

The Fabulous 4th

NEWSLETTER – October 2025

4th DISTRICT OFFICERS

Commander
Jon Haworth

Adjutant
Jennifer Havlick

Vice Commanders
Jess Kalinosk
Dan Bronk

Membership Director
Jamie Brooks
Asst – Mickey Ostrum

Chaplain
Richard Gardener
Asst - Joe Jansen

Finance Officer

Judge Advocate
Mike Ash

Historian
Ron Eddings

Sgt-at-Arms

Past Commander
Teresa Ash

District Webpage
<https://www.fourthdistrictamericanlegionmn.com/>

District Newsletter E-Mail:
mikeash202@gmail.com

4th District Facebook Page:
<https://www.facebook.com/MNFourthDistrict/>

4th District Legion Baseball
<http://tricitybaseball.org/dist4.htm>

Department Website:
www.mnlegion.org

National Website:
www.legion.org

THE ADJUTANT'S CORNER

Hello 4th District American Legion posts!

Fall is off to a blazing start—our district is holding strong in 4th place for membership! We've already knocked out our first two goals and are only 0.76% away from hitting the next milestone of 65% by November 13. From there, it's full throttle toward 75% by December 14. But watch out—the thundering Third District is hot on our heels and bragging that they'll pass us "no sweat." Personally, I see that as a challenge worth crushing.

Grab those membership lists, fire up the phones, and let's push this ride over the top!

The next **RCCC meeting** on **WEDNESDAY, October 8**, at **Arcade-Phalen Post 577** (1129 Arcade St., St. Paul, MN). We'll start **promptly at 6:00 p.m.** and hear a report on the Department **National Security Weekend**.

Plan Ahead! Construction projects will impact parking at, and transportation to the Minneapolis VA Medical Center.

One Veterans Dr., the main entrance to the Minneapolis VA Medical Center, will be closed Tues., Sept. 23 from 7:00 a.m. – Wed. Sept. 24. Metro Transit will be conducting rail crossing maintenance and repair that requires the intersection closure of Veterans Drive and Minnehaha Ave. Please follow the Veterans Drive Detour signs and allow extra time.

The Metro Blue Line will be closed from 10 p.m. on Mon., Sept. 22 to Sat., Oct. 4. Buses will be available during this period but on a less frequent schedule. For more details on bus replacement travel times, please visit [Metro Transit Blue Line Closure Information](#).

Additionally, construction will be underway in the drop off area for the Specialty Care Clinic and Spinal Cord and Injury Disorder from Wed., Sept. 17 to Mon., Nov. 3. During this time, follow detour signs and give yourself extra time for parking.

We appreciate your understanding and patience during this construction period.



District Meeting Schedule

(Per the District Constitution & By-Laws, District meetings are to be held on the second Wednesday of each month.)

October 8th – 6:00 p.m. Arcade Phalen Post 577 (1129 Arcade St. St. Paul, MN)

November 12th – 6:00 p.m. Zoom Meeting (Meeting link will be send out the Monday prior to the meeting)

December 10th – District Holiday and RCCC Meeting – Location: Arcade Phalen Post 577

5:00 p.m. Social Hour

6:00 p.m. RCCC Meeting

January 10th or 17th 4th and 5th District Mid-Year (Still awaiting confirmation form the 5th district.)

February 11th – 6:00 p.m. Zoom Meeting (Meeting link will be sent out the Monday prior to the meeting)

March 11th - 6:00 p.m. Zoom Meeting (Meeting link will be sent out the Monday prior to the meeting)

April 8th – 6:00 p.m. – Location: N. St. Paul Post 39 – Primary discussion on reports and fine-tuning matter relating to the 4th & 5th District Merger. Invite to be sent to the 5th district

Upcoming Events

Sep 4-7

Camporee @ Legionville

Oct 8

Training & meeting 6:00pm
North St. Paul Post 39

Oct 19

VA Visitation 1:00pm @ VAMC



FROM THE 4TH DISTRICT AUXILIARY

Happy Fall Greetings!

Just as the leaves on the trees are changing, there are changes in the 4th District Auxiliary as well!

We meet for our first meeting of the new Auxiliary Year. We made plans for the coming year. One change is the Pot Luck. We will have the Pot Luck on February 18 at North Saint Paul Post 39. This is the 4th District American Legion Family PotLuck.

The Auxiliary will be hosting and the American Legion, ALR and SAL are invited along with their family. There will be a Silent Auction where the Funds raised will go toward the Presidents Project. Money for special meals and treats at the Mpls. Veterans Home. There will be lots of delicious food and visiting, getting to know Family Members of the American Legion. Watch for more information in the coming months.

I hope many of you will attend the Booya at White Bear Lake later this month, Flyer is included in this Newsletter.

