

The Fabulous 4th

NEWSLETTER – April 2026

4th DISTRICT OFFICERS

Commander
Jon Haworth

Adjutant
Jennifer Havlick

Vice Commanders
Jess Kalinoski
Dan Bronk

Membership Director
Jamie Brooks
Asst – Mickey Ostrum

Chaplain
Joe Jansen

Finance Officer
Temp – Mike Ash

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

COMMANDER'S COLUMN

At the beginning of March, a group of Legionnaire's went to Washington DC to fight for veterans rights. We met with the offices of Congresswoman McCollum, Congresswoman Omar, Congresswoman Angie Craig and Senator Klobuchar. We talked about the importance of the Major Richard Star Act, Empowering and investing in women veterans, improving lethality of our armed forces through building more ships, Guard and Reserve GI Bill Parity, and improved balanced community care. Another big talking point was about how veterans are not getting the care they need because claims are being denied and the impact those denied claims have on the veterans. We said that it's cheaper to give the veteran the help and compensation they need right away, rather than having a claim get denied and appealed over the course of many years. Many veterans hate going to the VA because they get denied the care and compensation that they earned. We talked about how 1151 claims are there to help the veteran with malpractice performed by the VA, but have a low rate of success. I shared my personal story of malpractice that was done by the VA in 2019 and how badly my life was affected by it. For those that don't know, in 2019 I was diagnosed with testicular cancer. After they had removed my testicle, they found that I did not have testicular cancer but was born with something that was causing issues. I was put on testosterone replacement therapy which ended up causing a blood clot in my left leg. The VA put me on blood thinners. After 6 months, the blood clots went away and the VA said that I could go off of the blood thinners. About a year later, I went to the VA because I couldn't breathe and collapsed on entry. They got me into the ICU and found that my entire body was full of clots. I was under anesthesia on the operating table for 3 hours while the doctor sucked all the clots out of my lungs. I was in the ICU for a week.

((Continued on Page 2))

“LEADERSHIP DOESN'T WAIT FOR PERFECT TIMING – IT STEPS FORWARD WHEN THE WORK NEEDS DOING.”



Jon Haworth
4th District Commander

Get This Information on Your Calendar NOW!

2026 Joint Retiree Appreciation Day (JRAD)
Save the Date: Saturday, September 12, 2026
Treasure Island Resort & Casino — Welch, MN
Doors open at 7:30 AM | Program kicks off at 8:15 AM
Expect a full day of:

- The latest on VA benefits and legislative updates
- TRICARE, Medicare Advantage, and DFAS briefings
- Sessions on Space-A travel, elder law, and fraud protection
- Exhibits and speakers from across the military and veteran support community

Registration opens May 1, 2026 at www.raominneapolis.com/rad and is limited to the first 500 registrants. Registration is required — no walk-ins. Deadline: August 28, 2026. The full agenda will also be available on our website as the event approaches.

Upcoming Events

April 8

4th District meeting (RCCC) at
North St. Paul Post 39 6:00pm

April 19

VA Visitation 1:00pm @ VAMC



**FROM THE
4TH DISTRICT
AUXILIARY**

Happy Spring/Winter!

We are going thru quite a Spring weather event. 70-degree one day, snow the next! But hey it is Minnesnowta! I hope you are enjoying the weather while you can. It is hard to believe Easter is coming next Sunday. It was just Christmas!

A very Blessed Easter to all Auxiliary Members and their family. Let's remember those Service Men and Women who are away from their families on Easter.

At our last District meeting we had Christie from the Department come and talk about the Annual Reports and Impact Reports. She had some very interesting comments. I am asking that Unit Presidents have their Unit Chairman to have their reports into the District Chairman by April 5. In turn the District Chairman can gather all the information and have their reports in by April 10. (even if they are due April 15 I like them early).

We have our District Convention set. It is Saturday May 9, at North Saint Paul Post 39. We will be joining the American Legion for the opening, closing and Post Everlasting Service and Lunch.

