



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.

March 2024

AMERICAN LEGION EVENT REMINDERS

CALENDAR OF EVENTS

March 11	Post 1 Meeting – American Legion Birthday Celebration	5:30 p.m.
March 18	Auxiliary Unit 1 Meeting-Amvets Golden Room	7:00 p.m.
March 23	District 5 Spring Meeting Meeting – AMVETS-Hosted by Hazelton	12:00 Noon
March 29	Appreciation Lunch -Daughters of the American Revolution	11:30 am-1 pm
May 29	Poppy Day	

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

Bismarck Youth Baseball



Dakota Childrens Advocacy Center



Community Action



District 5 Meeting:

Date: 23 March 2024

Time: 12:00-1:00 Registration

Joint Meeting: 1:00 p.m.

Location: Bismarck AMVETS, 2400 Railroad Avenue, Bismarck, ND. Meeting will be downstairs.

Hosted By: Hazelton Post 126

Registration: \$5.00 (covered by Post 1)

Lunch: is on your own, **AMVETS Menu attached**

Please join the meeting if available

Boys State:

The North Dakota Boys State is being held June 9-14, 2024, in Wahpeton, ND, on the campus of the North Dakota State College of Science.

Sign up link below:

<https://ndboysstate.org/index.php/forms/delegate-application/>

Video clip below of Patrick Shen Boys State Experience:

<https://youtu.be/E4JqOwV8VRs?si=o25tznA4gSiAjBvS>

Video clip below of the Boys State 2024 Announcement:

https://youtu.be/gOQEV7_gCqg

Baseball Season Tickets:

Baseball Tickets are available at the American Legion Office Mon and Thu from 4:00-6:00 p.m. Post 1 will be sending out a letter to all Legionnaires.

Individual ticket price: \$20.00. Raffle drawing held on 14July2024. Money prizes include: \$1000.00, \$500.00, \$250.00, \$125.00, \$75.00, and \$50.00.

Hattie K. Tedrow Memorial Fund Scholarship:

Application due NLT 1 April

Eligibility: The recipient must be a high school senior, a resident of the State of North Dakota, and a direct descendant (child, grandchild, etc.) of a veteran with honorable service in the U.S. military, and intends to further their education at an accredited school of higher education. Proof of acceptance to an accredited school of higher education is required at the time of application for the scholarship.

<https://www.ndlegion.org/wp-content/uploads/2021/01/2021-APPLICATION-FOR-HTK-SCHOLARSHIP-1.pdf>

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

AUXILIARY UNIT 1

Unit 1 Meeting:

Monday, 18 March, 7p.m. Join us at 6:30 p.m. for Poppy making, Poppy Day is Friday, 24May. The Unit meets the third Monday of each month in the Golden Room at the Bismarck AMVETS, 2400 Railroad Avenue.

Celebrating March Birthdays:

Judy Railsback, 4 March

Margie Schiff, 9 March

Mamie Havelka, 26 March

DeLila Wagner, 29 March

Margaret Boehm, 31 March

District 5 Spring Meeting:

Registration: \$4.00

Upon Completion of the Joint Meeting with the Legion, Auxiliary members will meet in the Golden Room in the lower level (elevator is available).

Poppy Day:

Poppy Day is celebrated in countries around the world. The red poppy is a national symbol of sacrifice, worn to honor those who served and died for our country. Please join us the day after national Poppy Day to distribute poppies. Distribution teams will be at the 4 Family Fare grocery stores in Bismarck, from 10 a.m. until 1 p.m. We are looking for volunteers to help with distribution. If you would like to join us that day please call or text Unit President, Latoya Carpenter at 701-833-8224.

Constant Contact:

Department Staff is using a new email service called "Constant Contact." It is utilized to send email blasts out to all members with an email address. These emails will contain information about upcoming Auxiliary events, Department notifications, etc. If you would like to receive these emails, please send your name, member number, unit number and if you currently hold an officers position to news@ndala.org. Email will be used increasingly for communication purposes by the Department and National organizations with the goal of saving time and money.

Auxiliary Scholarships and Deadlines:

American Legion Auxiliary Dept. Of N.D. Scholarships, due 4/1/2024: Past President Parley Nursing Scholarship- \$500 Past President Parley Grace Holmes, MD Nursing Scholarship-\$1,000 American Legion Auxiliary Dept. Of N.D. Education Program-\$500 Visit www.ndala.org and click on Department Scholarship 2024 for application forms and instructions.

Attendees of Girls State may apply for the Samsung scholarship on the first day of Girls State. Applicants will need to research and put together the required documents before going to Girls State.

