



Sauls-Bridges American Legion Post 13 News



Volume 75, Issue 8



August 2025

American Legion Baseball in the Modern Era

I love baseball!! And the American Legion is a great example of what the sport, paired with an institution like the American Legion, can do for young men in our communities. This is a nationwide undertaking that lends itself to the proclivities of our great nation.

“American Legion Baseball has been, and continues to be, a stepping stone to manhood for millions of young men who have gone on to serve their country or community, raise families or play the sport at the highest level.”

I touched on the history of American Legion baseball in the June issue, but what has the American Legion Baseball program done for our young men in the modern era? The answer: A Lot!! With no sign of slowing down!



The American Legion Baseball program operates in all 50 states, including Canada, registering young people ages 13 to 19. “Since its inception in 1925, the league has had millions of players, including countless who have gone on to play in college and professional baseball, with 82 inducted into the Baseball Hall of Fame.” The American Legion league of baseball annually awards the most deserving player from each department \$25,000 to \$500 in scholarships, based on leadership, character, scholarship, and financial need. Trying to promote more financial help, the Legion passed a resolution to allow corporate sponsors in the giving of scholarships. Corporate sponsors have included Diamond Sports, the Ford Motor Company, Rawlings, and Gatorade.

Diamond Sports, makers of baseballs world-wide, became the “Official Baseball of American Legion World Series.” They have also provided \$25,000 scholarships to the 8 players on the winning American Legion championship baseball team where each player receives \$2,500 and the captain receives \$5,000.



On an interesting note, in 1940 the Ford Motor Company bought the uniforms for all local teams. In addition, the National Baseball Hall of Fame and Museum awards the national player of the year with a trip to the Hall of Fame in Cooperstown, New York. This is a very special honor, as that makes the player the only “amateur athletes invited to the exhibit.”

<https://www.legion.org/get-involved/youth-programs/baseball/about-american-legion-baseball>

EVERY DAY IS MEMORIAL DAY—AND EVERY DAY IS VETERANS DAY!!

Post 13 June 26 Social Highlights

Submitted by Dennis Hall, Post Historian

The June 26, Post Social had several awards presented to different members and guests. The installation of four 2025-2026 officers were installed by the District Two Commander Roxann Dressel.



Second Vice Commander Redmond Gautier is awarded the American Legion Medal of Merit and Certificate for his outstanding service to Post 13 during the 2024-2025 year. Post 13 Commander Cindy Laskowski made the presentation.



Members of Post 13 and guests were presented Letters of Appreciation for their contributions in making the Post 13 Memorial Day Service a great success.



Post Adjutant Ed Moore pins the Medal of Merit on recipient Commander Laskowski for her outstanding service as Post Commander for the 2024-2025 year.



District 2 Commander Roxann Dressel presided over the installation of officers.



“A self that goes on changing is a self that goes on living.” ~ Virginia Woolf

Post 13 June 26 Social Highlights continued...

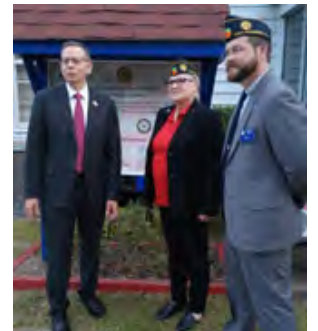


Four 2025-2026 officers were installed. Chaplain John Folsom (L), Finance Officer Will Fisch, First Vice Commander Andre Rosedale, and Commander Dennis Hall. Unavailable for installation were returning Third Vice Commander Larry Clayton and incoming Sergeant-at-Arms Debbie Mann. Three Executive Committee members remain vacant: Post Adjutant, Second Vice Commander, and Post Historian.

Sauls-Bridges Post 13 Hosts Town Hall Meeting

Submitted by Dennis Hall, Post Historian

Tuesday, June 24, at 7:00 pm Post 13 had the rare privilege of hosting Dr. Paul Lawrence, the Deputy Secretary of the Veterans Administration and Gen (R) USMC James Hartwell, Executive Director of the Florida Department of Veterans' Affairs. Both shared information concerning veterans' benefits and answered many questions concerning benefits from those in the audience. Everyone who had a question(s) had the opportunity to ask them. Staff members were present to gather the questioners' personal information in order to follow up with them. After the meeting, both guests remained behind for half an hour to visit with those attending before departing. About 75 attended the Town hall, with many guests from the community. Post Adjutant Ed Hood was outstanding as the meeting moderator.



