

BE THE ONE

At its core, Be the One is The American Legion's top priority, a mission to reduce the number of veterans and servicemembers who die by suicide. It involves everyone throughout the entire American Legion Family. Post members are able to support Be the One by conducting Buddy Checks, raising awareness of resources for veterans in their communities, taking the Columbia University training so they know what to do in a potential time of crisis and more. Posts, units and squadrons can work together to host or support events aimed at bringing the darkness of suicide into the light. By talking about it, raising awareness and fostering camaraderie, you are demonstrating how to "Be the One." At the department level, staff can elevate awareness about how posts and members are contributing to the cause, and also create opportunities for training sessions, fundraisers, awareness events and other means to promote Be the One. At the national level, staff is promoting the initiative through various marketing, internal media and external media means. National Headquarters staff is also focusing energies on creating more training opportunities, resource materials and other items. There are many ways to lend support. Like other sanctioned American Legion initiatives, it is best to take the concept for Be the One and incorporate it into the needs of your community. The majority of posts already conduct events that can be adapted for a Be the One event. Those include a fundraising ride, cornhole tournament, car show and other activities that posts regularly conduct. Still, there are other ways to support Be the One. For example, a large post in a populous area might want to consider a symposium or similar event where VA staff members, mental-health experts and community agencies that support mental health and similar topics could present their information to veterans, their families and others. A smaller post in a rural area might want to conduct Buddy Checks as a way to educate local veterans about Be the One and the assistance the post and other community groups can provide ways that posts and members can further the mission.



**TAKE
ACTION
TODAY!**



HOW YOU CAN BE THE ONE

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



The American Legion, Post 37

Greetings fellow Legionnaires,

The wife and I are home, safe and sound, after a whirl wind trip to Texas, plus some points in between, to visit friends and relatives. All along the way Mark Wiggins kept me posted on the happenings within the Post and the goings on at the Umatilla County Fair Booth. It's a great relief to have fellow members step in and assist in carrying the load. Thanks to Mark and all those who manned the fair booth. Heard some great things.

Just before we left I shut down my computer and upon returning I fired the old gal up and nothing but disappointment was displayed on the screen. I turned the critter over to the Geek Squad and they brought'er back to some semblance of life. At our age recovery is slow.

I just want to remind our membership of the monthly meeting that will be held, as scheduled, on Labor Day at the Senior Center. We've done it before and we'll do it again. We have some important issues to discuss, plus, our upcoming annual Veterans Picnic - Sept. 20th, and, the Dress Up Parade in Pendleton on September 6th. If you wish to ride on the float please let me know, and remember, purple shirts and purple caps are requested for Dress Up apparel.

Membership renewal has slowed so please remember to get your renewal notice in to the Adjutant or renew online. Let's do our best to beat the December 31st deadline. I thank you in advance for your efforts.

Take care and keep hydrated during this hot weather.

See you next month,

Aaron Wetterling
Commander
Post 37

Emphasize the pride and honor a person feels in their duty, service, discipline, and sacrifice for their country.



**AMERICAN
LEGION**

TRIVIA

1. Baptized Children
2. 8
3. 2 yards
4. Anyone with an injured right arm.

AMERICAN LEGION

TRADITIONAL

Salmon Bake or BBQ Chicken Dinner October 4th, 2025

KEIZER POST #17

Lions - 4100 Cherry Ave. Keizer, OR



**WE ARE HERE FOR
VETERANS *and* COMMUNITY
SUPPORTING:**

**KEIZER ROTARY
BOYS *and* GIRLS CLUB
UNION GOSPEL MISSION
MARION-POLK FOOD SHARE**



Tickets:
\$35

FOR TICKETS CALL:
ROGER HOLDERBY - (503) 580-0951

**OR PURCHASE
ONLINE AT:**
keizerpost17.org



Presenting Sponsor: SMI REAL ESTATE AND PROPERTY MANAGEMENT



**AMERICAN
LEGION**
Albany Post 10



Greetings everyone.

As you all probably know, Post 10 supports the Scouts. We are the sponsors of Troop 100 (age 11 but have not reached age 18) and Pack 100 (kindergarten through fifth grade - or 5 to 10 years of age).

I received an email from Mike Mayers. He is the Post 10 Charter Org Rep for Scouts. He wanted to share what both the Troop and the Pack have been up to recently and has put this together for me to share with you.

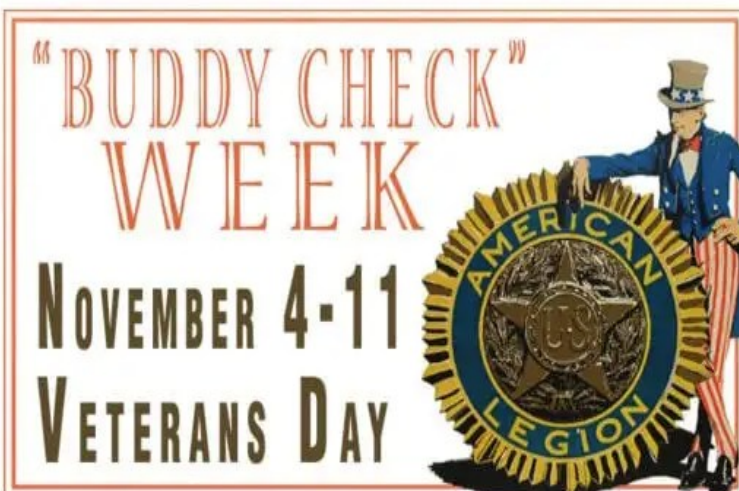
They have just returned from Scout Camp. The Troop went to Camp Baker in Florence, OR, while the Pack went to Camp Thunderbird in Olympia, WA.

