Club, Lounge, Banquets, Events

Legionnaires
Auxiliary
Sons of American
Legion
Legion Riders
Forty and Eight

OFFICERS

(area codes 651)

Commander

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2nd Vice Commander

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Past Commander

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Auxiliary President

Cavalene Regan 612-867-4248 ala100yrs@gmail.com

Service Officer

Vacant

Legion Riders Director

Leroy Willis li1gray@yahoo.com

SAL Commander

Glen Neville 651-271-2808 mnsal225@gmail.com

Volunteer Newsletter Composer

Paul C Barry 651-592-0987 paulb99237@aol.com

American LegionPost 225 Forest Lake, MN



Greetings from Post 225

I hope this month's newsletter finds you all well. Last month, I mentioned surviving the Polar Vortex. It continued on into February. As of this writing, we've had 26 sub zero nights so far this winter. Eleven of those happened in February. Thankfully, a warm up is on the way. We say a heartfelt thank you and good luck to 1st Vice Commander Dean Londo and his wife, Sue. It will most certainly be warmer in Florida. You will be missed.

I want to pass on to all an update of the status of our Post website. In 2008, our life time member and website administrator, Paul Barry, contacted then club manager, Russ Miner, about creating a website that was up-to-date with current information. Paul created a new website with software that he purchased. He also contracted for the website server. The current website is a continuation of that original effort, and yes, there have been many changes along the way. Effective March 1st, with Paul and Finance Officer Ashley Venburg's assistance, we are bringing the website home. That is to say Paul actually resides in Louisiana. Paul will continue to oversee the newsletter. I encourage all concerned parties to please forward your newsletter information to Paul in a timely manner. The Post and its membership extend a big thank you to Paul for the many years of website service.

Despite the cold, our bar business has remained steady and again posts good numbers. Several changes have been made on the banquet and kitchen side of our business. The staff has responded well, and we continue to push toward consistent profitability across all areas. There have been recent upgrades in our television programming, audio systems, and camera system. We continue holding three meat raffles a week and two Bingo sessions.

February has been a busy month! We had three contestants this year in our annual Oratorical Speech contest. Our winner was Titus Maart, who also, later became the district winner. From there, Titus advanced to the Department level held February 22nd, and finished just under 4th place. A heavy snowfall stopped just in time for the twelve noon start of this year's Forest Lake Ice Classic Fishing Contest on February 8th. The kick-off 4th of July committee meeting was held February 20th at 6:30pm. Dean Londo has chaired this committee the past few years, and with his job transfer, the torch has been passed to Todd Paddock. February also serves as the month several of us got away to a warmer climate. The white sand, blue water therapy of Florida does indeed help shorten winter living, here in Minnesota.

The National Commander's Tour visit is March 24 with a 5:00 PM social hour with dinner and program to follow. This is a big event, last occurring here in 2012. Our Post is the initial stop for the Commander and his entourage as they embark on several stops while visiting our beautiful state. So, let's pack Hall A. The menu will include a beef and chicken dinner at \$25.00 per person, \$10.00 for current members. Membership Director Terry Larson has offered his phone extension to take reservations, 651-464-2600 ext. 308.

This year's Pub Crawl is set for March 29. Contact Paul Siebert for more information or if you would like to volunteer to help with this event.

Vietnam Veteran's Day is set for March 30 at 1:00 PM. Please see the attached "news release" related to this most important event. You will undoubtedly be impressed with this year's line up. Hats off to the Vietnam Veterans Day committee.

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Commander's Comments (continued)

Our current membership is at 610, meaning we are only 60 short of reaching our goal of 670. Please continue to make your Buddy Check calls, and if you haven't renewed for 2025, please do so. Our intent is to be at goal by the National Commander's visit. Planning continues on the remake of Forest Lake Area Veterans Memorial Project. We continue to progress along on the roof repair and replacement project. Our current design will result in the west end of our building (the area over Hall D, the back bar and hallway) having a consistent roof peak that will extend the entire length, north to south, covered with metal roofing. When the entire roofing project is completed, our entire exposed roofing, Hall A, kitchen area, main bar, Hall D and back bar will have been recovered.

