, 501c3 operating under the rules and codes of the IRS and laws of the State of Oregon operating as a non-profit. We have reviewed all transactions since our last report provided to the DEC in January 2024. September 30, 2025, was the end of our tax year with our new tax year starting October 1, 2025, we have developed our tax reporting information on our IRS Form 990 with supporting schedules and submitted it to the IRS.

Our three subcommittees; Revenue Committee, Administration Committee and Grant Processing Committee, are staffed and operating, all are members of the OALF Board, who are very active.

We have one grant request which we have approved and issued a check. We have a good team on the OALF Board of Directors. Remember we have funds available for our programs; if your Post is sponsoring students in Boys State, Oratorical, The Jim Willis Law Enforcement Career Academy, Baseball, Jr. Shooting Sports, Scouts and short of funds; fill out a grant request. The grant forms are available on our Legion Web Page. We will be providing regular updates to the DEC and membership on our activities, funds available and opportunities for Posts and Members to support and use available funds for our Programs service. We are meeting on Wednesday March 11 and will be discussing new funding and grant opportunities. We will also be discussing availability of grants for Post Honor Guard Units and Veteran Funeral Honors. Our Board can provide education and direction for available grants and assistance for our approved Programs.



BE **THE** ONE

HOW YOU CAN BE THE ONE



 **AMERICAN
LEGION**



**TAKE
ACTION
TODAY!**

TRIVIA ANSWERS

- 1. WWII**
- 2. Admiral Michelle Howard**
- 3. Battle of Mogadishu**
- 4. Battle of Gettysburg**

What: The American Legion's Be the One initiative encourages American Legion Family members, veterans, servicemembers and others to take action when they believe a veteran is at risk of suicide.

Why: To reduce the alarming number of veteran suicides.

How: Our goal is to destigmatize asking for mental health support, provide peer-to-peer support and resources, and educate everyone on how they can Be The One.

Veterans: Talk with fellow veterans about how you are feeling.

Ask for help when you think you need it.

Know there are millions of people ready to help you.

Remember your family and friends care.

Non-veterans: Ask veterans in your life how they are doing.

Listen when a veteran needs to talk.

Reach out when a veteran is struggling.

American Legion Posts: Educate members, other veterans and civilians on the campaign.

Display resources at your post or in your community.

Share events of success stories at legiontown.org.

FOR URGENT HELP

Call 988 and press 1

You may also text

838255

Or visit

Veteranscrisisline.net



Helping Yourself, or a Friend

SUICIDE PREVENTION

Tips and Resources for Teens and Parents

Always take any comments about hurting oneself or killing oneself seriously.

If you are concerned about someone, ask yourself the following:

Is your gut telling you to be worried because your friend has withdrawn from everyone and everything? Become more worried or on edge? Seems unusually angry, or just not normal to you?

Has your friend or family member shown or shared any of the following?


- Talking about wanting to die or be dead; suicide; or a suicide plan.
- Engaging in risky behaviors such as cutting, burning, or abusing substances.
- Feeling as though things will never get better.
- Struggling to deal with a big loss in his/her life.
- Seeming as if he or she is in terrible emotional pain (like something is wrong deep inside that won't go away).

How to Help: Tips for Talking About Suicide

Knowing what to say to a friend when you're worried can be tough. Use these tips to help you find the words to tell your friend you care:

- Ask how your friend is feeling, and whether your friend is OK. Listen like a true friend.
- Find out if your friend feels safe.
- Tell your friend you are worried, and that he/she is not alone.
- Talk to an adult you trust about your concerns.

To help a friend you can call the
National Suicide Prevention Lifeline
1-800-273-8255 or
text **"CONNECT"** to **85511**.

 Do not leave someone alone who has made a plan and has acquired the means to carry out the plan. **Get professional help immediately.**



POST 10, ALBANY

Albany Post 10 News

Our Celebrity – Mr. David Russell

Albany Post 10 is honored to have David Russell as a long-time member. David is a Pearl Harbor survivor and he is 105 years young!

Seaman First Class Russell was on the USS Oklahoma at Pearl Harbor on December 7, 1941 when the Japanese attacked and sank the Oklahoma. In 1943, he escaped death again when kamikaze pilots attacked his second ship, the USS Mahan.



2024 - David was presented a Pendleton wool blanket from Department. Pictured with David are Renee Ohler, Department, Steve Adams, District 3 Commander and Flynn Phillips, Department Commander.

He is a breakfast regular here at Post 10. You can find him most mornings having breakfast with the other “regulars”. He always seems to have a smile and is very friendly.

David has attended the Remembrance Ceremony at Pearl Harbor, has been interviewed numerous times and has been honored by different Veteran Organizations. Just this past December 7th, he was honored at VFW Post 584 in Albany.

Most recently he has been asked by a television producer at Wall to Wall, one of the UK’s leading documentary companies for an interview. They are currently working with National Geographic to produce a landmark documentary about Pearl Harbor.



2025 - David shows off one of the birthday cards he received. “I don’t know how to act my age - I’ve never been this old before.”

