

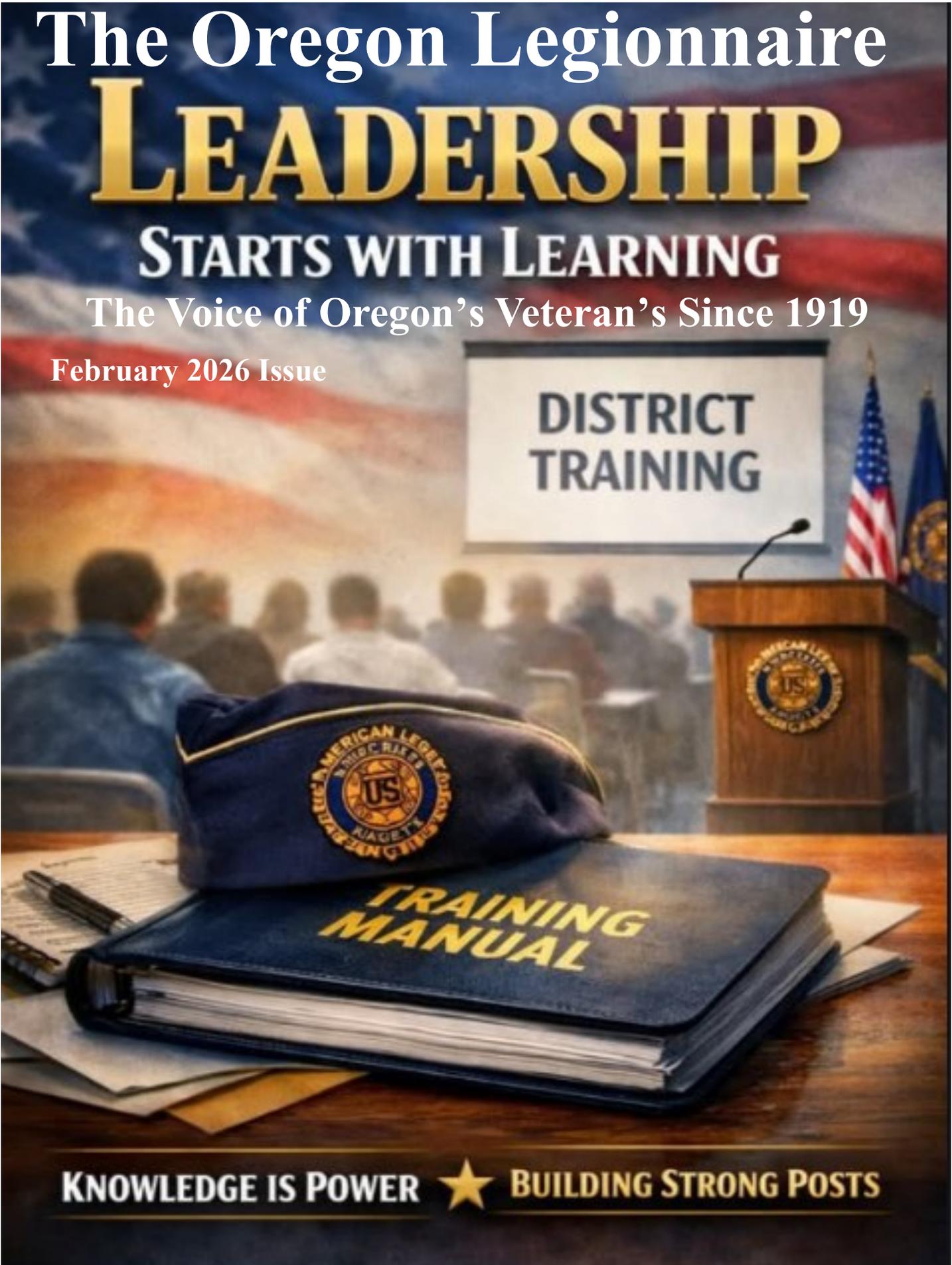
The Oregon Legionnaire

LEADERSHIP

STARTS WITH LEARNING

The Voice of Oregon's Veteran's Since 1919

February 2026 Issue



DISTRICT
TRAINING

TRAINING
MANUAL

KNOWLEDGE IS POWER ★ BUILDING STRONG POSTS



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, American 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 proceed will go to The American Legion Veterans & children Foundation. You can register on our national website, www.legion.org.

Whether you are a Legionnaire, and 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 you support for out legislative priorities to Congress. We make this process easy. Just visit www.egion.org/action to read about important veterans issues and send an automated message to lawmakers.

During my time as National Commander, I have met meany veterans who have told me that our Be the One mission have 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 veterans suicide. This remains our highest priority.

Thank you for all tht you are doing for out American Legion Family.

Best wishes for an enjoyable and productive conference.

Fo God and Country

Dan K. Wiley
National Commander

BE THE ONE

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**



**POST SERVICE
OFFICERS GUIDE
ARE AVAILABLE THROUGH
NATIONAL HQ's
Order some today**



THE AMERICAN LEGION
**POST SERVICE OFFICER
GUIDE**



**LEGIONNAIRE
Official Publication**

The American Legion, Department of Oregon Legionnaire magazine, is published online 12 times per year by The American Legion Department of Oregon. Copyright 2018 business and general offices:

30450 SW Parkway Ave.,

P.O. Box 1730

Wilsonville, OR 97070-1730.

Phone #: (503) 685-5006

adjutant@orlegion.org

www.orlegion.org

The Oregon Legionnaire assumes no responsibility for material submitted and reserves the right to edit submissions for content, and to except or refuse articles.

The Oregon Legionnaire

Committee:

Publisher: Flynn Phillips, Adjutant

Chairman: S. Shollenburg

Layout

& S. Shollenburg

Design:

Member: Renee Ohler

Member: Mike Speer

Member: Richard Ramey

Member: Betty Fish-Ferguson

Submit Articles to:

orlegionnaire@gmail.com

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



A Message from the Detachment Commander

Hello everyone, I hope everyone had a good holiday. In the month of January, we were in Milwaukee for our DEC, and that night we had a great fundraiser dinner and a silent auction where we raised \$1200 dollars.

We had a visit from Tom Sculley a leading candidate for National Commander, a very interesting individual with a lot of great ideas.

Our next DEC will be in John Day at 1:00 p.m., all squadrons are welcome, and encouraged to attend. To all squadrons that need a little help, don't hesitate to call me or anybody at the detachment level. We are here to help you succeed. We do have our own detachment email, so please feel free to use it for any questions, or issues you might have. Also make sure that you provide proper email address' and phone number to make sure that you get the information that you need and as distributed.