In the spirit of cooperation and working together, please remember to say thank you when you come in contact with one of the many folks membering the Post, Sons of the American Legion, Legion Auxiliary and Legion Riders. All of these areas have strong, committed and caring leadership, and provide the framework of cooperation toward our common goal to serve our veterans, their families and our community. Also, when you see a vet wearing a military hat or jacket, take a minute to say "thank you for your service."

Until we all meet again, stay healthy, stay positive and take care of one another.

Pat Silovich American Legion Post 225 Forest Lake, MN

"Alone we can do so little; together we can do so much." Helen Keller

NOTE: At the March membership meeting the nominating committee (Past 5 active commanders) proposes a slate of officers and then in April more can be added as we vote.

Vietnam Veterans Day Ceremony

This year's Forest Lake Welcome Home Celebration, will be held at the American Legion Post 225 on Sunday March 30th, 2025 at 1PM. We are happy to announce our 18th annual ceremony to honor Vietnam Veterans.

This year's exciting program line up for our Vietnam Veterans includes Journalist **Don Shelby** as our Master of Ceremony. Don, a retired American journalist who served as news anchor on WCCO-TV is a highly regarded experienced investigative journalist. His work has earned him two Peabody awards and three Emmys. Don served in the US Air Force, stationed stateside from 1969 to 1972.

We are delighted to announce our very Special Guest speaker **Ann-Margret**. As many of you know Ann-Margret entertained the troops on three different occasions during 1966 & 1968. She was there during the Tet Offensive. Ann-Margret received a presidential citation for entertaining the US armed forces overseas and was honored by the USO World Board of Governors. During the Vietnam War, Ann-Margret along with others teamed up for a USO tour to entertain US service members in remote parts of Vietnam and Southeast Asia. She still has great affection for veterans and refers to them as "my gentleman".

The topic for our \$500.00 scholarship essay this year is: Why was the Tet Offensive of 1968 a turning point in Vietnam. This scholarship will be given in Honor of Ann Margret.

Due to the limited seating, we require each veteran to please sign up via EMAIL to vietnamveteransFLprogram@gmail.com Please include name and phone number for your free reserved seat. Vietnam Veterans may reserve up to two seats.

The program will be live-streamed thoughout the American Legion, for the those without a reserved seat.

Please join us in welcoming home our veterans and honoring them for their service.

If you have any questions, please contact Shannon Monahan.

American Legion Post 225 355 W Broadway Ave, Forest Lake MN

Notes from the Auxiliary Unit 225

I hope this newsletter finds you well! Are you looking forward to Spring? I certainly am! There is so much to love about the days leading up to Spring. While often dark and cold, depending on where you live, these days are also opportunities to hope!

Hope is a feeling unlike anything else! That Spring will come is sure ... so there is no hope in a sure thing. But aspects of Spring can and should be full of hope. Perhaps I hope that warmer days and more sun will dispel winter blues, that your spring flowers will bloom brighter than last year, or that the newness of Spring will keep you looking forward to better things.

Our Auxiliary met on February 17th after a short winter break, I was very happy with the turnout on such a cold evening. First, I thought there was not much that we needed to talk about, then I realized we had a great deal to discuss. March brings many of our programs to light. The Auxiliary starts the kickoff for Girls State, Scholarships, and the Americanism Essay Contest. All the committee chairpersons were not there but I know they are getting the news out about the programs.

The National Commander of the American Legion will be here in March, James A LaCoursiere Jr, his project is "American Legion Veterans & Children Foundation". Terry Larson is hosting a dinner for him on March 24th at 5:30, if you are interested contact the Post.

The nominating committee has been selected for next year's officers. If you are interested in becoming an officer please contact Joy Kowarsch, Cheri Peterson or "T". They will present a list of nominations at the next meeting.

