

The latest news, views, and announcements

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## **Commander Harry Johnson**

Last month, Post 39 attended the Mid-winter family conference, and it was a huge success thanks to all who attended and thanks to our Honor Guard for Posting the Nation's Colors. February is a busy month for the American Legion and our post. We have three upcoming events we would love to see you at

Saturday, February 7, 2026, is our annual Valentin's meat raffle from 11 am until gone. There are over 230 packages of meat and seafood.

Sunday, March 1, 2026, is the Annual Mid-Winter Market from 11 am to 3 pm. Purchasing crafts at the Craft Fair supports local entrepreneurs and the local economy. Crafts sold at the craft fair are made with love, and you are supporting people rather than corporations.

March 21, 2026, is our Silver Plate Dinner. Tickets are \$100.00, which includes a meal for two, two drink tickets, and our fun bingo event.

February is Americanism month. Americanism is an unflinching love of country, loyalty to its institutions and ideals, eagerness to defend it against all enemies, individual allegiance to the U.S. Flag, and a desire to secure the blessing of liberty to ourselves and our posterity.

February 5<sup>th</sup> is Four Chaplains Sunday. Let us pay tribute to the courageous chaplains and the brave young men who lost their lives when the Dorchester tragically sank on February 3, 1943, while crossing the North Atlantic, transporting troops to an American Base in Greenland.

The Bar and Hall Corporation will provide its Annual Shareholder Report at the May 2026 General Membership Meeting. This report is at 5 pm. This is in accordance with the American Legion Post 39 By-Laws, Article 17, Section 5, Salaries, wages, and benefits for all Bar and Hall employees and Board members must be reported to the Post members.



## Auxiliary President Mary Kvaal

Hello everyone,

As we roll into February, we should take a few minutes to focus on ourselves! Face it, we are no good to anyone if we are not taking care of ourselves!

For winter wellness, focus on staying hydrated, eating nutritious foods (especially vitamin D sources), getting regular exercise (indoors or out with layers), prioritizing sleep, managing stress, practicing good hygiene (handwashing, flu shot), and moisturizing skin to combat dryness, while also getting sunlight and staying socially connected to boost mental health.

I realize in Minnesota, it's hard to picture yourself outside when it's negative 0 with a wind chill of less, but it is good to stay connected. Combat isolation by scheduling regular video chats, phone calls, or small indoor gatherings with friends and family. Winter can be hard on everyone, so it is important to think of our home-bound veterans. Reach out to each other.

Our veteran, Joe Jansen, and his group are always looking for people to join them at the VA hospital on the third Sunday of every month. The hospital is located at 1 Veteran Way Drive, Minneapolis, MN. 55417, and they meet at 12:45. They take an hour or so and sit with our veterans and visit. Sometimes they bring little gifts to brighten up the lives of the men and women who gave everything for us. Contact Joe for more information at 651-307-6767. What better way to stay connected than to hear another person's story and give someone a little cheer!

Staying hydrated, stop by the Legion club, have a beer with a friend, and follow up with some water! LOL Our club hosts many events throughout the week, invite your isolated neighbor and have dinner and a cocktail!

- Monday nights, the special is two sliders and fries, the perfect meal to share or get two and have a slider for the next day!
- Tuesday, there is Bingo, as well as gift card drawings, and other raffles.
- Wednesday is wings for 1 each and the Hump Day raffle (\$700.00)
- Thursday, double up for a buck and virtual racing
- Friday, lucky buck, meat raffle, virtual racing, and a hot beef sandwich special.
- Saturday, bingo, and other raffles
- Sunday, at 4:00 they do a Sunday Funday raffle (sometimes we have potlucks)

The "winter blues" are temporary feelings of sadness and low energy caused by shorter, darker days. Symptoms of the winter blues are generally mild and may include feeling a bit down or lethargic, linked to reduced sunlight, which can disrupt the body's internal clock and affect levels of mood-regulating brain chemicals like serotonin and melatonin. Methods of how to combat these issues include: increasing light exposure, staying active, maintaining social connections, and eating a healthy diet.