Dr. Paul Lawrence, Commander Cindy Laskowski, Adjutant Ed Hood



Dr. Paul Lawrence and ALA Unit 13 Historian Dottie Hall



“The greatest reward for righteousness is peace of mind.” ~ Epicurus

Sauls-Bridges Post 13 Hosts Town Hall Meeting continued...



It was a very good night for Post 13. The Post received very positive exposure as it accomplished its mission of caring for veterans. Many people who attended had never been to Post 13. Their positive experience perhaps will bring them back again. Thank you to everyone who had a part in making the event a tremendous success.



“To climb steep hills requires slow pace at first .” ~ William Shakespeare

Sauls-Bridges Post 13 Hosts Town Hall Meeting continued...



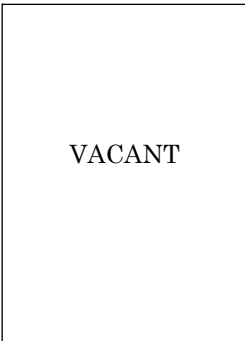
Sauls – Bridges American Legion Post 13 Executive Officers 2025 – 2026
Submitted by Dennis Hall, Post 13 Commander



Post Commander
Dennis Hall



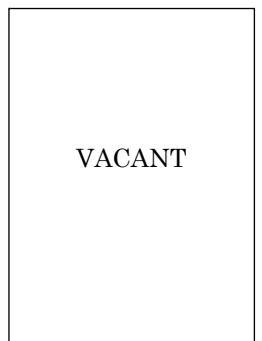
First Vice Commander
Andre Rosedale



Second Vice
Commander



Third Vice Commander
Larry Clayton



Adjutant



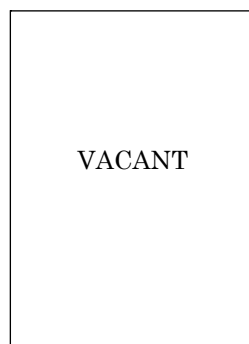
Finance Officer
Will Fisch



SGT at Arms
Debbie Mann



Chaplain
John Folsom



Historian



JAG
Jim Messer

“Real change, enduring change, happens one step at a time.” ~ Ruth Badar Ginsburg

Sauls – Bridges American Legion Post 13 Past Commanders

Submitted by Dennis Hall, Post 13 Commander



Cindy Laskowski
2024-2025



Vic Hanna
Jan 2024-June 2024



Barry Walker
July 2023-Dec 2023



Val Frailey
2017-2023, 2009-2014



John Folsom
2014-2017



Charles Lecroy
2004-2009



Sharon L. Courey, Past Chaplain American Legion Auxiliary, Unit 13



Gracious Father, we thank You for the past year; our leadership, projects, and successes. We pray for continued assistance in our purpose and for wisdom with decisions working together with the American Legion and expressing a sincere appreciation for their consistent and generous support. May our new officers be guided as they assume their positions with determined hearts to fulfill their obligations. Help us to persevere at all times, working together to assist our veterans and military. As we serve God and country, we maintain “The Principles of Justice, Freedom and Democracy” that so many of our soldiers have fought and died for. Lord, bless America and may Your presence be with us always. We pray in Your Holy Name. Amen.

“You are never too old to set a new goal or to dream a new dream.” ~ Les Brown



"In the Spirit of Service - Not Self"

TO GOD BE THE GLORY

Hi Auxiliary Members,

We are on our way to a terrific fiscal year, beginning with a WELCOME to our new member Linda. Even though time seems to be "jetting", instead of "flying" away, let us continue to implement our mission of service and support to veterans and military families.

I am asking each member to recruit a new member to increase our membership by two percent per Department goal for 2025-2026. I am also asking each Legionnaire to ask their wife, daughters, sisters, and granddaughters to join our Auxiliary and share new ideas for programs and events. Let's have a bigger **TEAM** where **T**ogether **E**veryone **A**chieves **M**ore.