Detachment Commander
Jerry Patton
Son's of the American Legion



SAL Detachment Adjutant

Allow me to introduce myself, I am Jay Thornhill the detachment adjutant. As the Adjutant and part of the Son's of the American Legion I would like to encourage all the Squadrons to be an active part of the detachment meetings, knowing that travel and motels are expensive, we are looking into ways of making the detachment meetings more user friendly. We are researching the use of a virtual meeting platform for those that travel a long distance to be able to attend meetings on like Zoom this is in hopes that we can get more of the Squadrons to attend.

For those who attended the meeting in Milwaukie thank you, it was a good meeting and a lot got done. We are working on making communication better, so the detachment has a generic email address as follows: detachment.adjutantsal@gmail.com

So far some have responded to emails sent from this address, however some of the emails have bounced back as the address not found. So, if you're not getting the emails please send us the correct email address with your name and other contact information so we can get the information to you.

Attention Elections are coming up, please make sure that your confidential officers list is turned in to department before the convention .

Jay Thornhill
Detachment Adjutant

Contact info:
Email: detachment.adjutantsal@gmail.com
Ph. 541-405-3967

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



1st Vice Commander

Greeting Legionnaires, I got the inspiration for this message from another organization to which I belong. My subject is expanding your wings and broadening your horizons.

All of us are members of a Post, our home Post if you will. We all have the pride associated with being a member of that Post and of it being the best. However, our membership doesn't end at that door. We enjoy the right and privilege to visit and attend other Posts around our Districts and our Department as well as other Departments and National Headquarters. While it is easy to remain comfortable and complacent with one's home Post, some of my most memorable experiences have come from visiting other Posts and District meetings.

It is always intriguing for me to observe the differences and procedures associated with other bodies. You might have an a ha moment or huh or I like that or we could do that better. For example, Keizer 17's High School has an National Defense Cadet Corps (NDCC) element (that's kind of a precursor to JROTC), and they post our colors before most of our monthly meetings. We try to observe Roberts Rules of Order for parliamentary procedure but sometimes fall short. We play TAPS at the close of the meeting. When you visit another Post, you are offered an opportunity to compare. How can we take those experiences, both similar and different, back to our home Post or District and make membership and more importantly participation more relevant.

The greatest benefit of visiting is meeting fellow veterans. 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 general public, one that didn't exist thirty, forty years ago or so.

If you really want to enjoy and appreciate your membership--expand it.

1st Vice Commander



VA resources, we're here for you.

For any questions or requests, [1-800-MyVA411 \(1-800-698-2411\)](tel:1-800-MyVA411) is always the right number.

[Veterans Crisis Line: 988](#) and press 1, [Chat](#), or Text [838255](tel:838255)

[Vet Centers: 1-877-927-8387](#)

[Homeless Veteran Resources: 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 [MyHealtheVet](#) secure messaging to schedule an appointment, refill prescriptions, and access your medical records.



Adjutants Column



THE AMERICAN LEGION
Veterans Strengthening America



2025 Post Adjutant's Guide

We have several new Adjutants in Posts that have been recently elected and or appointed. Congratulations for stepping up to do the most important job in your post. If you have not read the new guide, please do so. Go to: [Organization, Membership & Awards Publications | The American Legion](#). And download the digital guide and keep it handy. Print it out also get the new Commanders guide, much of it has been updated by the National Judge Advocate Mark Seavey. As the Adjutant you will be responsible for determining the eligibility for new members of your post, See page 11 in the guide. If you are not sure of the new members' eligibility. **DO NOT guess**. Call my office or speak with our department VSOs for the answer.

If you need help getting registered for MyLegion let me know or follow the directions.

Register a New Account

1. Go to [myLegion.org](#) and select "Register"
2. Enter email in the [Register window](#) and click "Next". Register with the **email address on your membership record**. Registering with an email other than the one on your membership number will not include membership details or officer/committee activity.
 - i. Mobile **No** (Optional) – no functions at this time. Future enhancement.
 - ii. Two-Factor Authentication –not recommended unless you wish to add extra security each time you log in. Setting two-factor authentication requires the password and a security code emailed with each log in.
3. Enter your Last Name, First Name and check consents and click "Next". [View](#)
4. Create your password in the [welcome window](#). - The email entered must be verified. The email is verified one of two ways.
 - i. Enter the OTP [sent to your email](#) and click "Finish Registration". This is sent after step 2.
 - ii. Do not enter OTP and click "Finish Registration". An [email will be sent](#) with a link to confirm and returns to the login page.
5. Click My Account from your MyLegion home page view your membership information. Officers registering for post and squadron access will find that information on the My Account window.

Adjutants Guide: CONT. ON PAGE 8



Verify Account - User Registered Message

1. Go to myLegion.org
2. Click "Register"
3. Enter your email in the Register window and click "Next". A Verify Account window opens.
4. Leave this page open. Go to your email and retrieve the OTP (One Time Password).
5. Enter the OTP and click "Verify"
6. Create and verify your new password, be sure to include:
 - i. Uppercase Letter
 - ii. Lowercase Letter
 - iii. Number
 - iv. Symbol (!@#%\$%^&*)
7. Click Next and you will be logged in and your name displays in the upper right.
8. Go to My Account to view membership details.

If you have any question, please go through your District Adjutant before contacting Department. I hope this helps as stated there have been a lot of changes to our Officer's guides, please ensure you get copies of them and read them, as they will help answer future question you might have.

Adjutant
S. Flynn Phillips
Department of Oregon

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



1777 NW 44th St. Lincoln City, OR
97367



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

20 Skills That Will Pay You FOREVER!

1. **Communication** - how you talk shapes how people treat you.
2. **Writing** - words can sell, teach, and inspire.
3. **Public Speaking** - confidence in front of people = influence.
4. **Negotiation** - knowing how to ask gets you better deals in life.
5. **Sales** - everything is selling: ideas, yourself, or a product.
6. **Time Management** - your time is your life's currency.
7. **Focus** - the ability to ignore distractions is priceless.
8. **Adaptability** - change is constant; flexibility wins.
9. **Networking** - who you know opens doors money can't.
10. **Emotional Intelligence** - understanding people makes you unforgettable.
11. **Self-Discipline** - success is 90% habits, 10% luck.
12. **Critical Thinking** - don't just accept; analyze and decide smartly.
13. **Creativity** - fresh ideas are rare and always rewarded.
14. **Problem-Solving** - those who fix problems never go hungry.
15. **Leadership** - guiding others multiplies your impact.
16. **Decision-Making** - quick, clear choices save years of doubt.
17. **Financial Literacy** - money works best when you understand it.
18. **Learning How to Learn** - every new skill becomes easier.
19. **Resilience** - bouncing back is more valuable than never failing.
20. **Self-Marketing** - when you know your value, others will too.