Lots of fun and learning experience at the Fall

Conference. Many learning experience and not to mention the 4th District Auxiliary Skit on Saturday Morning. I hope many Auxiliary members will attend. It is in St. Cloud on October 24 and 25.

Get out and enjoy the Fall weather.

See you at the Fall Conference.

Sandy Gibson

4th District Auxiliary President

Always Thank a Veteran

VA Resources, we're here for you.

- For any questions or requests, [1-800-MyVA411](tel:1-800-MyVA411) ([1-800-698-2411](tel:1-800-698-2411)) is always the right number.
- [Veterans Crisis Line: 988](tel:988) and press 1, [Chat](tel:988), or Text 838255
- [Vet Centers: 1-877-927-8387](tel:1-877-927-8387)
- [Homeless Veteran Resources: 1-877-424-3838](tel:1-877-424-3838) or [Chat](tel:1-877-424-3838)
- [Ask VA](tel:1-877-424-3838)
- [Schedule a 1-on-1 Appointment with a VA Benefits Expert](tel:1-877-424-3838)
- [Find a VA facility near you](tel:1-877-424-3838)

For non-urgent questions, you can reach VA using the [VA Health & Benefits App](tel:1-877-424-3838) or [MyHealtheVet](tel:1-877-424-3838) secure messaging to schedule an appointment, refill prescriptions, and access your medical records.



Volunteers STILL Needed for 2025-2026 District Committees!

It's time to sign up for **District Committee appointments** for the 2025–2026 term.

Please review the available committees at the following link: [District Committee Sign-Up Form \(2025–2026\)](#)

Post Leaders: Kindly share this information with your members. We encourage participation from across the entire district and aim to avoid placing multiple appointments on any one individual. **REMINDER:** We can have as many volunteers on any committee – if you have *any* thoughts you might like to try, please – PLEASE – ask to help.

Additionally, we need to fill a couple of officer positions filled. Sergeant-At-Arms and Finance Officer positions are open. Any training and help in assuming either position (or any of the chair positions) will be provided.

Veterans in our community need your support. The 4th District American Legion serves those who served our country, providing vital assistance with benefits, mental health resources, and community programs. When you volunteer, you directly impact the lives of heroes who sacrificed for our freedom. Volunteering doesn't require special skills or huge time commitments. Whether you can spare two hours a month or two hours a week, there's a role for you.

Ready to give back? Contact the 4th District Adjutant Jennifer Havlick (jennifer.havlick@outlook.com) or visit our next meeting. Your community's veterans are counting on neighbors like you.

When you start a new trail equipped with courage, strength and conviction, the only thing that can stop you is you.

What's Happening at YOUR Post...

North Saint Paul American Legion

Post 39 has been a vital community fixture for over 106 years, serving as a vital community hub for veterans, providing more than just a social setting; it offers a supportive environment where veterans can share concerns, discuss medical issues related to their service, and find purpose and camaraderie after transitioning from active duty, fostering healing and connection within the veteran community. Join us for Viking Potluck during the football season, a fun, free event held during morning and noon games! Set up begins 30 minutes before kickoff, and everyone is encouraged to bring a dish to share for a delicious community gathering. Enjoy the games with great food, and don't miss the 50/50 drawings hosted by the Auxiliary, Sons of the American Legion, and Legion Riders for added excitement.

Join us on October 6, 2025, from 1-6 pm at the North Saint Paul VFW as North Saint Paul Post 39 and VFW Post 1350 host a Red Cross Blood Drive, and help save lives by donating blood—walk in or register online via the Red Cross Website or App to make a difference!

Post 39 Halloween party is Friday, October 31, 2025, with a costume contest. Be there by 7:00 pm if you would like to enter the judging for the best costume. Live Band on the stage.

Post 39 Auxiliary is selling cancer bracelets for \$5.00 each. 100% of the proceeds go to creating Chemo comfort kits for Veterans in the Minneapolis VA. If you'd like to purchase or get involved, please email LegionAuxiliary39@gmail.com. Your participation can make a significant difference in the lives of Veterans undergoing treatment. Join us on November 22, 2025, for the Post Holiday MEGA Meat Raffle, featuring 50 turkeys and 50 hams to win! Doors open at 10:00 a.m., and enjoy our limited menu with special drink deals while you participate in

the exciting raffle. Don't miss this festive event—mark your calendar and come ready for a great time!

The Pearl Harbor pancake breakfast scheduled for December 6, 2025, from 7:00 a.m. to 11:30 a.m. is a meaningful opportunity to honor and remember those who lost their lives during the attack. Your support by attending this event not only helps raise funds but also pays tribute to their memory.

Donating winter coats to veterans and community members in need is a meaningful way to show support and care during the colder months. If you're able to contribute, simply drop off a coat at Post 39 Legion Riders' designated collection box in the north hallway—every donation makes a difference in keeping someone warm this winter.

