



LOYD SPETZ POST 1
 2400 Railroad Avenue, Bismarck, ND 58501
 701-258-3101

Post meetings held the 2nd Monday of each month in the Veterans Hall at 7:00 p.m.

February 2024

AMERICAN LEGION EVENT REMINDERS

CALENDAR OF EVENTS

February 12	Post 1 Meeting	7:00 p.m.
February 26	Veteran Visit – Missouri Slope	2.00 p.m.
February 27	Honor Guard Training – RJB Armory, 4200 Mirium Ave	6:30 p.m.
March 4	Post 1 Gaming Committee Meeting	6:00 p.m.
March 4	Post 1 Executive Committee Meeting	7:00 p.m.
March 11	Post 1 Meeting – American Legion Birthday Celebration	5:30 p.m.
March 23	District 5 Spring Meeting-AMVETS-Hosted by Hazelton	12:00 Noon

Check Presentations:

Post 1 check presentations will be scheduled for in person presentations. Once scheduled, they will be posted on the American Legion Post 1 website CALENDAR. Legionnaires are welcome to join check presentations.

www.americanlegionbismarck.org

CALENDAR TAB

BSC Check Presentation:



Quilts of Valor Check Presentation



State of North Dakota Proclamation – Veteran and Military Suicide Prevention and Awareness Year 2024.

During the 2024 State of the State address ND Governor Doug Burgum issued a proclamation declaring 2024 Veteran and Military Suicide Prevention and Awareness Year. In this proclamation Governor Burgum recognized The American Legion and their "Be The One" program. The ND American Legion and The National American Legion are committed to reducing suicides in our ranks.



LtoR: ND LT Governor Tammy Miller, Department Adjutant Don Herry, Department Commander Clarence Carrol III, ND Governor Doug Burgum and Central Region Vice Commander Jacob Volk

This newsletter is emailed to Legionnaires that have given Post 1 their email address and it is also posted on the Loyd Spetz American Legion website under the "about us" tab.

Post 1 website: www.americanlegionbismarck.org

Post 1 facebook: @NDAmericanLegion-Bismarck

Post 1 Email: info@americanlegionbismarck.org

Post 1 Phone Number: 701-258-3101

Oratorical



State Oratorical Winners

- 1st Place - McKinnlee Haberman, Wyndmere, ND - Post 153
Wyndmere Sponsor
- 2nd Place - Danielle Nusz, Arnegard, ND - Post 29 Watford
City Sponsor
- 3rd Place - Sigryn Henke, Stanton, ND - Post 90 Center
Sponsor
- 4th Place - Levi Woodrow, Munich, ND - Post 276 Sarles
Sponsor

North Dakota Youth Trooper Academy:

The ND Youth Trooper Academy is a cooperative effort between the ND Highway Patrol and the American Legion ND.

The 2024 North Dakota Youth Trooper Academy runs July 30-August 1, 2024. Application deadline is April 30, 2024. The \$300 fee for each selected student will be a local American Legion Post responsibility for paying.

You can find out more information at:

<https://ndlegion.org/ndyta/>
www.ndlegion.org

Youth Scholarships: Information attached
Eagle Scout of the Year
Edward Nesheim Memorial Scholarship
Hattie Tedrow Scholarship to HS Seniors
ND American Legion Riders Scholarship

Injured Wildlife Project-ND

The IMWPND is a group of ND citizens who provide hunting and fishing opportunities to military personnel who have been injured in the line of duty. They are preparing for their 2024 Deer, Cow Elk hunts and Bison/Elk Meat Projects. You can apply online.

<https://imwpnd.com/>

Recognizing Veterans

The Bismarck Bobcats are looking for Veterans to recognize for “Veteran of the Night” promotion. Each home game they recognize military families for their sacrifices. The military family will be recognized on the ice during the 1st intermission. The games start at 7:15 p.m. and you will be recognized around 8:00 p.m. Each Veteran can invite their family and will receive free tickets to the game to include food and drink vouchers. Location: VFW SportsCenter, 1200 N. Washington Street, Bismarck. If you are interested in the February dates below, please call Brad Feldman at 701-400-2850.
February 23
February 24



FREE National Park Pass-Dakota Prairie Grasslands

The FREE America The Beautiful National Park Pass is available for Veterans, Active Military Reserve, and National Guard. Present your valid Military ID or DD 214 at a DPG office in Bismarck, Dickinson, Lisbon, Watford City, ND or Lemmon, SD.



Western ND Honor Flight

The next scheduled Western ND Honor Flight will be 14-15 April 2024.

Find updates/information on their website at:

www.westernndhf.org

- Walkers n’ Daughters Jewelers: You can purchase a pair of hypoallergenic red pearl earrings for only \$10.00 and proceeds will be donated to the Western ND Honor Flight.
- 10% discount at Texas Roadhouse on February 26, 2024 from 4-8 p.m. Flyer attached.

AMERICAN LEGION BIRTHDAY MEAL

Date: March 11, 2024

Location: AMVETS, 2402 Railroad Avenue

Social: 5:30 p.m.

Meal: 6:00 p.m. Meal choices: **Prime Rib** or **Shrimp**

Post 1 will pay for Legionnaire (have to be a paid up member) and one guest.

RSVP: is required (**RSVP's must be received by March 4, 2024**)

How to I register for this event?