Legion History: The American Legion

In February 1919, key officers of the American Expeditionary Forces (AEF) in Paris—including Col. Theodore Roosevelt Jr., Lt. Col. William J. Donovan, Lt. Col. George A. White, and Maj. Eric Fisher Wood—initiated the American Legion. Meeting to boost post-armistice morale and create a veteran organization, this group formed a temporary committee that paved the way for the official Paris Caucus in March 1919.

Key Developments in February 1919:

- **The "Roosevelt Dinner":** Following a morale conference, a group of 20 officers met in Paris on Feb. 15, 1919, to formally discuss creating a veterans' organization, setting the groundwork for the Legion.
- **Purpose:** The founders aimed to support veterans, maintain camaraderie, and provide a positive influence, distinct from other groups.
- **Key Individuals:** Theodore Roosevelt Jr. took a leading role, later returning to the U.S. to promote the organization, while others worked on structuring the group.

Principles: The group decided early on that there would be no distinction between those who served overseas and those who did not, and that rank would not determine standing in the organization.

This preliminary work in February led directly to the March 15-17, 1919, Paris Caucus, where the name "The American Legion" was adopted

In February 1919, the foundational steps for the establishment of **The American Legion** were taken in Paris, France. This period marked the transition from a casual idea among weary soldiers to the formal planning of what would become the largest veterans' organization in the United States.

Key Events in February 1919

- **The Morale Conference:** General John J. Pershing, commander of the American Expeditionary Forces (AEF), ordered a group of 20 non-career officers to report to the YMCA in Paris on **February 15, 1919**.
- **The Founders' Meeting:** Led by **Lt. Col. Theodore Roosevelt Jr.**, this group (which included officers like George A. White and William "Wild Bill" Donovan) met to brainstorm ways to improve troop morale and keep veterans connected after the war.

Birth of the Concept: During this February meeting, the group formally proposed a permanent nationwide veterans' organization. They laid the groundwork for the **Paris Caucus**, which eventually took place the following month in March 1919.

1919 Timeline of the American Legion

The organization evolved rapidly following the initial February discussions:

1. **March 15–17, 1919:** The **Paris Caucus** adopted the name "The American Legion" and a temporary constitution.
 2. **May 8–10, 1919:** The **St. Louis Caucus** was held in the United States to organize veterans stateside.
 3. **September 16, 1919:** The U.S. Congress officially granted a **federal charter** to the organization.
- November 10–12, 1919:** The **First National Convention** was held in Minneapolis, Minnesota, where the permanent constitution was adopted.

Today, the American Legion is entering its **107th year** of service as of 2026, continuing to focus on its four pillars: Veterans Affairs & Rehabilitation, National Security, Americanism, and Children & Youth.

While many individuals were involved in the process, a core group of four officers is often credited with the initial idea and planning for The American Legion during meetings in Paris in early 1919.

The four main founders were:

- **Lt. Col. Theodore Roosevelt Jr.:** The most prominent figure and the driving force behind the initial concept, he declined the nomination to be the first national commander to ensure the organization remained non-political.
- **Lt. Col. George A. White:** A former newspaper editor who helped organize the first meetings and promote the idea of a veteran's organization.

CONT. ON PAGE 9.

The American Legion:

- **Lt. Col. William J. "Wild Bill" Donovan:** A decorated officer who would later become the founding father of the CIA.
- **Maj. Eric Fisher Wood:** He established the central office, maintained contact with various divisions, and managed communications during the initial organizational phase.

These four were part of a larger group of about 20 officers General John J. Pershing ordered to a conference in February 1919 to address troop morale, where the idea for a permanent nationwide veterans' organization was formal. The idea for The American Legion was met with significant support from the public, business community, and government, who saw it as a powerful, patriotic ally in the post-WWI era. It was, however, viewed with suspicion and faced opposition from radical labor groups and political opponents who perceived it as a conservative, anti-radical force.

Support and Enthusiastic Reception

- **Rapid Growth:** The most immediate reaction was widespread acceptance among veterans. Membership soared to nearly one million by the end of 1919, with local posts forming quickly across the country.
 - **Governmental Approval:** The U.S. Congress quickly recognized the organization's potential and granted it a federal charter in September 1919.
 - **Public and Business Support:** Existing patriotic societies and the business community welcomed the Legion as a strong ally. The national rally cry "Leave the Reds to the Legion" highlighted its perceived role as a bulwark against perceived threats like Bolshevism and anarchy.
- Focus on Americanism:** The organization's strong emphasis on "Americanism" and patriotism resonated with many Americans concerned about the influx of foreign ideologies following the war.

What was the G.I. Bill of Rights and how did The American Legion contribute to it?
The **G.I. Bill of Rights**, officially titled the **Servicemen's Readjustment Act of 1944**, was a landmark piece of federal legislation designed to help World War II veterans transition to civilian life. Signed by President Franklin D. Roosevelt on **June 22, 1944**, it is credited with preventing a postwar economic depression and democratizing higher education in the United States.

Key Provisions

- **Education and Training:** Provided veterans with tuition (up to \$500 per year) and living allowances for college, graduate school, or vocational training.
- **Low-Interest Loans:** Offered government-backed, low-interest mortgages and business loans, enabling millions to buy homes or start farms and businesses.
- **Unemployment Benefits:** Created the "**52-20 Club**," which provided \$20 a week for up to 52 weeks to veterans seeking employment.

Healthcare: Mandated the construction and improvement of **Veterans Administration (VA)** hospitals.

The American Legion's Contribution

The American Legion is widely considered the **sole architect and primary champion** of the G.I. Bill. Their contributions included:

1. **Drafting the Legislation:** In late 1943, former National Commander **Harry W. Colmery** wrote the first draft of the bill by hand on stationery from the Mayflower Hotel in Washington, D.C.
2. **Universal Benefits:** While early government proposals included "means tests" (restricting aid to those in poverty), the Legion insisted that benefits be available to **all veterans**, regardless of wealth, gender, or race.
3. **Naming the Bill:** Legion publicist **Jack Cejnar** coined the catchy term "G.I. Bill of Rights" to build public support and frame the benefits as rights earned through service.