We will have our own meeting with a Guest Speaker on Finances and also elections. I hope many members will attend. Then next up is the Department Convention in Willmar from July 8 thru the 10. Please register ahead and reserve your room. Your Unit President has all the registration and housing information. This is a great way to know other Auxiliary members and learn about all the programs. Remember about the Silent Auction and the Poppy Contests.

We will again be hosting Bingo at VAMC the last Tuesday of the month. We have April and May and then done until September. If you would like to help, come to VAMC at 6:15, meet in the Atrium.

Hope to see many of you at the District Convention and Department Convention. Have a Blessed Easter, enjoy your family and friends. You never know if it will be your last time.

Our Prayers for all our Service men and women and for their safety.

Sandy Gibson

4th District Auxiliary President

The UVC is No More

The United Veterans Council (UVC) of Ramsey County is no longer going to exist. The officers, Mickey Ostrum, President, Sandy Gibson, Secretary and Carole Snyder, Treasurer met on 3/27/2026 and voted to end UVC and close out the account for UVC.

Three organizations will receive equal amount of money.

They are Minneapolis Veterans Home, Hastings Veterans Home and the Food Pantry at VAMC for Veterans.

We thank you for your membership and support for many years.

COMMANDER'S COLUMN

(continued)

If the VA would have done their DNA research before the surgery, they would have found that putting me on testosterone replacement therapy with my blood type, would cause clots. As people with what I was born with have a stickier blood type than normal. My life was severely affected by their negligence. I filled out the 1151 form and it was denied. The VA felt that they didn't do anything wrong. I guess nearly killing me was okay in their eyes.

I will be starting food shelf ruck marches to the VA on the 4th weekend of each month starting March 28th. We will meet at 0830 and step off at 0900 at the Minnehaha Depot at Minnehaha Park. We will walk 1.7 mi to the VA, drop off the food and walk back to the park, 3.4 mi round trip. This will be a great opportunity for us to not only serve our veterans, but get a little exercise and build camaraderie. If you are interested in joining, please email me at jhaworth@kw.com. Next month we will meet at Post 99 in South Minneapolis and walk to the VA. It's the same distance. Be sure to hydrate the night beforehand and bring a water source for the march. They have a pancake breakfast at the post so we can have breakfast after the March.

The Legion Cruisers next meeting will be at Canterbury for the GSTA hot rod show, the weekend of April 11th & 12th. If you've never been to GSTA, it is a fantastic show that has custom cars, stock vehicles and vintage race cars such as gassers. Hope to see you there!

"Member Moment" This month, we want to recognize the quiet heroes—the members who show up early, stay late, and never ask for credit. You know who you are. Thank you for keeping the Legion spirit alive.

Get This Information on Your Calendar NOW!

The 2026 Joint Retiree Appreciation Day (JRAD), bringing together veterans and retirees for a day built around the things that matter most: your benefits, your community, and your service.

Save the Date:

Saturday, September 12, 2026

Treasure Island Resort & Casino — Welch, MN

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Program kicks off at 8:15 AM

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To Succeed You Must Progress

Sam Walton once said, "You can't just keep doing what works one time, everything around you is changing. To succeed, stay out in front of change."

Traditions provide our foundation, but they cannot be a ceiling. The needs of our veterans are evolving, and the way we engage with our community must evolve too. Whether it's modernizing our outreach, finding new ways to connect with younger service members, or streamlining how we operate, we must be proactive. Success isn't found in repeating the past—it's found in leading the way toward the future. Let's make sure we aren't just keeping up with change, but driving it.

Your 4th District (STILL) Needs You

As many of you know, we're saying goodbye to one of our cornerstones, Adjutant Jennifer Havlick. We wish her nothing but the best on her next adventure — but her departure leaves a real gap in our district leadership.

And she's not the only one moving. When Vice Commander Dan Bronk steps into the commander's role next year, we'll need a new vice commander (or two), a finance officer, and a Sgt-at-Arms. Chaplain Joe Jansen continues to do outstanding work, but I'm sure he'd welcome someone willing to step in as assistant chaplain.

