

## HOW YOU CAN BE THE ONE

**What:** The American Legion's **Be the One** initiative encourages American Legion Family members, veterans, servicemembers, and others to take action when they believe a veteran is at risk of suicide.

**Why:** To reduce the alarming number of veteran suicides.

**How:** Our goal is to destigmatize asking for mental health support, provide peer-to-peer support and resources, and educate everyone on how they can Be the One.

### Who: Veterans

- Talk with fellow veterans about how you are feeling.
- Ask for help when you think you need it.
- Remember your family and friends are there for you.

### Non-Veterans

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling.

# BE THE ONE

The logo for the American Legion, featuring a stylized American flag with three horizontal stripes above the word "AMERICAN" in a blue, sans-serif font, and the word "LEGION" in a larger, bold, blue, sans-serif font below it.

### American Legion Los Angeles Sheriff's Star Post 309

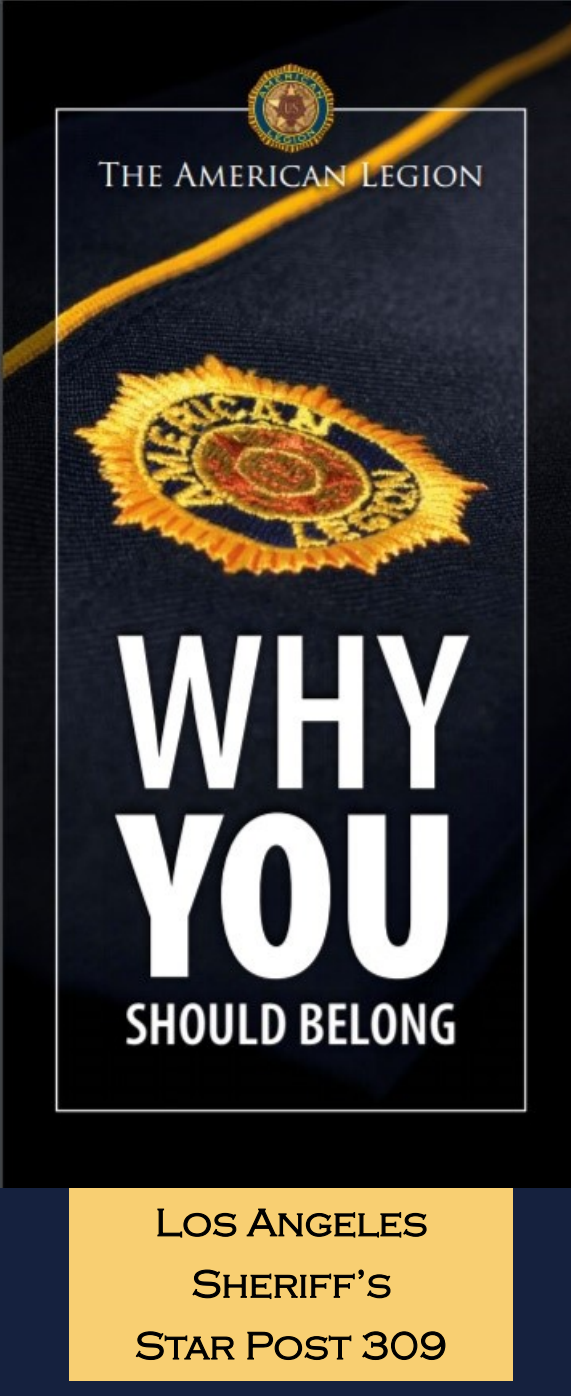
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**Star Post 309 is a recognized  
tax exempt 501(c)(19)  
veterans organization.**

**Visit us on Facebook,  
Instagram, and Twitter  
[@starpost309](#)**

A vertical banner with a dark blue background. At the top is the American Legion seal. Below it, the text "THE AMERICAN LEGION" is written in white. A large, glowing yellow and orange sunburst graphic is in the center. Below the sunburst, the words "WHY YOU SHOULD BELONG" are written in large, bold, white capital letters. At the bottom, a yellow banner contains the text "LOS ANGELES SHERIFF'S STAR POST 309" in dark blue capital letters.

THE AMERICAN LEGION

WHY  
YOU  
SHOULD BELONG

LOS ANGELES  
SHERIFF'S  
STAR POST 309



## History of Star Post 309

The Los Angeles Sheriff's Star Post 309 received its temporary charter on December 6, 1927. The Post was founded by 70 Los Angeles Sheriff's Deputies who were veterans of WWI. Sheriff William Traeger of Los Angeles County (1921-1932) was one of the original founding members.

The Star Post is unique among other American Legion posts. We are a veterans' service organization comprised primarily of Los Angeles Sheriff's employees and family members of the same who are military veterans. Our ranks include active and retired LASD members from all work classifications: sworn, civilian, reserve, and volunteer. We also welcome eligible military veterans who are spouses, siblings, or children of LASD members into the Star Post. As of 2023, any police officer of an LA County agency, who is a veteran, is eligible to join Star Post 309.

Our Mission is to support our veterans and their families with special emphasis to our military veterans in the Sheriff's Department.

### Why should I join?

As a military veteran *AND* as a member of the LASD family, you already know how important it is to be a part of something greater than yourself. Star Post gives you the opportunity to be a part of a veterans organization made up primarily of law enforcement personnel and others who share many of your common values.

### What does the Star Post do?

Star Post is involved in many initiatives which support veterans. We also participate in many events that give back to the community. Our community events include supporting various youth programs like the Young Marines, the Devil Pups of America, and the Southern California Special Olympics. We also support American Legion Boys and Girls State and the Boy Scouts of America. We honor our active duty members by assembling care packages for our deployed military personnel.

### What types of activities are there?

There are various community and social events throughout the year. Our annual Veterans Day Ball, each November, has quickly become the event everyone wants to attend. There's always something going on.

### Frequently Asked Questions

#### Q- Is there a physical Post?

A- While we do not have our own post, we do enjoy being welcome at other American Legion posts. Presently we are meeting at the VFW post in Burbank.

#### Q- Do I have to attend meetings?

A- Our monthly meetings are the fourth Thursday of each month. But our focus is not solely on meetings, but rather on the various events throughout the year. So if you can't make a meeting, we understand as most of our younger members work various schedules. We do our best to keep you up to date through email, social media, and our website.

#### Q- How do I qualify?

A- If you are or have been an LASD member (sworn, civilian, volunteer, reserve), and if you served at least one day of active federal duty (including basic training/boot camp) and were honorably discharged, or if you're still serving, then you are eligible to become a member

Parents, children, and siblings of current Star Post members are also eligible to join. And now, since 2023, any police officer employed by an LA County agency, who is a veteran, is eligible to join Star Post 309.

Visit [www.LEGION.org](http://www.LEGION.org) for more information.

#### Q- How much does it cost?

A- Dues are \$48 annually and can be deducted through payroll deduction at \$4 per month. For our retired members, we can deduct \$4 monthly from your LACERA account. Or, you can pay the lump sum amount annually. It's your option.

#### Q- How many members are there?

A- Our ranks continue to grow steadily with a combination of retired LASD, active LASD, new employees from the academies, and family members. As of March 2023, our membership exceeds 720 members.

Our active LASD members range from Deputy to the senior ranks, along with civilian ranks of LETs, nurses, cooks, and facilities personnel, and other LA County employees.

BUT, in the American Legion, there is no rank—**we are all equal.**

### **So why not join today?**



StarPost 309 Application

Scan to access application. Email to [info@starpost309.com](mailto:info@starpost309.com)