The 4th of July Committee is meeting in March along with the Convention Steering Committee for the 3rd District Convention. So much to do, so little time......

As we prepare for the Holy Easter Season, I want to wish you all days filled with happy memories, smiles and sunshine.

May God Bless You and your Families

Cavalene Regan - ALA President 2024-2025

Auxiliary Annual Report Meeting, Saturday 3/22, 9-11 AM, Hall C. Please join us if you have worked on any committees or projects in the past year.

We must record all of our volunteer hours each year."

Hello from the SAL

As we start to look forward to spring and warmer weather, we would love to see more people involved with the Legion family, the Legion family has already begun planning for the 4th of July celebration. If you would like to help with any part stop in to the Legion and talk to any member of the Legion family.

It is heading to that time of the year for election of officers for the SAL. We have the following people nominated.

- Commander Glen Neville
- 1st Vice Commander Bill Murphy
- 2nd Vice Commander Al Thorp
- Finance officer Rodney Kowarsch
- Membership Kevin McDoell
- Sergeant at Arms Chris Cullen and Mike Harder

Reminder the SAL meetings are the second Tuesday of every month at 6:30 PM.

Glen Neville SAL Commander

St Patrick's Day Specials

Drink Specials - Friday Mar 14 - Mon Mar 17

Food Specials- Whiskey Braised Corned Beef and Cabbage Fri Mar 14, Sat Mar 15, Sun Mar 16 – 4:00 PM 'til Gone Mon Mar 17 – Noon 'til Gone

Sunday thru Saturday Happenings

Times and Dates Subject to Change

Our Dance PlaceMondays4 PM to 9 PMS.I.N. NIGHTMondays & Tuesdays9 PM to Midnight

(Service Industry Night) for people in the "Industry"
Winter Bags League Tuesdays 6 PM

Contact Ron Gervais rmgervais52@gmail.com

Karaoke Contest Tuesdays Sign-up 8:30 PM

Karaoke with Reina Starr Wednesdays 9 PM - 12:30 AM

Line Dancing Lessons - \$5 Thursdays 7 PM - 8:30 PM Hall D

Open Line Dancing to follow

Ladies Night – Drink Specials Thursdays 9 PM to Midnight

Live Entertainment Fridays & Saturdays 9 PM – 12:30 AM

Special Events at the Club

Sat	March 1	Cribbage Tournament LIVE MUSIC – "ALEX G. ACOUSTIC	2:20 PM Sign-Up 8:45 PM – Midnight	
Tue	March 4	Winter Bags League Mardi Gras Party	6 PM	
Sat	March 8	LIVE MUSIC - "Legacy of the Loud"	8:30 PM - Midnight	
Tue	March 11	Winter Bags League	6 PM	
Sat	March 15	Cribbage Tournament LIVE MUSIC - "Animal and the ALLSTARS"	2:20 PM Sign-Up 8:30 PM - Midnight	
Sun	March 16	Legion Riders AYCE Breakfast	9 AM – Noon	
Tue	March 18	Winter Bags League	6 PM	
	March 18-20	PLEASE SUBMIT YOUR NEWSLETTER ARTICLES		
Fri	March 21	Senior Dance – Chuck Bethke Band	1 - 4 PM	
Fri Sat	March 21 March 22	Senior Dance – Chuck Bethke Band Cribbage Tournament LIVE MUSIC - "Theory"	1 - 4 PM 2:20 PM Sign-Up 8:30 PM - Midnight	
		Cribbage Tournament	2:20 PM Sign-Up	
Sat	March 22	Cribbage Tournament LIVE MUSIC - "Theory"	2:20 PM Sign-Up 8:30 PM - Midnight	
Sat Sun	March 22	Cribbage Tournament LIVE MUSIC - "Theory" Legion AYCE Breakfast National Commander's Tour Visit Social Hour	2:20 PM Sign-Up 8:30 PM - Midnight 9 AM – Noon 5 PM	
Sat Sun Mon	March 23 March 24	Cribbage Tournament LIVE MUSIC - "Theory" Legion AYCE Breakfast National Commander's Tour Visit Social Hour Dinner and Program	2:20 PM Sign-Up 8:30 PM - Midnight 9 AM – Noon 5 PM 6 PM	