Now, before this starts sounding like a crisis report, here's the real story: at our district convention, we'll be voting on whether to merge with the 5th District. If both districts approve, we'll be entering a brand-new chapter — and the people who step forward now will help shape that future from day one.

Merger or no merger, one thing doesn't change: **we need members willing to lead.** If you've ever even *considered* taking on an officer role, this is your moment. You won't be left on your own — you'll have mentors, support, and a team behind you. And yes, even at the district level, the workload is manageable. Family comes first, and missing a meeting now and then isn't the end of the world.

If you're ready to help guide the 4th District into the years ahead, we'd be proud to have you step forward.

"A Little Legion Logic"

If you want something done, ask a veteran. If you want it done right, ask a Legionnaire. And if you want it done right *and* accompanied by coffee, commentary, and three different opinions on how it should've been done in 1978... ask the whole post. That's tradition — and honestly, we wouldn't have it any other way.

4th District Committee Chairs and members, 2025-2026

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:

OPEN

NATIONAL CEMETERY:

OPEN

NATIONAL SECURITY:

Ron Eddings – Post 406

CHECK OUT THE UPCOMING ZOOM MEETING – ALL WELCOME!

A Zoom meeting for Post Service Officers is coming up, and all members are welcome to attend. If you want to understand how we serve veterans or support the work of your post, this is your chance to join the conversation. Details are below.

Topic: Service officer zoom call
Time: May 4, 2026 01:00 PM Central Time (US and Canada)
Join Zoom Meeting Url:

<https://smumn.zoom.us/j/82600358455?pwd=P89mYVz2uz3luGzOYcAyjwrtgqXk5N.1>

(share this link with participants)

Meeting ID: 826 0035 8455

Password: 694844

Additional ways to get into the meeting:

One tap mobile device number:

+16468769923,,82600358455# US (New York)

+13126266799,,82600358455# US (Chicago)

To join via phone, dial nearest number to you:

+1 646 876 9923 US (New York)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 346 248 7799 US (Houston)

Meeting ID: 826 0035 8455

Password: 694844

Find your local

number: <https://smumn.zoom.us/j/7BR0kTb>

“Every role matters. Every hand helps. Every volunteer changes the story.”

District Meeting Schedule – and more!

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.

(This will be the last district meeting before the District Convention)

May 9th – District Convention @ North St. Paul Post 39 starting at 8:30 – Voting on merging with 5th District, Voting for Commander and Vice Commander, Selecting attendees for the National Convention are some of the topics to be covered.

Jul 9th - Departent Convention @ 240 23rd St SE, Willmar, MN 56201 8:00 AM to Jul 11 at 12:00 PM Convention Registration Registration by June 25 is \$20. Registration after June 25 is \$30.

<https://www.zeffy.com/en-US/ticketing/107th-minnesota-american-legion-convention>

August 28 – September 3, 2026 National Convention @ Louisville, Kentucky - [Louisville Tourism](#)

The Quiet Strength of the Legion

Every generation of veterans has carried the torch of service in its own way, and today it rests in our hands. The American Legion was built on the belief that our duty to one another doesn't end when the uniform comes off — it simply changes mission. Whether we're helping a veteran navigate the VA, supporting a family in need, or showing up at a post event, every act of service keeps that promise alive. The strength of our organization has never been in buildings or budgets, but in the veterans who stand ready to help the next one in line.

4th District Committee Chairs and members, 2025-2026 (cont.)

ORATORICAL:

OPEN

POW / MIA:

OPEN

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

VA HOSPITAL VISITATION :
Joe Jansen – Post 406
Jim Hassing – Post 406

VETERANS CAMP:
Tim Diamond – Post 39
Ron Eddings – Post 406

VETERANS HOME:

**VOCATIONAL
REHABILITATION:**
Tim Diamond – Post 39

4TH DISTRICT AUXILIARY:
President — Sandy Gibson
Unit 168

**SONS of the
AMERICAN LEGION:**
Commander – Carroll
Partridge
Squadron 39



The American Legion Family