Some updates provided via our District President Mann from the July Bootcamp were 1) It is time to design another shirt for Red Shirt Friday; 2) Each Unit chairman and District chairman are encouraged to attend the Workshop on July 25-26th; 3) Department President Robin Burk will visit District Two from October 31 - November 2, 2025. Her charity program is the Auxiliary Emergency Fund (AEF). The name of the Department news magazine will be "Passion Post" for her term in office.

Attention Everybody! Get ready for a fantastic **MONDAY NIGHT LABOR DAY DANCE** on September 1st hosted at the Legion, of course! The Auxiliary will sponsor this "End-of-Summer" dance and provide refreshments and door prizes! Come join us for fellowship and fun among members and communities.

Mark your calendars for the following events: August 9th for District Two School of Instructions (SOI) in Sneads; August 14th for Unit 13 EC/GM meetings in Hooch; August 22nd-28th for ALA National Convention in Tampa; August 28th for Post Social in the Legion Hall; and Every Day for keeping each other in Prayers.

FOR GOD AND COUNTRY

Prayers and God's Will,
Muriel Alexander Kweyama, President
ALA Sauls-Bridges Unit 13, Inc.



"In the Spirit of Service - Not Self"

Tallahassee Swing Band Celebrates 36 Years of Performing at Sauls-Bridges American Legion Post 13

Submitted by Dennis Hall, Post Commander

On the evening of Tuesday, July 15, 2025 the Tallahassee Swing Band celebrated their 36th year anniversary of playing dance music at Post 13. In 1989 a new Tuesday nightlife tradition began in Tallahassee. The Tallahassee Swing Band was seeking a new location to practice. Post 13 became available and as they say, "history was made". I understand, from Past Commander Val Frailey, that Post 13 is the only American Legion Post that has a regular weekly swing band playing dance music. A great number of dancers and listeners were present to show their appreciation to the band. The Post was beautifully decorated and complementary snack foods were available for all to enjoy. There was a beautiful and delicious white cake made just for the occasion. The Tallahassee Swing Band is a Tallahassee tradition and if you have not danced or listened to them you are missing a real treat. The band covers several styles of music. Not just "Big Band" music, but music from the movies, popular music, country music, and many other types of music. Their genres include vocals as well as instrumentals. The Tallahassee Swing Band will continue to play each Tuesday night at Post 13 beginning at 7:30 pm. Why not come out and support this Tallahassee tradition? Once you experience their great music, you will definitely return often. Help us encourage them to their 37th anniversary next July!



Tallahassee Swing Band's 36th Years' Anniversary at Post 13

"Sport is the bloom and glow of a perfect health." ~ Ralph Waldo Emerson

Tallahassee Swing Band Celebrates Continued...



American Legion

36th Anniversary - July 15th, 2025 -- D Book

Set One

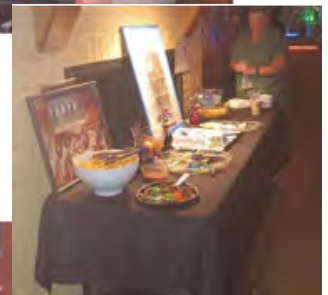
729	Woodchopper's Ball	
606	Summit Ridge Drive (Artie Shaw)	Vocal
625	What a Wonderful World	Vocal
614	S'Wonderful	
637	You're Still a Young Man	Waltz
683	Soul Man	Vocal
666	Secret Love (Bone Feature)	
718	Does Anybody Really Know What Time It Is	Vocal
741	Can't Help Falling In Love	Vocal
	Quando, Quando, Quando	Rumba
	Break Tune	

Set Two

608	L-O-V-E	Vocal
699	Fountain Magic	Tango
743	Alone Together	Vocal
790	Work Song	
794	Manteca	Latin
706	The Last Waltz	Vocal
675	Girl from Ipanema	Bossa Nova
612	La Cucaracha	Mambo
761	Endless Love	Vocal
677	St. Thomas	Latin
	Break Tune	

Set Three

607	Mustang Sally	Vocal
	Alan Surprise	
694	Everyday I Have the Blues	Vocal
664	I Remember You	Vocal
696	Summer Wind	Vocal
602	Blue Train	
659	Star Eyes	
765	On Green Dolphin Street	



TSB Working on Number 37!