1. www.americanlegionbismarck.org
 - Click Calendar
 - Click "Register" button
 - Choose American Legion Birthday Meal
2. Email the Post 1 Adjutant at info@americanlegionbismarck.org
3. Call the American Legion Office at (701) 258-3101. Please leave a call back phone number.
4. Complete the below form and mail to Post 1 Office: American Legion Post 1, PO Box 753, Bismarck, ND 58502

CUT OFF BOTTOM PORTION AND RETURN

**American Legion Birthday Meal RSVP
MAIL THIS PORTION TO
American Legion
PO Box 753
Bismarck, ND 58502**

Legionnaire Name:	
Legionnaire Meal Choice:	
Guest Name:	
Guest Meal Choice:	
Phone Number:	
Email Address:	

STATE OF NORTH DAKOTA

PROCLAMATION

VETERAN AND MILITARY SUICIDE PREVENTION AND AWARENESS YEAR 2024

WHEREAS, the men and women who have served or are currently serving in the military are the most honorable and extraordinary members of our nation and its states; and a service member, after their immeasurable sacrifice, should be welcomed home and receive a grateful and dignifying life filled with love and care; and

WHEREAS, military service, while noble, increases the risk of behavioral health challenges due in part to the high stress aspects of service and deployment, chief among these concerns is the elevated risk of suicide for both veterans and actively serving military members; annually, suicide takes the lives of over 6,000 veterans and military members in the United States and many in North Dakota — a suicide rate more than 50% higher than the general public; and

WHEREAS, the safety and wellness of veterans and military members is a priority in the state of North Dakota and all North Dakotans are encouraged to raise their awareness of the warning signs of mental health crises and the treatments available so that more people will be knowledgeable of how to save the lives of endangered persons; and

WHEREAS, the American Legion's "Be The One" program creates opportunities for people to clearly connect with veterans struggling with the thought of suicide, by destigmatizing the fear of asking for mental support, providing peer-to-peer support and deploying FDA-approved therapeutics for veterans to identify issues and find them the resources needed for their support; and

WHEREAS, the Governor's Challenge, led by ND Cares in partnership with federal, state and community leaders, looks to prevent suicide among veterans, actively serving military members and their families by increasing screenings for risk, promoting better connectedness and care transitions, training veterans to be peer support specialists, educating health care and mental health providers about military culture and evidence based treatment methods and providing education about lethal means safety; and

WHEREAS, for those struggling with mental health-related distress and unable to speak with a loved one, the 988 Suicide and Crisis hotline is a valuable, accessible and free resource which can be called or texted at any time or accessed online through 988lifeline.org; and

WHEREAS, North Dakotans are encouraged to learn about the American Legion's "Be The One" program, the Governor's Challenge to prevent suicide among veterans, military members and their families and the 988 Suicide and Crisis hotline to increase their awareness and understanding of the challenges veterans and military members face and so that by any of these means they might assist in the saving of our veterans' and military members' lives.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
2024, **VETERAN AND MILITARY SUICIDE PREVENTION AND AWARENESS YEAR** in
the State of North Dakota.

Doug Burgum
GOVERNOR

ATTEST:

Michael Howe
SECRETARY OF STATE

American Legion Scholarships Available

Apply for scholarships online at <https://ndlegion.org/scholarships/>

Website: www.ndlegion.org – Scholarships Tab

Eagle Scout of the Year

The American Legion honors the Eagle Scout of the Year at the National Convention with a \$10,000 scholarship. The three runners-up receive \$2,500. Deadline is March 1, 2023.

Edward Nesheim Memorial Scholarship

The Edward O. Nesheim Memorial Scholarship was created by his daughter, Sonja Adahl, in 2008 to honor the memory of her late father. Information about Edward O. Nesheim is available from The American Legion Foundation, Department of North Dakota. The Scholarship may be used at any post secondary institution of higher education in North Dakota granting Associate or higher degrees. Deadline April 1, 2023.

Hattie Tedrow Scholarship to High School Seniors

Applicant must be a legal resident of ND, a high school senior and a direct descendant of a veteran with honorable service in the US military. The scholarship is for post-high school study only. Maximum amount per scholarship award is \$2,000. Deadline April 1, 2023.

ND American Legion Riders Scholarship

Applicant must be a son, daughter, step-son, step-daughter, grandson or granddaughter for a veteran or active duty service member and must be accepted into a ND degree granting institution, including a University or Trade school. Deadline April 1st.



**FOR THOSE WHO SERVED
TO PROTECT OUR LAND...
TAKE TIME TO ENJOY IT.**

The FREE **AMERICA THE BEAUTIFUL
NATIONAL PARK PASS** is available for
Veterans, Active Military, Reserve,
and National Guard.

THANK YOU FOR
YOUR SERVICE.



Dakota Prairie
Grasslands

Present your valid Military
ID or DD 214 at a DPG office
in Bismarck, Dickinson,
Lisbon, Watford City, ND,
or Lemmon, SD.





DINE TO DONATE

⇒ *Support* ⇐

WESTERN ND HONOR FLIGHT
MONDAY, FEBRUARY 26
4PM-8PM



10%

DONATION NIGHT

for **Western ND Honor Flight**.
Present this flyer at the Bismarck
location and Texas Roadhouse will
donate **10%** of your total food
purchases to **Western ND Honor
Flight!**

701-250-6746
1505 BURNT BOAT DRIVE
BISMARCK, ND