

MINUTES  
RELIGIOUS EMPHASIS COMMITTEE  
MEETING OF  
OCTOBER 22, 2022  
10:00 A.M. DEPARTMENT LIBRARY

1. Call to Order 10:00 A.M.

Department Chaplain Fast opened the meeting of the Department Religious Emphasis Committee at 10:00 A.M.

2. Salute to the Colors  
The Colors were saluted.
3. Invocation by Chaplain Fast.
4. Pledge of Allegiance

Chaplain Fast led those present in reciting the Pledge of Allegiance.

5. Appointment of Secretary  
Chaplain Fast requested Christie White, Americanism and Children & Youth Coordinator to take the minutes.
6. Roll Call: Christie White, Americanism and Children & Youth Coordinator

**Members present:**

Ron Distel, 1<sup>st</sup> District Chairman- PRESENT  
James Fast, 2<sup>nd</sup> District Chairman- PRESENT  
Melissa Fowle, 3<sup>rd</sup> District Chairwomen- PRESENT  
Richard Ruzsa, 4<sup>th</sup> District Chairman- NOT PRESENT  
Lenny White, 5<sup>th</sup> District Chairman- NOT PRESENT  
James Crawford, 6<sup>th</sup> District Chairman- NOT PRESENT  
VACANT, 7<sup>th</sup> District Chairman- VACANT  
VACANT, 8<sup>th</sup> District Chairman- VACANT  
John Turner, 9<sup>th</sup> District Chairman- PRESENT  
C David Rhodes, 10<sup>th</sup> District Chairman- NOT PRESENT  
Bob Welsh, 11<sup>th</sup> District Chairman- PRESENT  
Malcolm Glasgow, 12<sup>th</sup> District Chairman- PRESENT  
John Murphy, 13<sup>th</sup> District Chairman- EXCUSED  
VACANT, 14<sup>th</sup> District Chairman- VACANT

Since there are only 11 members listed on the Committee, they only need 6 members for a quorum.

**Guests Present:**

Christie White, Americanism and Children & Youth Coordinator

7. Reading of Previous Minutes-

Melissa Fowle, 3<sup>rd</sup> District Chaplain motioned, seconded by Ron Distel, 1<sup>st</sup> District Chaplain to approve the discussion of the pervious meeting since the pervious meeting did not have enough members for a quorum.

**MOTION PASSED**

8. Approval of Committee Rules-

Melissa Fowle, 3<sup>rd</sup> District Chaplain motioned, seconded by John Turner, 9<sup>th</sup> District Chaplain to approve the rules of the Religious Emphasis Committee.

**MOTION PASSED**

9. Welcome and Opening Remarks- Chaplain Fast welcomed and thanked those that were present. Chaplain Fast wanted to focus on suicide prevention because it is important to keep it in people's minds, so it doesn't go stale. Chaplain Fast asked the committee members if they are doing buddy checks within their Posts. Melissa Fowle, 3<sup>rd</sup> District Chaplain let the committee know her Post does buddy checks. Chaplain Fast asked the committee if anyone has any ideas how to increase buddy checks within their Posts and communities. Ron Distel, 1<sup>st</sup> District Chaplain mentioned that Posts that have canteens are pretty active in buddy checks. John Turner, 9<sup>th</sup> District Chaplain mentions that his Post is having issues getting members to come to meetings, so it is hard to increase buddy checks. Chaplain Fast wanted to share a little about himself to the Committee, so he let the committee know that September 10<sup>th</sup> is his spiritual anniversary of 44 years of knowing the Lord. He does the jail ministries, nursing home ministries, Sons of the American Revolution, etc. and they don't want you to get too religious, but he has seen many miracles which helped make him who he is. He has been ordained for about 35 years. Chaplain Fast was originally an 888 member, and he got a call from Wapakoneta asking him to attend a meeting, and he felt like he had to attend. When he got to the Post, the Commander asked him to be their Chaplain. He accepted. He then became District Chaplain and then Department Chaplain, appointed by departed Department Commander Brad Teis.
10. Suicide Prevention Presentation- Chaplain Fast shared a book he was given called "Suicide, The Forever Decision by Dr. Paul G. Quinnett". The premise of the book is to question, persuade, and refer. People that constantly have suicidal thoughts, can eventually live a long and happy life. Talking openly about suicide can give people thinking about suicide someone to talk to and give them other options besides taking their own lives. The CDC has information on Suicide Prevention as well as resources in other websites that you can use. If someone tells you they are going to commit suicide, you are obligated as a human being to try and help them, not to try not to get involved. CDC statistics say 45,979 people died by suicide in the United States in 1 year. That's 1 death every 11 minutes. 12.2 million adults thought about suicide. 3.2 million adults made a plan. 1.2 million adults attempted suicide. For every suicide death, there are 4 hospitalizations by attempt. More women will attempt suicide, but more men succeed. Men- firearm, women- pills. Firearm 52.8%, Suffocation/hanging- 27%, Poisoning/overdose- 12%. Other- 8%. Definition of suicide is- Death caused by injuring oneself with the intent to die. 9 out of 10 suicides happen at home. Most suicides happen between 12am and 4am. The most popular time of year is April, May and June. Per capita- small towns have the highest suicide rate. High risk groups- veterans, people in rural areas, gender minorities, middle aged people, and tribal populations. Age groups- age 85+- 20%, age 75-84-18%, age 65-74-14%, age 55-64-16%, age 45-54-18%, age 35-44-17%, age 25-34- 8%, age 10-14-2%. Veterans suicide rate is 52.3% higher than non-veterans. Suicide ideation is higher in those with disabilities. Technology has brought alienation to a lot of people.

11. Old Business- Chaplain Fast shared that it is important to have awards for people. It makes them feel good and honors their work.
  - a. Promote Father John Duffy Award- Melissa Fowle, 3<sup>rd</sup> District Chaplain told her District that of anyone wants to be considered for the award, they need a descriptor letter. Make sure they are writing something as an addition, so people know what they have done.
  - b. Promote Chaplains Award

#### 12. New Business

- a. Sunday Service for Mid-Winter- Christie White, Department Americanism and Children and Youth Coordinator mentions that the Four Chaplains Service at Mid-Winter last year had a large turnout. If the committee would like to do the same this year instead of separate Protestant and Catholic services, Department has the materials for the Four Chaplains Service. Malcolm Glasgow, 12<sup>th</sup> District Chaplain mentioned the hardest part of separate services is getting a Catholic Priest. Ron Distel, 1<sup>st</sup> District Chaplain would like to make sure the Ministers and Priests get a tip for coming to do services. Bob Welsh, 11<sup>th</sup> District Chaplain suggests putting a basket at the back of the room for each service that people can put tips in. Malcolm Glasgow, 12<sup>th</sup> District Chaplain suggests that the districts do the Four Chaplains Service individually in their Districts at their conferences. The Committee wants to have a Catholic service and Protestant service. Chaplain Fast will do the Protestant Service and Malcolm Glasgow, 12<sup>th</sup> District Chaplain will get the Priest for the Catholic Service on Sunday January 22<sup>nd</sup> at 7:00AM.
- b. Prayer Requests/ Sick Call- Chaplain Fast- Tim Shaw, Christie White- Donna Ray, Melissa Fowle- Roxanne Teis

13. Good of the Legion- Chaplain Fast, the Legion National Dispatch is going digital in January. Veterans Day week is National Buddy Check week. [Legion.org/buddycheck](http://Legion.org/buddycheck).

14. Benediction- Department Chaplain Fast gave a blessing to the Religious Emphasis Committee.
15. Salute the colors
16. Meeting Adjourned. 11:44 A.M.