“A genius is the one most like himself.” ~ Thelonious Monk

The Commander's Thoughts

As we begin the new 2025-2026 year for Post 13, I am extremely excited to have the opportunity to serve you. This year will find several of us on the Executive Committee being "rookies" in our areas of responsibilities. I am included in this group. Even though there is a lack of experience, dedication and motivation will help carry us through to the completion of our tasks. We are blessed to have a talented team to lead our Post again this year. I ask for your patience and understanding as we begin our tenure. I look forward to all of the Post working together to serve, in particular, our local veterans. There will be several opportunities where each of us can participate in completing the Post's mission.

Most of you do not know me, we've never met. One of my personal goals is to find the opportunity to personally meet each of you: by email, phone, or in person. I have reviewed our Post membership roster and I find we have missing email addresses, and incorrect or missing telephone numbers. Immediately, I will develop a team to reach out to you to insure we have your correct contact information, including your address. I enjoy sending out birthday greetings on a person's birthday. We will need to have your correct birth month and date for me to accomplish this. So when someone from the Post calls or emails you, please know it is only to verify your listed contact information. Your personal data will never be given or sold to another business or organization. I want you to know personally from me, the Post and I appreciate your membership. It is time we get back to building personal relationships with one another.

You are receiving renewal requests in the mail to renew your 2026 dues. This happens each year at this time to renew next year's dues. It is always important that you submit your payment as soon as you can. But, this year it is even more important. Why? Do you know of the \$45.00 American Legion dues, Post 13 only retains \$11.00? \$23.00 goes to National and \$11.00, goes to Departmental. But, after December 31, 2025, Department is going to receive \$14.00 from each membership dues. On January 1, the Post will only retain \$8.00 per each membership dues. The Post needs the additional \$3.00, so please renew as soon as you can. I am not in favor of raising the Post's dues to cover the \$3.00 loss in revenue. In a few days we will roll out a program that many of you may be interested in becoming a part of. It will be named "Support Our Post" (SOP, for short). I will be the first to become a member of SOP. What is it? How does it work?

Our Post has approximately 550 members +/- a few at any given time. $\$11.00 \times 550 \text{ members} = \$6,050.00$ in revenue if each paid their membership dues. After December, the new $\$8.00 \times 550 \text{ members} = \$4,400.00$. Of course, as new members are added the 550 will increase and so will the revenue from membership dues. But, one can see this is insufficient to operate the Post and have finances to conduct our mission for our veterans. This is where SOP comes in, and, I hope you will seriously consider becoming part of SOP as I will. If you would like to participate in SOP, you will have the opportunity to give a monthly recurring donation that will be 100% retained by Post 13! This monthly additional revenue will enable the Post to do even more to support our veterans and to care for our Post. By using a debit card or credit card you determine what level of monthly donation you will give. Once you SECURELY enter your financial data, and determine your donation amount, you are a part of SOP! Then, each month, only your authorized donation amount will be charged to your account. Once you begin, and if you decide you do not want to participate any longer, you can opt out without any hassle or delay. A minimum of \$10.00 a month will be required to be donated using the SOP method. There is no maximum amount one can donate through SOP. Of course, for those of you who itemize for tax purposes, your annual donation to Post 13 is fully tax deductible. Think of it, if each member participated in SOP at the minimum amount; let's see what a financial impact it would make to your Post. $\$10.00 \times 12 \text{ months} = \120.00 . $\$120.00 \times 550 \text{ members} = \$66,000.00$, potentially.

You must remember, our Post is a 100 year old lady and she will never be as young as she is today ever again. Like many of us, she is showing her age with aches and pains. Each month and year, there will become areas of concern to provide for her care. It will require additional finances. One thing I can promise you, I will always keep you informed and be transparent in my service to you. Please call me on my personal cell phone number, **850-445-9612**, if you have a question or concern about the Post. May God continue to bless us all and our beloved nation.