Winter hobbies for adults range from cozy indoor activities like knitting, reading, puzzles, and even coloring. Learn new skills, take an online second language class. If you are 55+, take the four-hour Defensive Driver class and save yourself up to 10% on insurance. Find free fitness classes on your TV, anything to keep you from thinking of the cold.

Try some new recipes and make yourself a good, hearty soup. I like to look things up on <https://www.allrecipes.com>. They have some amazing menu tips and offer a variety of healthy choices.

To choose a moisturizer, first identify your skin type (dry, oily, combination, sensitive, or normal) and then select a product that matches its needs, opting for richer creams with ingredients like hyaluronic acid for dryness, lightweight gels for oiliness, and fragrance-free formulas for sensitivity. Consider the texture (gel, lotion, cream, ointment) and avoid fragrances or common irritants if you have sensitive skin.

My final words of internet wisdom is to be true to yourself, avoid the negativity that seems to constantly surround us. (Yes, I look up many things on the internet)

Have a safe and happy February.

You are always welcome to watch Facebook for upcoming events:

<https://www.facebook.com/denise.legion> or the 4th District Facebook page:

<https://www.facebook.com/groups/1942268503274239/> or log into the North St. Paul legion website

<https://www.americanlegionnorthstpaul.com/>. If you prefer emails, email me at

[legionauxiliary39@gmail.com](mailto:legionauxiliary39@gmail.com), and I will add you to the list. If you are a "print" or "phone call" type, I can do that as well. Contact me at 651-276-5099.

Thank you for your time today,

Mary Kvaal



## Sons of the American Legion Squadron 39

We have a new year in front of us and a new opportunity to help serve those who have served us and those in our community who are in need.

Along with the other Post 39 Legion families, we will be holding the **“Silver Plate Dinner”** event on March 21. **We'll need SAL volunteers to make this successful!** Please let me know if you can help with event day activities, selling tickets or simply attending the event as a guest. All of these will help us be successful. We need your help! See the flyer in this monthly newsletter.

We need to elect SAL officers in May, and we would like to have nominations at our March meeting, which will be on Monday, March 16, at 6:30 PM. We also plan to discuss fundraising for the SAL in 2026.

On Friday, January 23, the SAL dropped off a check with the North St. Paul Food Shelf. We also donated some leftovers from the pancake breakfast as well. The NSP Food Shelf has been dedicated to helping families in need of food. It is a volunteer-run, non-profit 501c3 organization in existence since 1979. They accept both food and monetary donations. They use the money to purchase food from the government, grocery stores, and farmers. They can purchase food much more cheaply through these avenues, which is why monetary donations can go so much further when they make the purchases. But they are still excited to get food donations. Every little bit helps! They also have many volunteer opportunities. Some volunteers work a single day per week, and others work as many as five days a week. The shifts are typically between 9:30 AM and 1:00 PM. To learn more about these opportunities and other information regarding the NSP Food Shelf, just visit the following web link: <https://www.nspafoodshelf.org/>.



*Tom Nagel, on behalf of the Post 39 Sons of the American Legion, donates a \$1,000 check to Kathi Kirchoff with the NSP Food Shelf.*

If you haven't paid your dues yet it is now 2026! They are still only \$20.00. You can drop off your renewals with the renewal form into the drop box that is currently located by the south door of the bar area. Application/Renewal forms are located right at the drop box. You can also give them to any SAL Officer, Tom Nagel, Bird Partridge, Mickey Ostrum, Mark Giannini or Dan Fike.

The SAL Meetings are held on the third Monday night every other month at 6:30 PM on the following dates.

March 16, 2026 - Accept position nominations.

May 18, 2026 - Meeting & Officer Election

July 20, 2026

September 21, 2026

November 16, 2026

January 18, 2027 - SAL annual donation planning

Tom Nagel

[tgnagel@gmail.com](mailto:tgnagel@gmail.com)

Commander, SAL Squadron 39



## Riders' Corner

Hello Legion Members,

Our Monthly Legion Riders' Hybrid meeting was held on January 8<sup>th</sup>, 2026, with 12 members participating.