Legislative Advocacy: The Legion led a massive grassroots campaign, including mobilizing 1.6 million members to lobby Congress. They even facilitated a dramatic tie-breaking vote by flying a sick congressman, **John Gibson**, back to D.C. at the last minute to save the bill from a committee deadlock.

UPCOMMING EVENTS

2026 YEAR

Feb 2	Remembrance: 4 Chaplains memorial/service	
Feb	Americanism Month	
Feb 7	District 2 Meeting	Carlton, Post 173
Feb 16	Presidents Day	
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	Children & Youth Month / Old timers night	
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 15	Fathers Day	
June 24-27	Department Convention	Chinook Winds, Lincoln City
June 21-27	Boys State	OSU, Corvallis
July 4	Independence Day 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	



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!**

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: 28

1. Originating in Czechoslovakia, the Czech hedgehog is a device used to obstruct which type of military vehicle?
2. What is the only branch of the U.S. military to share a name with a best selling line of sneakers?
3. The battle of the Three Emperors, also known as the Battle of Austerlitz, saw Austro-Russian forces defeated by an army led by which military and political leader in 1805?





TWO LEGION YOUTH SCHOLARSHIP APPLICATION

The American Legion Legacy Scholarship is open to children of the fallen and disabled; 2026 Boys and Girls State participants may be eligible for Samsung American Legion Scholarship.

[The American Legion Legacy Scholarship](#) is for the child of a parent who lost their lives while honorably serving on active military duty on or after 9/11, or the child of a post-9/11 veteran with a combined Department of Veterans Affairs disability rating of 50% or higher. It is a needs-based scholarship designed to fulfill a financial gap remaining after all federal and state educational grants/scholarships to an eligible applicant have been utilized.

The 2026-2027 tuition is capped at \$29,920.95, which is the maximum amount the VA will pay out per academic year.

The scholarship is awarded for undergraduate study, graduate study and trade schools at an accredited institution of higher education. The Legacy Scholarship provides up to \$20,000 for children of the fallen, and up to \$5,000 for children of the disabled for higher learning. Recipients will have a year to use the grant and may reapply to The American Legion Legacy Scholarship up to six times.

The 2026 American Legion Legacy Scholarship recipients will be selected by The American Legion’s Committee on Youth Education during the organization’s annual Spring Meetings in May.

[Samsung American Legion Scholarship](#) is available for high school juniors who will participate in the current session of American Legion Boys State or Auxiliary Girls State and are a direct descendant (or legally adopted child) of a U.S. military veteran who served honorably on active duty during a period of war (April 6, 1917-Nov. 11, 1918; or Dec. 7, 1941, until a date as determined by Congress).

The Samsung Scholarship awards up to \$10,000 for undergraduate studies (e.g., room and board, tuition and books). Each applicant is selected according to his or her involvement in school and community activities, academic record and financial need. Scholarship applicants must complete and submit their online application prior to 11:59 p.m. (local time) of Day 1 of their respective American Legion Boys State or American Legion Auxiliary Girls State program.

Submitted by:
Charlie Schmidt
PNC/PDC



Children & Youth



As I have said before. Children and Youth is the 4th Pillar of The American Legion. It's sole purpose is to provide for the health and safety of Veteran's dependent children. Last year The Child Well- Being Foundation awarded \$850,000.00 to those who seek to improve the lives of children both physically and emotionally. There are Temporary Financial Assistance grants and scholarships that are available. More information can be found on the National website. I encourage every Post to support a Children and Youth program- separate from the Americanism Youth Programs.

If you need time to put a program together, April is Children and Youth month, but more about that to come later.

Betty Fish-Ferguson
Chair Children and Youth Committee
Department of Oregon





Training & Development

BE THE ONE

Saluting military style or hand over heart during the Pledge of Allegiance.

To Whom It May Concern:

Recently there have been questions regarding the rendering of a hand salute during the Pledge of Allegiance, or should you just place your hand over your heart. This was brought up after a ceremony, where the emcee placed their right hand with their uniform cap held as specified in the Post Officer's Guide and Manual of Ceremonies, some members rendered a hand salute while wearing their uniform cap.

Afterward, upon checking the current U.S. Flag Code, which states: "4 USC §4. Pledge of Allegiance to the flag; manner of delivery. The Pledge of Allegiance to the Flag: "I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.", should be rendered by standing at attention facing the flag with the right hand over the heart. When not in uniform men should remove any non-religious headdress with their right hand and hold it at the left shoulder, the hand being over the heart. People in uniform should remain silent, face the flag, and render the military style salute. Members of the Armed Forces that are not in uniform and veterans may render the military style salute in the manner provided for persons in uniform." This makes both actions proper. However, in the 2025 Post Officer's Guide and Manual of Ceremonies, on page 149, the last line of the Code is not included, possibly due to an inadvertent oversight. It is being recommending that the complete U.S. Flag Code, as stated above, be included in future editions of the Post Officer's Guide and Manual of Ceremonies, so attendees may individually choose to either render a hand salute while wearing the uniform cap or remove the uniform cap and place it in their right hand over their heart during the Pledge of Allegiance, likely following the example of the ceremony emcee or meeting Chairperson.

This research was provided by Richard Bobbitt, Post 10, Albany, OR.

I have been asked this same question numerous time, thank you Richard Bobbitt for your time and efforts on this research.

Chairman
Steven D. Shollenburg

LEGION TRAINING





A Constitutional Republic and Democracy are both forms of government that involve the participation of citizens in decision-making processes. However, they differ in their structures and principles. In a Constitutional Republic, the government is bound by a constitution that limits its powers and protects the rights of individuals. This system of government is characterized by a separation of powers and a system of checks and balances to prevent the abuse of power. On the other hand, a Democracy is a system in which the majority rules and decisions are made through direct or representative voting. While both systems aim to promote the welfare of the people and uphold democratic values, a Constitutional Republic places a greater emphasis on protecting individual rights and limiting the power of the government.

Definition

A Constitutional Republic is a form of government in which the head of state and other officials are elected as representatives of the people, and must govern according to existing constitutional law that limits the government's power over citizens. On the other hand, Democracy is a system of government in which the citizens exercise power by voting. In a democracy, the majority rules through elected representatives.

Rule of Law

In a Constitutional Republic, the rule of law is paramount. The government is bound by the constitution and must operate within its constraints. This ensures that the rights of individuals are protected and that the government cannot overstep its authority. In contrast, in a Democracy, the rule of law is also important, but the will of the majority can sometimes override individual rights. This can lead to potential abuses of power if the majority decides to infringe upon the rights of a minority group.