Monday thru Friday at the Club

Rush Hour 10 AM - Noon

Happy Hour 3-6 PM 1/2 price drinks on Rails and Smirnoff, Absolute,

Captain, Bacardi, Windsor, Cuervo, EJ and

select domestic beers

Weekly Happenings at the Club

SUNDAY Chef's Choices **ALL DAY**

> **BINGO 2 PM** 6 PM Open Jam Session

MONDAY Burger Night – 6 oz burger and fries - \$7.99 – ALL DAY

"Our Place Dance" - Special Needs Dance 4 PM - 9 PM

TUESDAY Taco Special – Deep-Fried Tacos \$8.99 for 3 – ALL DAY

> -- Soft Shell \$6.99 - ALL DAY

Taco Salad \$10.99 - ALL DAY

WEDNESDAY Bible Study 8 AM - 9 AM

> Meat Raffle **5 PM** 6 PM BINGO \$.75 Wing Special **ALL DAY**

Karaoke with Reina Starr 9:00 PM - 12:30 AM

ALL DAY THURSDAY \$2 Pabst Tallboys

> Chefs Choices **ALL DAY FREE Pool** 6 to 11 PM

Ladies Night 9:00 PM – Midnight

FRIDAY Surf and Turf \$21.95 (after 5 PM)

Lenten Special – Fish & Chips \$12.99 (after 4 PM)

March 7 thru April 18

Meat Raffle 6 PM Texas Hold'Em **7 PM** Live Entertainment - DJ 8:30 PM

SATURDAY BBQ Ribs \$14.99 (after 5 PM)

½ rack of Ribs, veggie and potato

Meat Raffle Noon **Live Entertainment - DJ 9 PM**

Monthly Meetings:

1st Monday	5:30 PM	House Committee (March 3)
2nd Monday	6:00 PM	Gambling Committee (March 10)
2nd Monday	6:30 PM	Executive Board (March 10)
2nd Tuesday	6:30 PM	Sons of American Legion (March 11)
3rd Sunday	after breakfast	Legion Riders (March 16)

3rd Monday 6:30 PM Membership & Auxiliary (March 17) 3rd Thursday 1:00 PM 40/8 Cheminot & Promenade (March 20)

Chaplain's Report

Prayers for the families of these veterans:

We did honors for member Lawrence C. Engstrom, Air Force, (age 88), Feb 12th, Roberts FFH, Elim Cemetery; and member Donald. M. Holl, Army, (age 91), Feb 12th, Mattson FH. Calvary Cemetery.

We also did honors for Wayne E. Schmitt, USMC, (age 85), Feb 7th Mattson FH @ Elim Cem; David E. McCurdy, Air Force, (age 86), Feb 17th, @ Mattson FH; and Gerald E. Miller, Army, (age 93), Feb 22nd, @ Roberts FFH

Area veterans who passed away recently were: George E. Halverson, Navy, (age 87), dod Jan 25th, Roberts FH; Roger P. Goeppinger, Army, (age 85), dod Jan 27th Roberts FFH; James Valenta, Army, (age 64), dod Feb 2nd, Roberts, FH; Jerry Saunders, Navy, (age 100), dod Feb 7th, Roberts FFH; and Raymond J. Sperl, Sr, USMC, (age 82), Feb 18th, Mattson FH.

Dwight Dupey is at senior living, 1801 Gervais Ave, Maplewood, MN, Apt 301.

At Amira Choice (Cherrywood Pt) new transfer **member, William Alexander**, Apt 223, and Allan Evgen Apt 109, Art & Joanne Jensen Apt 205, Ed Coleman Apt 217, Wayne Thole Apt 303, Daryl Voss Apt 312, Richard Doyle Apt 313, and Jerry & Darlene Peltier Apt 411.