Bird Partridge, Past Assistant Director, led the 2026 Installation of One-Year Term Officers at the meeting. Those officers are Patricia Berres (Road Captain), Jim Green (Director), Mike O'Neill (Assistant Director), Leo Bosard (Road Captain), and Cindy McGee via Zoom (Secretary and Membership Chairman) -



### Mark Your Calendars for Upcoming Events –

Silver Plate Dinner (Family Group Event)

Date: March 21, 2026

Time: 5 PM – 7 PM

Tickets: \$100 (including 2 dinners, 2 drinks, 2 bingo cards)

Location: American Legion North St. Paul, Back Hall

Sub Committee Rider Member: Mike O'Neill

Spring Fundraiser (Riders Event)

Date: May 17, 2026

Location: American Legion North St. Paul, Back Hall

Committee Chairman: Bird Partridge

Committee Members: Alicia Moran and Mike O'Neill

### **Details: To Come**

Our Riders' January – April, 2026, monthly meetings will be Hybrid meetings. Riders can attend in person at the Post or attend via Zoom. The next Riders' Hybrid Meeting will be held on February 12<sup>th</sup>, 2026, at 5:30 PM. Please join us. Hope to see you then.

Stay warm and keep smiling!

Cindy McGee

Riders (Post 39) Secretary



# Membership and Adjutant Report

Paid 2026 Membership is at 465 members, 49 members short of goal.

General Membership Meeting of January 8, 2026

1. \$178.19 for the Children's Christmas party.
2. Pay registration fee of \$20.00 for those attending the Mid-Winter Conference, not to exceed \$300.00.
3. Authorized the gambling staff to purchase ice fishing prizes for January 25, 2026, ice fishing bingo, not to exceed \$4,000.00.
4. To purchase a printer/scanner for the gambling department, not to exceed \$350.00
5. Approved the purchase of gambling hoodies for the gambling department, not to exceed \$600.00.
6. To explore adding handicap door openers on the north door and north ladies' and men's restrooms.

## Congratulations to North St. Paul Post 39 Junior Shooters!

North Saint Paul Post 39 proudly congratulates the Saint Thomas Academy Rifle Team on winning the 2026 American Legion State Championship! Outstanding individual performances: Nick Steiner – Gold in team and age category Grace Carey – Gold in team, bronze in age category Andrew Qarmout – Gold in team, silver in age category Molly Michaud – Gold in team, gold in new shooter, bronze in age category Special recognition goes to Coach Paul Preblich, a Post 39 member and retired Army Chief Warrant Officer, whose dedication and leadership made this success possible. This is what Legion junior shooting sports programs are all about – developing skilled, disciplined young athletes while passing on important traditions. Programs like these depend on continued Legion support and dedicated volunteers, such as Coach Preblich. Well done to all!



## POST FINANCE

Investments	\$91,268.27
CD:	\$55,962.79
CD:	\$32,780.52
Savings:	\$21,473.24
Post Checking:	\$13,135.24
Maintenance Checking:	\$10,202.71
Maintenance CD:	\$10,169.86



## BAR AND HALL

Hello everyone. On February 7<sup>th</sup>, we will be holding our Valentine's Day Meat Raffle. Raffle begins at 11:00 AM, and the doors will open at 10:00 AM. There will be over 200 packages of meat and seafood. Drink specials include \$3.50 domestic bottle beer and rail drinks, and \$3.25 domestic tap beer.

The annual Lenten Fish Fry will begin on February 20<sup>th</sup>. You will have a choice of a 4-piece fried fish basket for \$14.00, or Beer battered fried shrimp basket for \$15.00. Each basket comes with fries, coleslaw, and a dinner roll. For those who are not seafood lovers, there will also be a build-your-own burger option.

Thursdays from 4 PM to 8 PM, double up for a buck... domestic beer and rail drinks. Sunday is happy hour all day. Come in and enjoy the great dishes our Chef will prepare for you. We are working on a new menu to be offered in the spring.

So, as you and your friends get together and start planning your upcoming events and outings, consider meeting at your Club 39, and enjoy the warm heat, ice cold beer, and tasty cocktails served by our friendly staff.

Randy Bastyr

Bar and Hall Chairman



## Gambling

Dear Fellow Legionnaires,

I hope this email finds you well. I am thrilled to share with you the latest updates from our Legion, where we have been experiencing a surge in attendance and engagement. Our new bingo system with higher payouts has been a huge success, attracting over 100 people to our Saturday bingo sessions.