Separation of Powers

One of the key features of a Constitutional Republic is the separation of powers. The government is divided into three branches - executive, legislative, and judicial - each with its own distinct powers and responsibilities. This system of checks and balances helps prevent any one branch from becoming too powerful. In a Democracy, there is also a separation of powers, but the lines between the branches can sometimes blur, leading to potential conflicts of interest and power struggles.

Protection of Minority Rights

In a Constitutional Republic, minority rights are protected by the constitution. The government cannot infringe upon the rights of individuals or minority groups, even if the majority of the population disagrees. This ensures that all citizens are treated equally under the law. In a Democracy, minority rights are also important, but they can sometimes be overlooked in favor of the will of the majority. This can lead to discrimination and oppression of minority groups.

Stability and Consistency

One of the advantages of a Constitutional Republic is its stability and consistency. The constitution provides a framework for governance that is difficult to change, ensuring that the government operates within established parameters. This can help prevent sudden shifts in policy or leadership that can destabilize the country. In contrast, a Democracy can be more fluid and subject to rapid changes in leadership and policy direction, which can lead to uncertainty and instability.

Accountability and Transparency

In a Constitutional Republic, government officials are held accountable for their actions through the legal system. The constitution provides a mechanism for checks and balances that ensure transparency and accountability in government operations. This helps prevent corruption and abuse of power. In a Democracy, accountability and transparency are also important, but the will of the majority can sometimes override these principles, leading to potential abuses of power.

Conclusion

In conclusion, both Constitutional Republics and Democracies have their strengths and weaknesses. Constitutional Republics provide stability, protection of minority rights, and accountability, while Democracies offer direct participation in government and the rule of the majority. Ultimately, the choice between these two forms of government depends on the values and priorities of the society in question.

The strongest words in a Constitutional Republic are **“WE THE PEOPLE.”**

AMERICAN LEGION

Wants you!



**You Can Help
Secure the Legacy**

Your monthly donation helps ensure that Veterans Legacy can continue to support Veterans with PTSD, TBI, substance abuse, and other challenges in finding a path to a fulfilling life.



Donate today to support Veterans!
Thank you!!

P.O. Box 11226
Eugene, Oregon 97440

(541) 935-0144
contact@veteranslegacyoregon.org



NOW AVAILABLE IN YOUR STATE

LEGION FAMILY:
IMPORTANT NOTIFICATION FOR LEGIONCARE
UP TO \$5,000.00
NO-COST-TO-YOU ACCIDENT INSURANCE PROTECTION

For Online Activation Visit: TheLIT.com/LegionCare2

0318
444836



Donate to The American Legion
A FOUNDATION OF HOPE

“ I was about to give up... I wouldn't have known where to go. ”

Korean War Army veteran Willie Alvin Cousin, who received long-overdue and wrongly denied VA disability benefits after his case was reopened and won by American Legion Department Service Officer K. Robert Lewis

“ These were important things. It helped them not get behind in their rent... It helped them put food in the refrigerator. ”

Coast Guard Vice Commandant Adm. Charlie Ray, after American Legion Temporary Financial Assistance helped more than 3,120 children whose active-duty families were affected by the federal government shutdown.

Your donation provides hope for disabled veterans and children in need.

DONATE NOW



INTERNAL AFFAIRS

Review and To Do

With our activities ramping up on most of our youth programs as we move toward Summer, it is time to review goals, assess progress, and re-fresh our initiative to get on target for accomplishing the programs of Oratorical, Scouting, Baseball, Boys State, Law Enforcement Career Camp, patriotic holidays preparation, etc.

Use this time to meet with your Post Committees for each program and talk about the initiatives you are taking for each endeavor. Publicize what you ARE doing and what you PLAN to do for the rest of the year in your newsletters. Also, be sure to keep track of your hours and give them to your Post Adjutant to document the Consolidated Post Report.

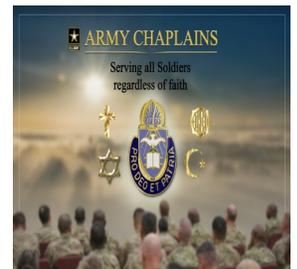
Soon you will be receiving the Post Data Report forms, so if you are planning to change your dues, now would be good time to discuss it with your membership so they can approve any changes.

It is also the time to be thinking about serving as officers at your local post, district or department levels. These are all opportunities to directly impact the direction you feel The American Legion needs to move in conducting the programs in our communities. Let your leadership know of your interest in serving in any of these leadership positions.

Chairman
Richard Ramey
Internal Affairs



Message from the Chaplain



As most of you know, February is the month of recognition and remembrance for the story of the USS Dorchester and the historic 4 Chaplains. These Chaplains removed their life jackets and gave them to other struggling sailors as the USS Dorchester was sinking. Selfless and heroic, they comforted those struggling sailors as 672 sailors paid the ultimate sacrifice.

This is also the 75th Anniversary of the 4 Chaplains Memorial and Foundation. This permanent home is located at the Philadelphia Shipyard in Philadelphia, Pennsylvania. They provide church services, memorial services, and a variety of displays to keep the memory of the 4 Chaplains story alive. They also provide materials for remembrance services.

These 4 Chaplains were submitted for Medal of Honor recognition but were considered ineligible because they were never engaged in military action. In 1960, an award was created by a Congressional Act and called the 4 Chaplains Medal. To date 9 Chaplains (Army and Navy) have been awarded this Medal

I encourage every Post to continue reading this story every February to keep the memory of these courageous Chaplains forever in our hearts.

Betty Fish-Ferguson
Department Chaplain





Immediate Past Department Commander Department of Oregon

Leading Well Through Servant Leadership

US ARMY

“All soldiers are entitled to outstanding leadership; I will provide that leadership. I know my soldiers and I will always place their needs above my own. — The NCO Creed (Department of the Army, 2020, para. 2)

Servant leadership ... is ingrained in Army culture and within the NCO Corps. In fact, the very word sergeant comes from the French word for servant. It’s the type of leadership that all NCOs should aspire to if they want to lead in today’s Army, said Command Sgt. Maj. Rory Malloy, Commandant of the U.S. Army Sergeants Major Academy at Fort Bliss, Texas.” (Mattson, 2013, para. 2)

U.S. Navy

Servant leadership in the U.S. Navy emphasizes ethical leadership in prioritizing the needs of others and fostering personal and professional growth among sailors.

Definition and Principles

Servant leadership is a leadership philosophy where the leader's primary goal is to serve others. In the context of the U.S. Navy, this means that leaders prioritize the well-being and development of their crew members. Key characteristics of servant leaders include listening, empathy, healing, awareness, persuasion, and commitment to the growth of people. This approach turns the traditional power hierarchy upside down, where leaders exist to serve their teams rather than the other way around.