Girls State:

Girls State 2024 Session at UND will be June 9-14. The application deadline is 15 May, 2024. This opportunity is open to females who have just finished their junior year of high school. It is an opportunity to learn first-hand about city, county and state government, by actually running for office, holding elections, writing ordinances/laws, and various other activities. Students can earn a half high school credit for attending and completing the program. For more information and registration visit, www.ndala.org/flickertail-girls-state

Amvets Lunch Menu

LUNCH MENU

MON-SAT 11:00AM-1:30PM

entrees

DELUXE BURGERS ADD \$1.50

- hamburger\$6.25
- cheese burger.....\$6.75
- bacon cheese burger...\$7.75
- mushroom swiss burger...\$7.75
- BLT.....\$7.50
- club.....\$8.00
- grilled cheese ~~with mushrooms~~.....\$5.00
- grilled ham & cheese ...\$6.00
- patty melt.....\$8.00
- chicken burger.....\$6.50
- chicken cordon
bleu sandwich\$7.00
- grilled chicken
breast sandwich.....\$6.50
- ~~fish sandwich~~ No longer Available.....\$6.50

salads & sides

- grilled chicken salad\$8.00
- large chef\$8.00
- side salad\$4.50
- tator tots\$3.95
- fries\$3.95
- criss-cross ~~Available~~.....\$3.95
- onion rings.....\$5.50
- ~~pepperoni~~ No longer Available.....\$6.00
- chicken strips\$6.50
- drummie.....\$6.50
- mini shrimp\$6.50

- burger basket.....\$11.25
- chicken, fish, shrimp ...\$11.25

Entrees served with chips.
Make any entree a basket: add \$5.50

all baskets include:
fries & coleslaw
ADD CHEESE 50c • ADD BACON \$1.50

VA S.A.V.E.

Q: What is VA S.A.V.E. training?

A: The Department of Veterans Affairs (VA) S.A.V.E. training is a free online or in-person course taught by a VA suicide prevention coordinator that gives you the tools to help a veteran in crisis or having thoughts of suicide. The S.A.V.E. acronym helps you remember the steps for suicide prevention when helping a veteran:

S: Signs that indicate a veteran might be thinking about suicide

A: Ask the most important question of all, “Are you thinking of killing yourself?”

V: Validate the veteran’s experience

E: Encourage treatment and expedite getting help

Q: What is taught during the training?

A: The training covers:

- The scope of veteran suicide in the United States.
- Signs and symptoms of suicidal thinking.
- How to identify a veteran who may be at risk for suicide.
- How to ask questions about suicide in an objective and non-threatening way.
- What to do when you identify a veteran who may be at risk for suicide.

The in-person training also may include role-playing exercises where participants ask another participant suicide prevention questions.

Q: How can members of my post take VA S.A.V.E. training online?

A: Go to <https://learn.psycharmor.org/courses/va-save> to take the free course online.

Q: How can I bring VA S.A.V.E. training to my post?

A: American Legion posts interested in hosting a VA S.A.V.E. training class can facilitate it through their local VA medical center’s suicide prevention team. A post can locate contact information for their local suicide prevention team through the [Veterans Crisis Line Resource using this link](#). Once on the website, enter a ZIP code and press search. Then select the box next to Suicide Prevention Coordinators and press search again. Once completed, you will be provided with the closest suicide prevention coordinator and their contact information.

Q: Who should participate in this training?

A: American Legion posts hosting a VA S.A.V.E. training class are encouraged to invite the entire Legion Family and members of the community to attend. Attendees do not have to be enrolled in the VA health-care system to take the training. The more individuals trained in VA S.A.V.E., the more veterans in crisis can be helped.

Q: Where can I find more information on VA S.A.V.E. training?

A: For more information about VA S.A.V.E. training, [download this guide](#).

THE UNITED STATES
AIR FORCE BAND
WASHINGTON, DC

CONCERT BAND
AND
SINGING SERGEANTS

Colonel Chris Schofield
- COMMANDER AND CONDUCTOR -

Thursday, Apr. 4 at 7 p.m.

Century High School Olson Gymnasium
1000 East Century Ave.
Bismarck, ND 58503



For information on FREE tickets please go to usairforceband.com or call 701-323-4900 ext. 6654





All US Military Veterans and Families

are invited to an

Appreciation Lunch (No cost to attend)

March 29, 2024
11:30 a.m. to 1 p.m.
Amvets Club Post #9
2402 Railroad Avenue
Bismarck, ND

Organized by the Minishoshe-Mandan Chapter,
Daughters of the American Revolution



RSVP



Retirement Event Weekend

All Branches of Service Welcome

Hosted by ND Army National Guard Retirement
Services & Retiree Advisory Council

Raymond J Bohn Armory
4200 Miriam Ave.
Bismarck, ND 58506

Friday, April 26th

-Military Retiree Appreciation Day-

Focused on the "already retired" & collecting pensions.

RSVP form at www.ndguard.nd.gov, retiree tab
Fill out form or email pdf to ndretiree@gmail.com

Saturday, April 27th

-Retirement Seminar-

Focused on Grey Area Retirees awaiting age 60

For this Seminar, sign up with your unit or contact
NDARNG Retirement Services at nd.ng.ndarng.mbx.rso@army.mil