Hope you enjoy this and thanks, Mike, for sharing.

If you would like to know more about the Scouting programs, Mike is usually at the Post meetings, first Monday of each month, starting at 6 pm.



Life is like a book.
Some chapters are sad,
Some are happy and
some are
exciting. But if you never
turn the page, you will
never
know what the next
chapter
has in store for you.



REGISTRATION NOW OPEN!



2025 OREGON WOMEN VETERANS CONFERENCE *Stronger Together* Community and Connection



OREGON DEPARTMENT
of VETERANS' AFFAIRS

SEPTEMBER 27, 2025

Riverhouse Lodge | Bend, Oregon



Register for the free conference,
find lodging options and more details at
www.wvc.oregondva.com

Registration for the 2025 Women Veterans Conference is now open! Join hundreds of women veterans from across Oregon in beautiful Central Oregon for this free, one-day event – the largest gathering of women veterans in the state. This year's theme, Community and Connection, reflects the heart of the conference: bringing together Oregon women veterans from every era of military service to strengthen relationships, share experiences, and build networks of support. Connect with fellow veterans, learn about the benefits you've earned, and engage with resources that support your health and overall well-being.

Since 1998, the Oregon Women Veterans Conference has honored the strength, diversity, and contributions of women who served our nation. We're proud to continue that tradition in 2025.



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.**

Friday 2:17 PM

Some of the things you've said lately worry me, and you've been acting different. Are you OK?

I don't know

What's going on?

I just feel really sad all the time.

Thanks for telling me. I really care about you and want to help.

Thanks



Text Message

Send



THE WALL THAT HEALS

VIETNAM VETERANS MEMORIAL REPLICA & MOBILE EDUCATION CENTER



A PROGRAM OF THE VIETNAM VETERANS MEMORIAL FUND
FOUNDERS OF THE WALL

★ Independence Sports Complex ★

24 HOURS A DAY

SEPTEMBER
18-21
2025



FOR MORE INFORMATION
on how to donate, or to learn
about volunteer opportunities

<https://www.ci.independence.or.us/the-wallthatheals2025/>



INDEPENDENCE, OREGON



THE AMERICAN LEGION – MEMBERSHIP APPLICATION



DUES RECEIPT (Please Print)

Name _____ (First) _____ (Initial) _____ (Last) _____ (Date of Birth) _____

Mailing Address _____ (Street) _____ (City) _____ (State) _____ (ZIP) _____

(Phone) _____ (Email) _____ ☐ Male ☐ Female _____ (Post #) _____ (Dues) _____

☐ I certify that I served at least one day of active military duty since December 7, 1941 and was honorably discharged or am still serving honorably.

Please check appropriate eligibility 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. Coast Guard |
| <input type="checkbox"/> Korea | <input type="checkbox"/> Merchant Marines (WWII only) |
| <input type="checkbox"/> WWII | |
| <input type="checkbox"/> Other Conflicts | |

Signature of Applicant _____ Date _____ Name of Recruiter _____

Mail completed application to The American Legion National Headquarters, Attn: Internal Affairs. Annual dues must accompany completed application. Ask local contact for amount due. For current department/state address, go to www.legion.org.

ALA 080019

Date _____
Received From _____
\$ _____ for 20 _____ Dues
Recruiter's Name _____
Recruiter's Signature _____
Recruiter's Phone # _____



SONS OF THE AMERICAN LEGION – MEMBERSHIP APPLICATION



DUES RECEIPT (Please Print)

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 BAL? _____ Where? _____

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

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

Signed By Applicant (or Parent) _____ 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/state headquarters, or visit www.legion.org.

ALA 120012

Date _____
Received From _____
\$ _____ for 20 _____ Dues
Squadron No. _____
Department of _____



AMERICAN LEGION AUXILIARY – MEMBERSHIP APPLICATION



DUES RECEIPT (Please Print)

APPLICANT INFORMATION

ELIGIBILITY INFORMATION

Full Name _____

Address _____

City _____ State _____ ZIP _____

Home Phone _____ Cell Phone _____

Email Address _____ Unit # and Location (if known) _____

_____ / _____ / _____ ☐ Birth - 17 ☐ 18 and over

Date of Birth (Required) _____

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) 589-4500 for assistance.
Annual dues must accompany completed application. Ask local contact for amount due.
Membership pending approval of application.

Eligible Through—Name of Veteran (Female Veterans: List Your Own Name) _____

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

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

Veteran Served:

☐ WWI (4/8/1917-11/11/1918)

☐ Anytime After 12/7/1941 (check all that apply):

- | | | |
|---|--|--|
| <input type="checkbox"/> Global War on Terror | <input type="checkbox"/> Lebanon/Grenada | <input type="checkbox"/> WWII |
| <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 Membership Verification _____ Date _____

ALA 09-0010

Date _____
Received From _____
\$ _____ for 20 _____ Dues
Recruiter's Name _____
Recruiter's Signature _____
Recruiter's Phone # _____