Albany Post 10 News

February 1, 2026, the Post held its annual Four Chaplains Remembrance Ceremony. The room was full, with members of Post 10, Post 58 and Post 133 in attendance as well as other guests.

The guest speaker was Rabbi Yoseph Cohan. He did research of the four chaplains and discovered facts that most of the attendees had never heard before.

Music was provided by local trio Praise in 3D.

Comments afterwards, “This was the best ceremony yet!”



Rabbi Yoseph Cohan



Honor Guard renders honors



Praise in 3D



The readers, L to R, Chuck Zeitler, Pastor Dee Bingenheimer, Rabbi Joseph Cohan and Steve Bingenheimer

AMERICAN
LEGION



Erected in 1919

First American Legion building in United States.

First on a city street between Morrison and Alder.

Across from the Pioneer Postoffice and Portland Hotel.

Presented to my good friend and dedicated Legkonnaire,

NATE LAKEFISH

by Harry N Nelson, ex -state adjutant of the Oregon Legion



[American Legion Post #1 in Portland, Oregon](#), was established in 1919, serving as a key early branch of the organization following its national founding. The Post #1 constitution was created in June 1919, establishing a foundation for veterans to connect and support each other, with archives highlighting its active role in the city.

- **Key Details:** Records indicate that Post #1 in Portland was active as early as June 1919, during the initial formation of the American Legion nationwide.
- **Significance:** Like other early posts, Portland Post #1 was designed to provide support for World War I veterans, focusing on community engagement and preserving the legacy of those who served.
- **Other Early Oregon Posts:** While Post #1 was established in Portland, other early posts in the region, such as North Side Post 230, were also formed around 1919.

Context: The American Legion was officially founded in March 1919 in Paris and later chartered by Congress in September 1919, with local posts forming rapidly across the country.

George A. White, a notable figure in the founding of the American Legion, was a former editor for the *Portland Oregonian*, highlighting a strong connection between Oregon and the early organization of the Legion

Want to be a “PUFL”?

Question: How do I become a Paid Up For Life member?

Answer: It’s easy. Just go to www.legion.org/join/PUFL and enter your name and member ID. You can either choose to pay by credit card or print out the personalized form and mail it in with your check.

Question: What if I still have questions?

Answer: Call our customer service phone number: (800) 433-3318 (Monday – Friday).

Answer: Age is the primary component used in the new pricing structure. In most cases, post dues are NOT a factor in the calculation.

Paid Up for Life Pricing – Effective June 2016

(For post dues of \$48.00 or less)

If a post’s annual dues are \$48.01 or higher, the rate chart does not apply. In that case, the online calculator, located at www.legion.org/pufl, will provide the correct amount to be charged.



JOIN THE AMERICAN LEGION FAMILY!

For nearly a century, The American Legion, American Legion Auxiliary and Sons of The American Legion have worked steadfastly, side by side, promoting patriotism and national security while supporting youth and advocating for veterans and active-duty military personnel and families.

The American Legion Family of over 2.5 million members also includes American Legion Riders. An American Legion Rider must be a member of The American Legion, Sons of The American Legion or American Legion Auxiliary in order to join a chapter at a local post.

While members of the American Legion Family are individually unique, collectively we are a multi-million member powerhouse of caring advocates dedicated to service. You'll find that getting connected to the American Legion Family is one of the best decisions you'll ever make. Please use the enclosed applications to join today. For details on the American Legion Family, contact:

THE AMERICAN LEGION

P.O. Box 1055
Indianapolis, IN 46206
(317) 630-1321
la@legion.org
@legion.org

AMERICAN LEGION AUXILIARY

3450 Founders Road
Indianapolis, IN 46268
(317) 569-4500
alahq@ALforVeterans.org
ALforVeterans.org

SONS OF THE AMERICAN LEGION

P.O. Box 1055
Indianapolis, IN 46206
(317) 630-1205
sal@legion.org
legion.org/sons

Follow The American Legion online:

- legion.org/facebook
- twitter.com/AmericanLegion

This institution is an equal opportunity provider.

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THE AMERICAN LEGION FAMILY

The American Legion: Founded in 1919, The American Legion is the nation's largest and most influential veterans service organization. It is made up of 1.6 million wartime veterans who focus activities on the organization's Four Pillars: Veterans Affairs & Rehabilitation, National Defense, Americanism, and Children & Youth. legion.org/join

The Sons of The American Legion (SAL): Founded in 1932, the SAL honor the service and sacrifice of veterans. There are more than 378,000 members in worldwide. Members include males whose parents or grandparents served in the U.S. military and are eligible for membership in The American Legion. legion.org/sons/join

The American Legion Auxiliary: The Auxiliary's membership is more than 550,000 strong. With more than 7,600 units in communities, members are fiercely dedicated to serving, helping, and meeting the needs of veterans, the military, and their families. ALforVeterans.org

American Legion Riders: With more than 2,500 chapters, Legion Riders have helped raise nearly \$20 million for the Legacy Scholarship Fund. The Riders also perform a number of services for American Legion-supported causes and provide support at military funerals. Participants must be members of The American Legion, Auxiliary or SAL. legion.org/riders