At the Arbors is Rich Kowarsch Apt 314.

At The Meadows, Wyoming; is Dan Jaeb, Apt 305.

At Point Pleasant (Chisago City) residents are: Chuck Tollefsrud Apt 303, Carl Tangen Apt 302, Darlene Dent Apt 307, and Cliff Becker Apt 314.

Harold & Gloria Tangen moved to Ecumen N. Branch Apt 302 (651-243-5330).

Up to nine veterans are in three VA medical foster homes of the Colleen (651-464-8674) and Gary Orde family at 8503 178th Ln, Columbus; and 4855 261st St, Wyoming; and 7332 Wyoming Trail, Wyoming.

Come to a Bible Study of the Gospel of John at the Legion on Wednesday mornings from 8 AM to 9 AM with Chaplains Ron M and Jerry Peltier. Men and women of our Post families are encouraged to come.

Need a ride to the VA for an appointment? The DAV van is available for appointments scheduled between 9 AM to 1 PM work days. Call Gary at: 612-467-2768. They need more drivers. **Also** available and flexible are Lee Neumann (651) 402-9032 and Carver Graham (651) 447-3220.

The Post receives many wheelchairs, crutches, canes, bathtub seats, etc. If you or a friend need something, come and receive one free

Prayers and concerns especially for all above.

Ron Miller 651-464-5549

There is a Veterans Crisis Line by calling 988, listen to the prompts and then pressing 1.



Legion Riders Report

Well it seems the cold weather has been sticking around, the groundhog saw his shadow in early February, so 6 more weeks of winter but he didn't predict Antarctica cold weather we've had, 25 days so far that have been below zero!

Our March breakfast will be in conjunction with the 3rd District being here so if you could come out and help and wear your shirts or vests showing you are a Legion rider! Breakfast is the 16th of March!

We had our election at the meeting this month, the officers for the 2025/2026 are as follows, Director, Leroy Willis, Asst Director, Scott Folske, Sec/Treasurer, Cathy Amann, Sgt at Arms, Mike Fox, Road Guard, Chad Greeder, thanks for stepping up.

Annual dues are due so bring some extra cash or your checkbook to the March breakfast and meeting.

March is a big month this year as the American Legion National Commander James A. Lacoursiere Jr will be visiting Minnesota, he will be here at Post 225 on 24 March for Dinner & Program, love to see as many Legion Riders as possible there!

Last month I gave you a short history on the Legion Riders, this month I am showing you how simple it is to become a member,

Members must hold membership in and be in good standing with The American Legion, American Legion Auxiliary or Sons of The American Legion.

Members must be legally registered motorcycle owners or be the legally registered owner's spouse within the state of registration.

All operators must be properly licensed and insured per state laws.

All members must obey motor-vehicle laws in the state in which they are operating a motorcycle or riding as a passenger.

So why not sign up and become a Legion Rider?

Have a great month and the weatherman just said the March warmer weather will melt most hockey outdoor rinks so we can start thinking about spring too, maybe go out and uncover your bike and let the spring sun shine on it after you polish it! Let's start getting ready to get our bikes out to have a great riding season!

Leroy Willis ALR Director

MARCH MADNESS

DRINK SPECIALS DURING GAMES



AMERICAN LEGION POST 225 355 West Broadway Avenue Forest Lake, MN 55025

www.Post225.com 651-464-2600 Non-Profit Org. US. Postage Paid Forest Lake, MN Permit 67

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

Charles Dickens

Post 225 Breakfast:

All you can eat for \$14. 9 AM until noon. Best in Forest Lake! Scrambled Eggs, made to order Omelets, Sausage, Bacon, Potatoes, Biscuits and Gravy, Toast, Fruit, and French Toast ... yum!!

Sponsored by the Legion Riders on the 3rd Sunday of the month and by the Post on the 4th Sunday of the month. Volunteers serving at both.