One of the highlights of our recent events was the Ice Fishing Bingo on January 27<sup>th</sup>, which drew in 93 people and generated an impressive \$3,550 in just 4 hours. The feedback from our customers and on social media has been overwhelmingly positive, and we are eager to build on this momentum.

In the coming weeks, we have several exciting events lined up, including:

\* **Valentines Seafood Raffle**: Saturday, February 7, 2026, at 11:00 a.m., with over 200 packages of seafood up for grabs.

\* **Seafood Raffles with Virtual Racing**: Starting Thursday, February 5, 2026, we will be hosting seafood raffles with virtual racing on Thursday nights. Take advantage of our "double up for a buck" deal at the bar and try your luck at winning some seafood and extra cash.

\* **Friday Night Meat Raffles**: Every Friday at 4:00 p.m., with tickets starting at \$1.00. We will be raffling off roughly 20 packages each week.

\* \*\*Virtual Racing\*\*\*: Fridays at 4:00 p.m. during the meat raffle. Tickets are \$1.00 each, with multiple payouts ranging from \$25 to \$600.00.

We are also planning to host more themed bingo events, such as Gun Bingo, Purse Bingo, and Man Cave Bingo, so stay tuned for more information.

We have three cash raffles weekly here at Post 39.

Wednesday is a \$5.00 raffle ticket (200 tickets) "Hump Day" which pays out \$700.00.

Friday is a \$1.00 raffle ticket (800 tickets) "Lucky Buck" which pays out \$500.00.

Sunday is a \$5.00 raffle ticket (200 tickets) "Sunday-Funday" which pays out \$700.00.

We have 4 \$1 boxes, 3 \$2 boxes, a \$5 box, and 12 Etabs with Booty Bingo.

Don't forget we have two bingo sessions each week. Tuesday's session starts at 6 p.m., and on Saturdays, we start at 4 p.m. We have 10 games, 3 each session, with the last one being a \$1,000 overall, with a \$200 consolation prize if bingo is not reached in the pre-determined number of balls.

I'm still looking for general members to conduct the audits on the 1<sup>st</sup> of each month in 2026. If you're interested, please email me at [legion39@comcast.net](mailto:legion39@comcast.net). This message doesn't apply to the Auxiliary, SAL, or Legion Riders.

I hope you can join us for these exciting events and take advantage of our promotions. If you have any questions, please don't hesitate to reach out. We truly need the business.

Gambling Manager

**HAVE**

*Silver plate*

*dinner is back!!*

**YOU**

*March 21st, 2026*

**HEARD**

**Save**

*the*

**Date**

**THE NEWS?**





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*4th District  
American Legion Family  
Potluck Dinner*

*Wednesday February 18, 2026  
Everyone is welcome!*

*5:00– 7:00      Silent Auction benefitting  
President Sandy's Special President's Project  
(Special meals at Mpls VA Home)*

*\*Cash and Checks only; No credit cards accepted*

*5:00– 5:45      Social Hour*

*5:45– 6:00      Introductions and Greetings  
Dept and 4th District Officers*

*6:00–?          Dinner*

\* Children's activities will be available

*Auxiliary Members,  
please bring a dish to share.*

*North St Paul Legion  
2678 7th Ave E, North St Paul MN 55109*



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## Upcoming 2026 Meeting Dates:

March 12<sup>th</sup>

April 9<sup>th</sup>

May 14<sup>th</sup>

June 11<sup>th</sup>

July (No meeting)

August 13<sup>th</sup>

September 10<sup>th</sup>

October 8<sup>th</sup>

November 12<sup>th</sup>

December 10<sup>th</sup>

## BANDS FOR 2026

January: Wayne and the Boys

February: Indoor Recess

March: Stir Crazy

April: Crossfire

May: Backyard Band

June: Tailspin

July: Beatnik Brothers

## Our Social Media Sites

### Website:

[About American Legion Post 39  
North Saint Paul Minnesota](#)

### Facebook Page

[Facebook](#)

### 4<sup>th</sup> District

### American Legion Auxiliary

[4th district american legion auxiliary  
mn - Search Results | Facebook](#)