US Marines

Servant leadership in the Marine Corps emphasizes selflessness, prioritizing the needs of others, and fostering a culture of support and development among Marines.

Servant leadership is a leadership philosophy where the primary goal of the leader is to serve others. In the context of the Marine Corps, this approach is particularly significant due to the high-stress environment and the need for strong cohesion among team members. Leaders in the Marine Corps are expected to prioritize the welfare of their subordinates, ensuring they have the training, resources, and support necessary to succeed in their missions.

Coast Guard

Coast Guard Leadership Competencies

The U.S. Coast Guard has identified 21 competencies that are essential for effective leadership within the organization. These competencies are designed to enhance mission performance and are expected to be developed by all Coast Guard members. The competencies include working with others, performance, and more. The ultimate goal of these competencies is to ensure that Coast Guard members can achieve common goals and interact positively with others to support the success of operations.

The American Legion

Significance of Servant Leadership in The American Legion.

Servant leadership aligns with the values of many veterans, emphasizing the importance of putting others first. This approach not only strengthens the bonds within the organization but also enhances its impact on the community. By fostering an environment where members feel valued and supported, The American Legion can effectively address the needs of veterans and contribute positively to society.

In summary, servant leadership is integral to The American Legion's mission, shaping its leadership development programs and community engagement efforts. Through this approach, the organization aims to empower its members and create a lasting impact on the lives of veterans and their families.



MEMBERSHIP

The chart below is a snapshot of what mylegion.org shows as of this date (1/25/2026) for total membership in the Department of Oregon. Do not compare this chart to the reports that I send out every week. It would be trying to compare apples and oranges. I will be sending out an expanded version of this to the District Commanders in the next couple of days.

What this shows is the number of expired members in 2023 and 2024; the number of members still in 2025 which we need to get renewed, or they will be on the expired list quite soon; and the number of members currently renewed for 2026, along with those members who took advantage of the 3-year renewal option which are shown in 2027, 2028 and 2029.

If we had been able to retain the 2023 and 2024 members and had been able to connect with the 2025 members prior to December 31st, we could have had a Department total of 16,721 members at this time. As it stands, our membership, to date, falls to 10,365.

	2023	2024	2025	2026	2027	2028	2029	
District 1	222	269	500	2090	46	15		3,142
District 2	150	254	411	1153	72	6		2,046
District 3	214	281	400	1704	40	6		2,645
District 4	70	77	161	853	13	9		1183
District 5	132	170	298	860	21	3		1484
District 6	60	58	120	438	9	3		688
District 7	56	76	61	301	7	1		502
District 8	93	132	194	772	12	8		1211
District 9	59	72	120	468	11	3		733
District 10	17	38	93	305	9	1		463
District Totals	1073	1427	2358	8944	240	55		14,097
Department 114 Totals	409	383	706	1,051	37	37	1	2,624
Department Totals	1482	1810	3064	9995	277	92	1	16,721
								-6,356
								10,365



**The Legionnaire
Insurance Trust**



MEMBERSHIP: CONT. FROM PAGE 20

We need to ask ourselves: “Why are we losing so many members?” Apathy? Death? Financial hardship? Post expectations? Life Happens?

If a member dies, we need to be getting them marked as “deceased”. We can’t let them stay on our rolls until they show up as “expired” and then wait for them to fade away as the years move on. Financial hardship -- do you have a line item in your budget which allows you to help with renewals when times are tough? Apathy. Theirs? Or ours? “They’re a member now, we don’t need to keep in touch.” Post expectations – “Now that we have you signed up, we need you to help with this and this and this.” Life happens. Unfortunately, yes, it does – but not to the tune of 3,292 members.

I’ve been working on the 114. It’s not pretty, and it has a long way to go, but I will tell you that there has been a lot of cleaning up to do. It had been let go for way too long. Almost 100 members have been moved to a local Post. I’ve lost track of the number of members I’ve had to check off as “deceased” on their profile. And an unforeseen problem quickly showed up. The number of members with duplicate profiles. I can only attribute that to confusion at the time of online renewal and they inadvertently ended up setting up a new profile. The merge requests have to be sent to National. I’m sure National membership holds their breath and peek through their fingers when they open their emails each morning wondering how many more merge requests will be showing up from The Department of Oregon.

Let’s all make a concerted effort get back some of the 2023’s and 2024’s. Give them a call. Find out what happened and let’s fix it. And the 2025’s? Let’s go to them sooner, rather than later.

Wendy Berger Wood
Membership Chair



Grassroots Action Center

TAKE ACTION TODAY

In 2025, American Legion Family members and veteran advocates sent 102,873 messages to Congress urging them to pass Legion-supported legislation. These messages were sent through The American Legion’s [Grassroots Action Center](#) that connects American Legion Family members and advocates with their members of Congress. The Grassroots Action Center allows The American Legion to contact every member of Congress on large, national campaigns as well as target specific members on key committees that pertain to The American Legion’s legislative priorities.

Visit the Grassroots Action Center [here](#). You can stay informed of all American Legion legislative campaigns by signing up for legislative alerts on the Grassroots Action Center page.

The top campaigns for messages sent include:

- Major Richard Star Act, 22,299
- Service Dogs Assisting Veterans, 17,779
- Ships for America Act, 16,481
- 2025 GI Bill Parity, 14,015

And the top five states that sent the most messages were: Kansas (8,842), Wisconsin (8,317), New York (6,221), Florida (6,177) and Tennessee (5,483).

“This is a direct link to all of the federal elected officials from your state to hear your concerns for the Legion’s priorities on bills in Congress,” said Randy Frank, past Department of Kansas commander. “Just go to www.legion.org/action and be heard. You can do this once every 24 hours. It is so simple that I complete mine daily while eating a bowl of cereal for breakfast. There is no limit so ask all your friends to help out.”

Submitted by:
Charlie Schmidt
PNC/PDC

DISTRICT 10

John Maxwell, in his book *The 21 Irrefutable Laws of Leadership*, defines what leadership is not.

Leadership is often misunderstood. When people hear that someone has an impressive title or an assigned leadership position, they assume that individual to be a leader. *Sometimes* that's true, but titles don't have much value when it comes to leading.