Best regards,

Dennis Hall,
Commander, Post 13

For God and Country



"Not all speed is movement." ~ Toni Cade Bambara

First Vice Commander's Report

Submitted by Dr. Andre Rosedale, First Vice Commander, Post 13

Since stepping into the role of First Vice Commander, I've been focused on laying a strong foundation for my term and supporting the ongoing success of Post 13. I began with basic administrative responsibilities and had the great benefit of training with Past First Vice Commander Rodney Keener, whose guidance was instrumental in getting me acclimated.

To create a more efficient workspace, I reorganized the area designated for the First Vice Commander, including a full cleanup of two office supply drawers. It's a small step, but an important one in staying organized and effective.

In June, I attended the **Department of Florida Convention**, where I received critical training and, perhaps just as valuable, made several key connections through networking with fellow Legionnaires from across the state. The convention provided a clearer view of how we can strengthen Post operations, membership, and community presence.

One of the most exciting developments is a new initiative encouraged by our incoming District Commander: the possibility of establishing a **Legion Riders Chapter at Post 13**. I've begun researching what this would involve and will be discussing it further with leadership and interested members in the coming weeks.

Recruitment efforts are already underway. I recently brought in a prospective member named Conrad and am awaiting his DD214, application, and dues check to finalize his membership. Conrad states he provided these items to a Post 13 member during the June 2025 meeting.

On a more solemn note, we also recognize that two of our Post members has transferred to the Eternal Post. Past Post Chaplain Robert (Bob) Wray and James Brock, Jr., service and fellowship will be remembered with honor.

Conversations are ongoing about **fundraising strategies**, **Post improvement projects**, and how we can broaden our **community outreach**. There's tremendous potential for Post 13 to deepen our impact here in Tallahassee—whether through supporting local schools, partnering with other veterans' groups, or launching service projects that make a difference.

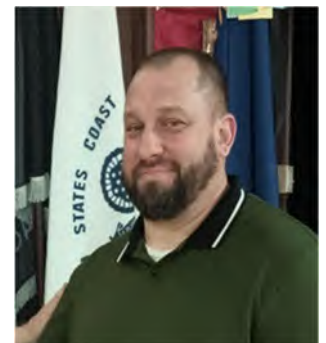
This is only the beginning. I look forward to working with all of you as we continue to grow, improve, and serve—together.

For God and Country

Dr. André Rosedale

First Vice Commander

American Legion Post 13 – Tallahassee, FL



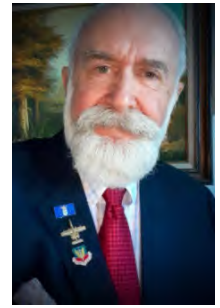
“I am still encouraged to go on. I wouldn't know where else to go.” ~ E. B. White

Constitutional Interpretation

By Bob Costello, USAF Vietnam Era Veteran, American Legion, Writer

Let us read the constitution as scribed by the signers, our forefathers.

Colossal merger of independent states with differing issues, concerns and staunch views were merged into one document setting the principles of unity foremost. Our Constitution unified its citizens as a member of our states into one accord. In order for the merger of various state views with each state viewing many variants and concepts. For the sake of unification as a “national” article of confederation, the states vested the congress of its writers to act in unified acceptance for specific purposes. “A more perfect union” as a congress of all Americans through its appointed delegates.



Wary of centralized power by a few or a monarchy, the delegates fresh from equally heated debates appointed a Committee of Detail to put in finality of governance set to draft. Drawing upon the primary essentials of governance, the Committee condensed its final draft of 23 articles into 7 principles held through today. On September 17, 1787, the Constitution was signed by 38 delegates that was the work of extremely intense thought in less than four days.



Wary about centralized power and the loyalty for states rights, the delegates wrote a compromised copy that incorporated compromises and variant conditions that are longstanding as the most emulated constitution of those in the world, even today.

Initially, the delegates who were sworn to secrecy shuttered all the windows of the State House where they all swore an oath of secrecy so they could talk freely and openly. The delegates gathered to revise the Articles of Confederation, whereby mid-June they reconstructed the draft completely. From the beginning, its form was always questioned, though not disputed.