Look forward to seeing you at Post 39 soon!

And at **White Bear Lake Post 168...**



Welcome to the GIVING BACK COMEDY TOUR at **POST 577!** Get ready to laugh your socks off at the American Legion on October 11, 2025 at 7PM. Join us for a night of hilarious stand-up comedy and support a good cause. Tickets at https://www.eventbrite.com/e/the-giving-back-comedy-tour-at-post-577-tickets-1723602243709?fbclid=IwY2xjawNGrhBleHRuA2FlbQlxMABicmlkETFTnF6eTFyRmdONlhNMVZIAR45nGbj53Qt8H-mKd9LTsvyZWdmkChAPk8BZ8k6p9eV0On5tPfhDituarBSw_aem_pUaRIUkk2TQrbK5C8eufCA

4th District Committee Chairs and members, 2023-2024

AMERICANISM:

Teresa Ash - Post 406

ARMED FORCES SERVICE CENTER:

Dave Dahl – Post 8

BASEBALL:

Gail Kalata

BELL RINGING - RAY SAUNDERS MEMORIAL:

John Weiss – Post 577

BLOOD DONATIONS Mike Ash TEMPORARILY!

BOYS STATE:

John Weiss – Post 577

BOY SCOUTS:

John Weiss – Post 577

ENDOWMENT FUND:

Jon Haworth – Post 406

Mike Ash – Post 406

Dave Dahl – Post 8

EDUCATION WEEK:

Joe Jansen – Post 406

EMPLOYMENT

Mike Ash – Post 406

FINANCE COMMITTEE:

Dave Dahl – Post 8

Randy Bastyr – Post 39

Mike Ash – Post 406

LAW and ORDER:

Ron Eddings – Post 406

LEGIONVILLE:

Ron Eddings – Post 406

LEGISLATION:

Joe Jansen – Post 406

Mike Ash – Post 406

MEMORIAL DAY ASSOCIATION:

Ken Gibson – Post 542

NATIONAL CEMETERY:

Ken Gibson – Post 542

NATIONAL SECURITY:

Ron Eddings – Post 406

Government Shutdown Impact on Military Community

As if you haven't heard enough about the government shutdown... I've included veteran-specific info to share with your members—and more importantly, prospective members and veterans in the community. This is the kind of practical, timely knowledge that reinforces the Legion's role as a trusted resource and advocate for those who've served.

Active Duty Pay Service members must continue working but may face delayed paychecks, receiving back pay once funding resumes. Annual pay increases may be postponed.

Coast Guard Uniquely affected as the only military branch that goes unpaid during shutdowns (funded by Homeland Security, not Defense). All 56,000+ personnel work without pay.

Civilian Defense Workers Of 800,000 employees, about 166,000 continue normally. Nearly 200,000 work without pay as essential personnel. Others face furlough.

Key Impacts

- No new programs or equipment purchases during continuing resolutions
- PCS moves and TDY travel may be canceled (except national security

needs)

- Routine medical appointments and elective surgeries postponed
- Death gratuities (\$100,000) delayed for families of fallen troops
- Care packages and some services reduced

What Continues Normally

- VA facilities (96% staffing) - funded through advanced appropriations
- Military retiree and survivor benefit payments
- VA disability pay and GI Bill benefits
- Emergency medical care and military treatment facilities
- Tricare private sector care
- Military exchanges, MWR programs, and childcare
- DODEA schools
- Thrift Savings Plan operations
- Overseas commissaries (stateside close)

Support Available Many military-friendly banks offer 0% APR payroll advances during shutdowns for those with direct deposit.

**THANK YOU FOR
BEING A MEMBER
HAVE YOU
RENEWED FOR
2026?**

4th District Committee Chairs and members, 2023-2024 (cont.)

ORATORICAL:

Jamie Brooks – Post 406

POW / MIA:

POST DEVELOPMENT:

Mickey Ostrum – Post 39

MEDIA & COMMUNICATIONS:

Teresa Ash – Post 406

ROTC:

Ron Eddings – Post 406

SAL LIAISON:

Mickey Ostrum – Post 39

SERVICE OFFICER:

Gabe Keith – Post 8

UNITED VETERANS' COUNCIL:

Mickey Ostrum – Post 39

VA HOSPITAL VISITATION :

Joe Jansen – Post 406

Jim Hassing – Post 406

VETERANS CAMP:

Tim Diamond – Post 39

Ron Eddings – Post 406

VETERANS HOME:

Ken Gibson – Post 542

VOCATIONAL REHABILITATION:

Tim Diamond – Post 39

4TH DISTRICT AUXILIARY:

President — Sandy Gibson
Unit 542

SONS of the AMERICAN LEGION:

Commander – Stu Sonnee
Squadron 577



The American Legion Family