True leadership cannot be awarded, appointed, or assigned. It comes only from influence, and that cannot be mandated. It must be earned; the only thing a title can buy is a little more time – either to increase your level of influence with others or to undermine it. (p 13)

One of the myths of leadership that Maxwell points out is that many people confuse management with leadership. These two words are not interchangeable. Management makes maintaining systems and process the top priority while leadership makes influencing people to follow a vision the top priority. (Maxwell, p 13-14)

A second myth Maxwell talks about is the myth that simply because someone holds a specific position doesn't mean that the individual is a leader. Since being a leader is about influence, Maxwell concludes that "It's not the position that makes the leader; it's the leader that makes the position". (Maxwell, p 15)

The American Legion is a non-profit volunteer organization. Leaders in The American Legion are tasked with filling many roles, such as figurehead, liaison, mentor, spokesperson, information disseminator, teacher, learner, entrepreneur, conflict manager, and resource allocator. American Legion leadership must be focused on the future vision of the organization versus being laser focused on the present situations. Our organization's leaders must balance management and leadership in a way that fulfills our Legion responsibilities, helps our posts and districts thrive, and creates a positive atmosphere at all Legion levels that influences members to become engaged in activities, programs, and events that provide purpose and relevance.

This is a tall request that "devotion to mutual helpfulness" revolves around. And no one is saying that this can be learned in a day or a week. However, little by little, commitment by commitment, we can all develop leadership in ourselves and others. The first step I'm taking to help my personal development is making the commitment to put my thoughts, ideas, and forward thinking into the Legionnaire. My desired outcome is open communication about leadership ideas and strategies that will grow into actions that strengthen the Department of Oregon in measurable ways such as membership goals and program participation. Feel free to email me questions, thoughts, and ideas at mcelravy.niki@gmail.com. Let's learn together!

Niki McElravy

Vice Commander

District 10

DEADLINE

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

 **AMERICAN
LEGION
BE THE ONE**



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

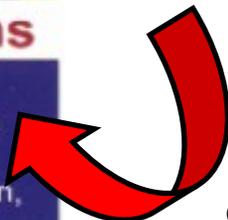
Yearly project for 2025-2026 .

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.



BE THE ONE



4 Pillars, what is The American Legion **LEGISLATIVE COMMISSION**

The American Legion Legislative Commission is the primary advocacy arm of The American Legion, acting as the “voice of the veteran” to the U.S. Congress to advance legislative goals established by its membership. It champions veterans’ benefits, healthcare, and national security, while organizing grassroots advocacy, such as the Legislative Council.

- To provide the National Executive Committee with a copy of the annual consolidated Legislative Council activities report (which summarizes the Legislative Council’s grassroots lobbying efforts for each congressional session and is due to the National Executive Committee at its Pre-Convention meeting per Resolution 28, NEC, October 19-20, 1994);
- To collect, into a single report, a comprehensive compilation of all resolutions adopted by the National Convention and/or the National Executive Committee which seek action by the United States Congress or are a legislative policy statement of The American Legion.
- To update this compilation after each of the aforementioned sessions into a comprehensive summary of The American Legion’s legislative program (all resolutions requiring legislative action become part of The American Legion’s legislative program immediately upon adoption, and the Legislative Commission shall compile such resolutions and make the current compilation in its entirety a part of its report to each meeting of the National Executive Committee for the sole purpose of establishing an orderly historical record of resolutions stating legislative policy and/or requiring legislative action, per Rules of the National Executive Committee, 8b.);
- To assist other commissions and their staffs in representing The American Legion before the United States Congress, and each committee thereof, on all legislative matters in which The American Legion is officially interested.
- To assist, through its reports to the National Executive Committee and its liaison with other Commissions, in the formulation of appropriate legislative actions to be officially endorsed by resolution adopted by The American Legion.
Such other purposes as may be assigned to it by the National Executive Committee.

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

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

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



LEGIONNAIRE
INSURANCE TRUST

[Home](#) [Customer Support](#) [Products](#) [Veterans Research](#) [My Account](#)

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](#)

SAVE THE DATE

National Regional Information Conferences

JAN. 31, 2026 - INDIANAPOLIS or **FEB. 7, 2026 - ATLANTA**

WHAT? One-day, comprehensive curriculum that covers:

- Legal topics
- Be the One
- American Legion Programs
- Running an Effective Meeting
- Post Operations
- Membership Retention

WHY? To strengthen understanding and implementation of American Legion Programs and Services!

WHO? American Legion leaders in departments, districts and posts looking to increase operational effectiveness.

HOW? Contact The American Legion National Internal Affairs division at ia@legion.org or call **317-630-1287**.

REGISTRATION OPENS AUG. 27, 2025, AND SPACE IS LIMITED, SO SIGN UP NOW!!

★ OREGON BOYS STATE ★ CIVICS & LEADERSHIP



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.

"A WEEK TO SHAPE A LIFETIME"

SUMMER 2026
JUNE 21-27TH



ELIGIBLE FOR
CLASS OF 2027



"Boys State is among the most respected and selective educational program of government instruction for U.S. High School Students."

SALES ADS FOR The Department of Oregon Legionnaire Monthly Magazine ADVERTISING DONATION RATES

Ad Fee Donations

Business Card	\$75.00 year
1/4 Page	\$150.00 year
1/2 Page	\$200.00 year
Full Page	\$350.00 year

Currently, we email 7,500 copies of Legionnaire Magazine each month. We send out on the 5th. Each advertiser will receive a copy via email each month. No printed magazines are sent out.

For more information or to submit your ad, please contact us at orlegionnaire@gmail.com

Checks should be made out to :

The American Legion Department of Oregon
and sent to: P.O. Box 1730, Wilsonville, OR 97070-1730

**Thank You for your support of The American Legion, Department of Oregon,
a Veterans Service organization.**

BE THE ONE

HOW YOU CAN BE THE ONE



 AMERICAN
LEGION



**TAKE
ACTION
TODAY!**

TRIVIA ANSWERS

1. TANK

2. AIR FORCE

3. NAPOLEON

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.**



“BE THE ONE” REACHES INTO STUDENT VETERAN COMMUNITIES

BE THE ONE

The mix of attendees in Dr. Keita Franklin’s suicide-prevention breakout sessions during the 18th Student Veterans of America (SVA) National Conference Friday and Saturday in Colorado Springs, Colo., ranged from those planning careers in mental health to some who had personally considered ending their lives. Almost all of them, by a show of hands, knew someone who died by suicide.

Session participants included grad students, undergrads, faculty members, SVA chapter leaders, formerly homeless veterans, one who had been incarcerated, some who were recently discharged from service and others who had been out for years.

From all the different perspectives, it was clear from both sessions that the learning experience would be a two-way street.