One of the major questions raised was provoked over the populations of states proportionally or to have conditions equally divided among the states. The representation of the states was determined as having one representative for every 30,000 people in the House of Representatives and two representatives in the Senate.

Finally, ratification set the final terms for our Constitution. They bypassed the state legislatures, reasoning that their state members would be reluctant to give up their powers to a centralized national government; by its similitude of the English monarchy that they raised armed resistance against; and the power of a few over the masses huddled to be free.

The Federalists believed a strong central government was essential to face our country’s (nation) challenges. Anti-Federalists fought diligently to the creation of a singular central government because it created a “too powerful” body similar to the one they just ‘overthrew’ and further, as it lacked a Bill of Rights for its citizens.

As for the title of the newly elected President came the argument of “title”. It was in this same spirit of the Constitution that most Americans wanted less authoritarian command governance by this President. They agreed that “No title of nobility shall be granted by the United States”. As such, it was perceived that any such attribute was “contraband language” of the American government.

In this light, it was said, “The more simple, the more republican we are in our manners, the more national dignity we shall acquire”. The gravity of the Constitution and the title of the newly elected President was eminently considered in all its implications of governmental authority.

America began as a country of freedom from governance of a central power, rather a government of “We the people of the United States, in order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America.”

In the end, it is “of the people, by the people and for the people”, we are granted our peace and serenity.

GOD BLESS AMERICA, land of the free...

“Living with regrets is like driving a car that only moves in reverse.” ~ Jodi Picoult

Post 13 General Business Meeting Highlights, July 10

Submitted by Dennis Hall, Post Commander

The General Business Meeting came to order at 1830 HRS.

Post 13 Chaplain John Folsom opened the meeting in prayer.

Commander Dennis Hall determined a quorum was present and congratulated Past Commander Charles LeCroy on his recent 96th birthday.

Commander Hall introduced the continuing members of the Executive Committee and those who are new to the Executive Committee. Present were First Vice Commander Andre Rosedale, Third Vice Commander Larry Clayton, Finance Officer William Fisch and Chaplain John Folsom. Sergeant-at-Arms Debbie Mann was not present. The Adjutant, Second Vice Commander, and Historian continue to be vacant positions.

SAL Squadron Member and retired architect Andy Welch provided information concerning the roof deficiencies progress. He met on July 1 with the General Contractor, Chief Cornerstone Construction Co. owner David Thomas, subcontractor Forgotten Coast Construction owners Max and Darlene Roberts, and Commander Dennis Hall. Mr. Welch had a list of deficiencies that he prepared and shared with all attending. Mr. Thomas stated all deficiencies would be corrected at no cost to the Post. However, Mr. Welch produced pictures of wood rot of trusses and rafters that were not addressed when the original work on the roof was done approximately two years ago. There is some question about who will be responsible, financially, for correcting those items. Mr. Welch and Mr. Roberts made an inspection of the roof. After their roof inspection, it was agreed that the start date would be Monday, July 14, 2025 to begin correcting the deficiencies. The subcontractor needed the additional time to start because of an unfinished project work already begun and another project scheduled to be finished by July 11. Mr. Welch indicated that all work is to be documented with photographs and done in sections and inspected by city inspectors as the project progresses. Also, Mr. Welch verified that Forgotten Coast Construction was indeed, a current licensed commercial roofing contractor in the State of Florida. All agreed to the July 14 start date.

Past First Vice Commander Rodney Keener presented the membership report for prospective Post 13 members either by membership or transfers. The following applicants were voted into Post 13 by membership:

Thomas Burton US Navy, Gulf War

The following individuals are transfers from Post 400 to Post 13:

Thomas Denmark FLARNG
Jackie Johnson USAF, US Army, Vietnam

The following individual is transferring from Oregon Post 114 to Post 13:

Ed Yancoskie, Vietnam

The following individual is requesting membership in SAL Squadron 13:

Mark Stores, Son of George Stores, WWII



“Your willingness to wrestle with your demons will cause your angels to sing.” ~ August Wilson

Post 13 General Business Meeting Highlights, July 10 continued...

