

AMERICAN LEGION NORTH ST. PAUL POST 39
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American Legion Post 39

Bar Hours: Mon-Thurs. 11:00 am - 1:00 am
Fri. & Sat. 11:00 am - 1:00 am
Sun. 12:00 pm - 8:00 pm

Mail Call

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www.americanlegionpost39.org

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Post 39 Newsletter November/December 2018 Our Motto: "Supporting our Troops, Past and Present"

COMMANDER'S CORNER

Fellow Legionnaires:

Since we celebrate Veteran's Day this month, it is a good time to consider the first Pillar of the American Legion: Veterans Affairs and Rehabilitation. One important area, though sometimes hard to discuss, is suicide prevention. Statistics say that 20 veterans commit suicide every day, and about 12 of these are over the age of 55. There are several signs that we can watch for in our fellow veterans and friends. 1) Talking about suicide; 2) withdrawing from social contact and an excessive desire to be left alone; 3) very large mood swings in a short period of time (days), sometimes referred to as manic-depressive behavior; and 4) abnormal changes of normal routines*. These and several other signs are a cry for help. The first thing is to talk and listen to them and urge them to seek professional help, to include their primary physician, helplines or clinics. Failing this, get them help, utilizing police or fire/EMT services if warranted. These signs apply to people of all ages. We must truly be our brothers' and sisters' keepers. Remember: Suicide is a permanent answer to a temporary problem.

May God watch over our brothers and sisters who may be troubled, and may He bless all of us, especially our military. And may God bless our country.

*See the Mayo Clinic website.

Commander Tom

North St. Paul American Legion Post 39
Check the Facebook page for current events and announcements.

 And click "like"

When a Legion 39 member passes, there is no cost for the Honor Guard to attend the member's service.

ANYTIME A MEMBER HAS AN ADDRESS CHANGE, PLEASE NOTIFY THE LEGION OFFICE.

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 Local Payroll Service

General Membership Meeting October 11, 2018

Approval of actual gambling expenses for the month of September 2018 of \$16,918.42

Approval of estimated gambling expenses for the month of November 2018 of \$24,500.00

The following donations were approved:

1. Up to \$1,500.00 for a chairlift for a veteran in need.
2. \$250.00 to Church of St. Peter Fall Festival.
3. \$100.00 to North Star Museum.
4. \$100.00 to MN Medal of Honor Memorial.
5. \$500.00 to Hastings Veterans Home 20 adopted veterans.
6. \$200.00 for the purchase of 40 \$5.00 gift certificates from Burger King to give to CCRC.

Executive Board Meeting October 18, 2018

The following donations were recommended for membership approval:

1. \$500.00 to the North St Paul Area Food Shelf.
2. \$250.00 to Polars Varsity Hockey.

Hello Ladies!

The first thing I want to say is...I am so proud to be a part of this organization. I have seen our Auxiliary really bond together for our cause. Relationships are building as we come together every month to serve our veterans. It feels good to step outside of ourselves for veterans in need... and that is what it is all about!

Our veteran's project is flourishing and will continue to as we focus. At our October meeting, we were able to give \$710 worth of items needed to CCRC (Community Resource Referral Center) for homeless veterans. And there was a surprise box of goodies left for us to give too!

This shelter is connected to the VA system, but many people don't know about it. We want to change that. Please continue to give and consider going to the Center to serve a meal for about 60-75 homeless veterans. It is a small amount of time to really bless a veteran. Stay tuned for more information on that. Items can still be donated near the gambling booth at the Legion.

We will be adopting 3 veterans from the Hastings VA. We plan on being at the VA to help trim the tree with them on Friday, November 30, at 6:30pm. Let me know if you would like to participate! It is a fun time!

Don't forget to send in your membership dues and invite your friends to join. Make sure you are keeping track of your volunteer hours! Until next time...Thank a veteran in every opportunity you can!

Jenny Nelson
 Auxiliary President Unit 39

Children's Holiday Party

Sunday, December 9
 1-3pm

Come see Santa and the activities that are planned for a fun afternoon.

Please RSVP at the Legion office at 651-777-3708 ext. 206 or by emailing at legion39office@gmail.com
 Give the age and gender of your child

Quote for the day:

"The human contribution is the essential ingredient. It is only in the giving of oneself to others that we truly live.—Ethel Percy Andrus