Join The American Legion Family





THE AMERICAN LEGION - MEMBERSHIP APPLICATION



Name _____
First Initial Last Date of Birth _____

Address _____
Street City State ZIP _____

Male Female

Membership ID# (former member) Post # Phone # Email Gender

Please check war era and branch of service below:

- | | |
|-----------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Global War on Terror | <input type="checkbox"/> U.S. Army |
| <input type="checkbox"/> Gulf War | <input type="checkbox"/> U.S. Navy |
| <input type="checkbox"/> Panama | <input type="checkbox"/> U.S. Air Force |
| <input type="checkbox"/> Lebanon/Grenada | <input type="checkbox"/> U.S. Marines |
| <input type="checkbox"/> Vietnam | <input type="checkbox"/> U.S. Space Force |
| <input type="checkbox"/> Korea | <input type="checkbox"/> U.S. Coast Guard |
| <input type="checkbox"/> WWI | <input type="checkbox"/> Merchant Marines (MM/only) |
| <input type="checkbox"/> Other Conflicts | |

I certify that I have served federal active duty in the United States Armed Forces since December 7, 1941, and have been honorably discharged or I am still serving.

Signed by applicant _____ Date _____ Name of recruiter _____

If you are a new member, send this completed application with annual dues to The American Legion, Attn: Membership, P.O. Box 105 S, Indianapolis, IN 46206 (check www.legion.org/join for dues amount), or take it to a local post. To locate a post near you, click on "Find a Post" at legion.org.

DUES RECEIPT (please print)

Date _____
 Received from _____
 \$ _____ for 20 _____ dues
 Recruiter's name _____
 Recruiter's signature _____
 Recruiter's phone # _____



SONS OF THE AMERICAN LEGION - MEMBERSHIP APPLICATION



Date _____
Detachment of _____ Squadron No. _____ Birth date _____

Name _____ Recruited by _____
First Initial Last Initial Last

Address _____
Street City State ZIP Phone _____

Veteran through whom eligibility is established _____

(a) Above is a member in good standing of Post No. _____ Department of _____

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

(c) Relationship of applicant to veteran _____

Has applicant previously been a member of the SAL? _____ Where? _____

I hereby subscribe to the Constitution of the Sons of The American Legion and apply for membership.

Email _____ Transmit \$ _____ for 20 _____ annual membership dues

Signed by applicant (or legal guardian if under 18) _____ Eligibility certified by _____

Mail completed application to Sons of The American Legion department/state headquarters. Annual dues must accompany completed application. Ask local contact for amount due. For current detachment address, go to The American Legion department's/ state headquarters, or visit legionsa.org.

DUES RECEIPT (please print)

Date _____
 Received from _____
 \$ _____ for 20 _____ dues
 Squadron No. _____
 Department of _____



AMERICAN LEGION AUXILIARY - MEMBERSHIP APPLICATION



APPLICANT INFORMATION

ELIGIBILITY INFORMATION

Full Name _____

Address _____

City _____ State _____ ZIP _____

Home phone _____ Cell phone _____

Email _____ Unit # and Location (if known) _____

_____ / _____ / _____ Birth - 17 18 and older

Have you been a member previously? Yes No (If yes, fill in below, if known)

Previous Unit City/State _____ ALA ID# _____

Signature of Applicant (or legal guardian if under 18) _____ Date _____

Submit this application to the ALA unit you wish to join. If unit is unknown, contact National Headquarters at (317) 569-4500 for assistance. Annual dues must accompany completed application. Ask local contact for amount due. **Membership pending approval of application.**

Eligible through—None of Veteran/Female Veterans/Us or Your Own Name

If Living: _____ American Legion Member ID # (Required) Post # City State

Deceased (If veteran is deceased, contact ALA unit about the necessary military records.)

Veteran served: (check all that apply)

- WWI (4/6/1917-11/11/1918)
 Anytime after 12/7/1941 (check all that apply):
- | | | |
|-----------------------------------------------|------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Global War on Terror | <input type="checkbox"/> Lebanon/Grenada | <input type="checkbox"/> WWI |
| <input type="checkbox"/> Gulf War | <input type="checkbox"/> Vietnam | <input type="checkbox"/> Other Conflicts |
| <input type="checkbox"/> Panama | <input type="checkbox"/> Korea | |

Applicant's relationship to the veteran:

- | | | |
|--------------------------------------|----------------------------------------|---------------------------------|
| <input type="checkbox"/> Male Spouse | <input type="checkbox"/> Female Spouse | <input type="checkbox"/> Mother |
| <input type="checkbox"/> Grandmother | <input type="checkbox"/> Sister | <input type="checkbox"/> Self |
| <input type="checkbox"/> Daughter | <input type="checkbox"/> Granddaughter | |

To Be Completed By The American Legion Post Adjutant/Officer

I certify that the above named individual served at least one day of active duty during the dates marked above and was honorably discharged or is still serving honorably.

Post Adjutant/Officer (or Membership Verification) _____ Date _____

DUES RECEIPT (Please Print)

Date _____
 Received from _____
 \$ _____ for 20 _____ dues
 Recruiter's Name _____
 Recruiter's Signature _____
 Recruiter's Phone # _____