Finance Officer William Fisch presented the June Post Financial Report and it was approved and accepted. He reported he had an outstanding accounting professional, Rodney Nash, a Squadron 13 SAL member that could assist him in the day to day accounting duties of the post. He would not be a member of the Executive Committee and he does not have voting privileges on the Executive Committee. A motion was made, seconded, and passed. He also received a proposal from Past Adjutant/IT Officer Edward Hood that he, Ed, would offer his professional services to the Post for a fee of \$600.00 per month. After a period of discussion, it was decided that Commander Hall should appoint a committee to study the proposal and recommend accepting, rejecting, or revising the offer from Legionnaire Hood.

Post 13 Nominations Chairman Chaplain John Folsom opened the floor for nominations for the Second Vice Commander: Ed Rodriguez was nominated and Lynette Halter also had placed her name in nomination for Second Vice Commander. No other names were placed into nomination for Second Vice Commander.

No nominations were given for Post Historian.

Post 13 JAG Jim Messer reported all changes to the Post Constitution were accepted by Department, and now a fresh new typed document needed to be sent to Department to finalize the changes and sign the new Post Constitution. He indicated the new document will be prepared and submitted asap.

Commander Hall announced the first District Two Meeting of the new administration year is hosted by Post 13 on Saturday, August 2, at 1000 HRS. All are invited and encouraged to attend.

Chaplain Folsom closed the meeting in prayer.

The meeting adjourned at 1931 HRS.



NOTES FROM THE EDITOR



Dear Members:

August is upon us! Summer is winding down and Fall is around the corner. I'm a summer person, so I have to mentally gear up for cooler weather. But luckily, the changes in the seasons don't affect the events at our Post! Things are always happening and we look forward to seeing you, either as a volunteer or just enjoying one of the many events.

We welcome the new administration and look forward to the many to-do items on their list. Upkeep to this building is time consuming and costly. If anyone can make all this happen, it's Commander Hall! I have no doubts whatsoever. Please give him and his administration your support.

As always, we at Post 13 appreciate our members! ~ Paula Wilkins

“He who is not satisfied with a little, is satisfied with nothing.” ~ Epicurus

By Bob Costello, USAF Vietnam Era Veteran, American Legion member, Toastmaster, Writer

The significance of our citizens is furthered by the dedication of our veterans stand for liberty against all oppression or tyranny in their right of commonweal. America's faith in its heritage and patriotic pursuits highlights our veterans defense in these rights bestowed upon us. Our forefathers' foundational values are worthy and proper.

Today our veterans stand for the amazing integrity of foundational principles integration. Our founding fathers instituted the basic rights and freedom in its philosophy of liberty against tyranny and totality of a monarchy. Many stand for these rights though few have taken the time to fully read, comprehend or understand what our forefathers wrote while under dire distress. The principles of the Constitution and its Bill of Rights is critical for all Americans today as it was in those yesteryears.

We may all take the time to salute **all** our veterans, while at the same time we salute all who came before: the diplomat, statesman, founding fathers, soldier, and farmer. Each made sacrifices and contributions for our country in their own way, with all they had at stake. Today we citizens need to take more time to honor our patriots and defenders, as freedom is not free as it comes with a dear cost – even to those who remained on the homefront fires by being endowed with a strength unknown as they had to remain faithful and strong in their own right. We are – because of them all – defender, patriot, diplomat, representative, agents, service personnel, and surviving spouses or significant others who were partners in our defense of liberty, too.

With dignity, honor, respect, integrity we must “give back” through our faithful allegiance for the contributions they made for us – to live as we do today!

Inclusively in this regard, are our steadfast “first responders” seemingly forgotten until that fateful day of the “911” tragedy!

Veterans deserve our undying support and gratitude of thanks well beyond the mere oratory casually vociferated today by most! Let us not further wound our dedicated, honorable veterans no matter the time or era they made their faithful vow of defense for all Americans!

Day by day, we take life and living at its face value without regard to any veteran-patriot who gave these days to us, freedom with its peaceful serenity and grace. If you will, let us **all** make unforgettable memories together in taking a moment to appreciate all those who put their lives on the line for us. *Do something special* by acknowledging veterans, surviving spouses or even those who represent us in sustaining our freedoms and way of life today. Their commitment with voluminous generosity more than deserves a special **Shout-out!**

Freedom is for everybody, everywhere as veterans will tell you today and every day.