In Saturday’s session of “Strengthening Suicide Prevention for Student Veterans Through the Columbia Protocol,” presented as part of the [American Legion’s Be the One](#) training mission with USAA Face the Fight grant support, Dr. Franklin began by asking for participants’ thoughts about why student veterans are at higher risk of suicidal ideation and attempts than others. A flurry of responses filled the air.

“No mentorship.” / “Ostracization.” / “Unstable housing.” / “Finances.” / “Stigma.” / “No hope for the future.” / “Lost sense of meaning and purpose.” / “No faculty experience with the veteran mentality.” / “Tinnitus – it will drive you crazy.”

Dr. Franklin discussed each factor – and more – into an area lacking in hard scientific data. She shared with the group that veterans age 18-34 (college age, for most) have the highest suicide rate among veteran age groups, and 46% of student veterans, according to some samples, reported symptoms of post-traumatic stress disorder (although less than half of veteran suicides are connected to a mental health diagnosis); 37% screened positive for depression; and about one-third reported experiencing severe anxiety.

Transition from military structure to campus life can be tough and abrupt, as are the financial challenges of college, but belonging was a common theme expressed by students and session leaders alike.

Dr. Franklin asked, “How do you go from being the first sergeant or the chief nurse to now get in line and read chapter 2. The transition – *where do I fit in, and where do I belong?* – does come into play. Meaning and purpose. We believe that veterans struggle with that when they leave the military. Is there a bigger meaning and purpose than serving and the work that many of you have already done?”

A long career in this field, primarily with military and veteran communities, has put Dr. Franklin in the company of many who connect mental well-being with their sense of purpose. When she suggests finding something meaningful to do in the local community after serving in the Armed Forces, “Sometimes they will tell me it’s hard. They’ll say, ‘Yeah, I’m coaching soccer, but it’s not the same meaning and purpose that I had.’”

A college professor from Denver made the point Saturday that he was one of only two veterans out of 100 on the faculty at his institution. “A lot of veterans don’t feel any connection,” he said. “The number of faculty who are veterans is rare. The perception of a lot of professors is that we (veterans) are a threat. One of my points, when we talk about suicide rates, is that the only threat is to themselves, not to the teachers. That seems like a major revelation to professors who have had zero contact with the military.”

One student veteran told the group that she finds “that professors have a really hard time with the veteran mentality. I get remarks like, ‘You’re too direct.’ ‘You take over a conversation.’ Our leadership skills, our ability to go in and assess a situation and just problem-solve – anything that we did before in an area of operation or our normal day-to-day, how we have been trained, raised, built – we’re not supposed to do that anymore. So, that transition to the classroom ... is very odd. You are now being reprimanded for who you are and what you’ve been trained to do ... things you were so proud of. Your qualities, your skills. Don’t do that anymore.”

In both sessions, Dr. Franklin went over the many factors that contribute to higher suicide rates among veterans and the effectiveness of the Columbia University Lighthouse Project protocol used in American Legion Be the One training.

She explained that the treatment landscape has shifted substantially since she started her career in the 1990s, from emphasis on medical facility treatment to a public health model, where suicide prevention can reach people where they are, day in and day out. The approach of “scoop them up and get them into the hospital” led to an unexpected finding. “Those who were admitted to hospitals with suicide risk would leave with the same level of risk or higher. Putting people into inpatient psych care does not have them leave with reduced suicide risk. It’s not intuitive, but it’s true.”

Medical treatment has a place when needed, she explained, but “we also need them to engage in a life worth living, and we need to prevent suicide where veterans work, live and thrive, not just at the hospital.” The public health model takes a broader approach, training all gatekeepers, such as employers and veteran groups.

Cont. on Pg. 33.

Cont. from pg. 32:

The American Legion has been a big champion of that. They have really taken it on. We have deputized a lot of Legionnaires to really get involved.”

The American Legion’s Be the One suicide-prevention training program with Columbia has been completed by more than 20,000 people since its early 2025 launch.

As data vary on the causes and prevalence, Dr. Franklin made some key points about suicidality:

- Suicide is the 10th leading cause of death in the nation
- Suicide is the 2nd leading cause of death for veterans under the age of 45
- 73.5% of veteran suicides are by firearms, compared to 54.6% for non-veterans, suggesting space should be kept between ammunition/firing pins and weapons themselves

“The numbers are tragic,” she explained, adding that accurate statistical knowledge has been improving since 2000 yet remains incomplete at best. But the fact remains that for every data point, she said, “Each and every one of them is a person. They are people, with family members.”

She told the groups that for every one suicide, 135 others are exposed to it and become at risk. She added that alcohol and substance abuse, relationship issues, isolation and sleep deprivation are all part of a “grab bag” of factors that contribute to veteran suicidality.

She explained that however difficult it might be, those who care about a veteran who may be at risk cannot be afraid to ask, directly, following the Columbia University Lighthouse Project Protocol, a set of six specific questions that detect risk and provide proven steps to help.

The program is soon piloting a train-the-trainer component that Dr. Franklin said will debut through The American Legion’s Be the One mission early this year. “We’re designing so that everyday people can get it. In order to bring it to the streets, we want neighbors and teachers and people who work (with veterans) to know it. Anyone can do it.”



Columbia University suicide-prevention protocol shared with veterans at SVA National Conference.

Dr. Kella Franklin discussed Be the One and veteran suicide prevention at the 2026 Student Veterans of American NatCon at The Broadmoor Resort in Colorado Springs Co.

Article by:

Jeff Stoffer: “BE THE ONE”

BE THE ONE



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.

Stalck 31-485 (Revised 12/21) Artwork 48MEM0223

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:

- Global War on Terror
- Gulf War
- Panama
- Lebanon/Grenada
- Vietnam
- Korea
- WWI
- Other Conflicts
- U.S. Army
- U.S. Navy
- U.S. Air Force
- U.S. Marines
- U.S. Space Force
- U.S. Coast Guard
- Merchant Marines (MMF only)

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 _____
First Initial Last Recruited by _____
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 website 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) _____

_____/_____/_____
Date of Birth (Required) 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 AIA 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 AIA unit about the necessary military records.)

Veteran served: (check all that apply)

- WWI (46/1917-11/11/1918)
- Anytime after 12/7/1941 (check all that apply):
 - Global War on Terror
 - Lebanon/Grenada
 - WWI
 - Gulf War
 - Vietnam
 - Other Conflicts
 - Panama
 - Korea

Applicant's relationship to the veteran:

- Male Spouse
- Female Spouse
- Mother
- Grandmother
- Sister
- Self
- Daughter
- 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 # _____