

BE THE ONE

CHAIRMAN-SAL MARYLAND DETACHMENT MESSAGE

As you may know, for the past 3 years, our American Legion Post #130 has been involved with the “BE THE ONE” American Legion program to prevent suicide among veterans, nationwide. For two of those years, many of our members and guests have attended our educational programs held at our post and within our detachment. In addition, Sons of the American Legion (SAL) members from different posts have attended training classes at our last two winter conventions in Ocean City, Maryland. These educational programs have included guest speakers in the field of veteran suicide. On average, we are losing 22 or more veterans a day to suicide. That’s 8,030 veterans a year! These programs are designed to help you, our veterans and their families and friends in this life-saving endeavor.

The American Legions throughout the United States are on a major mission to reduce this number and over time, stop all veteran suicide. I am proud to convey to you that our Post 130 will continue this mission in a broader spectrum.

With the support of our American Legion Commander, Joe Greenbeck, and our American Legion SAL Commander, Joe Gladden, we have made substantial progress. Since the beginning of our program here at #130, I would be remiss if I did not mention our many members that have come to the call to help our veterans, and succeeded, in preventing suicide both within our family post and the community.

This spring, our post leadership has taken the initiative to move full force to a more robust directive. On **SATURDAY, SEPTEMBER 13, 2025**, from 1 p.m. to 6 p.m., we will be holding our first “BE THE ONE” awareness and fundraising event to raise money for

at-risk veterans and programs. Local veterans and their families and friends are invited to attend this event. So please save the date and spread the word.

Our Committee will be working diligently through the next several months to plan and execute this fun and festive family event. I will continue to provide you with information as we move forward. Volunteers are welcome. Please contact me at the post on how you can help.

In closing, I was honored to accept the position of Detachment Chairman for the State of Maryland, Sons of the American Legion "BE THE ONE" program. I will be working with other posts throughout Maryland to help each establish their own "BE THE ONE" program at their post. Thank you for supporting our veterans! We are free because of their sacrifices.

Kind Wishes,

Michael Watts
Maryland Chairman (SAL) BE THE ONE
2nd Vice Commander (SAL) Post 130