MARK YOUR CALENDAR

Aug 1	Air Force Day
Aug 4	Coast Guard Day
Aug 7	Purple Heart Day
Aug 10	U.S. Dept. of Defense Birthday
Aug 10	Agent Orange Awareness Day
Aug 14	Navajo Code Talkers Day
Aug 16	National Airborne Day
Aug 28	Post 13 Social 6:00 PM Program 6:30 PM
Aug 29	Marine Corps Reserve Birthday

CATS SLEEP AROUND 15 HOURS A DAY

Domesticated cats generally take frequent cat-naps lasting 15 to 30 minutes each, followed by bursts of activity, and then occasional periods of deeper rest. Catnapping felines remain partially awake, can still move their ears and tails, and even keep their eyes partially open to detect danger. When they do doze more deeply, cats experience REM sleep just like humans.

WE SALUTE OUR VETERANS AND THEIR FAMILIES

LyricalLynn Music in partnership with Purple Note and CGTV presents:



AUG 15th-16th Caribbean **HERITAGE** Music Festival



<p>Friday Night Fya Doors open @6PM</p> <p>featuring: The Johnson Sisters Mighty Mouth DJ Dean Same OIG</p> <p>American Legion Hall 229 Lake Ella Drive, Tall. FL</p>	<p>Caribbean Gospel Music Virtual Clinic Saturday 1PM-4PM</p> <p>online via Zoom</p>	<p>Soca Palance & Praise Saturday 7PM-9PM</p> <p>featuring: Nigel Lewis Lill Forbes Positive Vibes Redeemed</p> <p>American Legion Hall 229 Lake Ella Drive, Tall. FL</p>
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REGISTRATION/ TICKETS: www.purplenotemedia.com
Brought to you by **PURPLE NOTE**



Fri, Aug 1 at 7:30 PM
The Rhythm Remedy Rockin' Soul Dance Revue
American Legion Hall



Sat, Oct 25 at 7 PM
Bog Lilies show at the Legion Hall
American Legion Sauls-Bridges Post 13 Talla...



Flat Moon Theory WITH KATAREEN DIAZ

AUG. 8TH 2025
7PM - 10PM
AMERICAN LEGION @ LAKE ELLA

Fri, Aug 8 at 7 PM
Flat Moon Theory & Katareen Diaz @ American Legion
229 Lake Ella Dr, Tallahassee, FL 32303-5572, United States
35 people interested



“The way to get started is to quit talking and begin doing.” ~ Walt Disney

Post News

Located at:
229 Lake Ella Drive
Tallahassee, Florida 32303

Mailing Address:
American Legion,
Sauls-Bridges Post #13
PO Box 38028
Tallahassee, FL 32315-8028

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Email: amlegp13@gmail.com

**For God
and Country**

AUGUST 2025

Return Service Requested

Non-Profit Organization

US Postage PAID

Tallahassee, Florida

Permit No. 21

Editing/Layout:

Paula Wilkins

Photos: Email:

aml13newsletter@gmail.com

Webpage (Face book): Google:
"American Legion Sauls-Bridges"

EVENTS BOOKING:

(850) 284-6967



Deadline for the SEPTEMBER 2025

**Newsletter will be
AUGUST 17th at 5:00pm**

Newsletter items can be submitted three ways: (1) Place in the Newsletter Box in the Post 13 office (2) Mail to the return address above, or (3) Submit (with a subject line) to the Post's Newsletter Email Address: **(Please Note this is a NEW email address and should be used for NEWSLETTER communication only.)**

AML13NEWSLETTER@GMAIL.COM

All Articles published require the Commander's approval.

PLEASE NOTE:

Post General Membership Business Meetings are held on the 2ND Thursday of each month at 6:00 pm.

POST SOCIALS are held on the 4TH Thursday of each month at 7:00 pm. [Except for Nov. & Dec.]

**IF YOU WOULD LIKE TO CONTRIBUTE AN ITEM FOR THE NEWSLETTER
PLEASE EMAIL AMLNEWSLETTER@GMAIL.COM**