



**Congratulations to: Scott Hanson 7th District Commander and Francesca "Frankie" Bill Department Auxiliary President**

# PALMER LAKE VFW POST #3915



[www.palmerlakevfw.org](http://www.palmerlakevfw.org)

## NO ONE DOES MORE FOR VETERANS

## IN THIS ISSUE

# Another VFW Year Completed

By Commander Jarrod McReynolds



It is with great honor that I was able to accept on behalf of Palmer Lake VFW Post 3915 All-State Commander honors. While the

commander is the one that gets to wear the white hat, it is the whole Post that earned this award. It was the hard work of all the Post and Auxiliary members working together to get our programs done, and find new members that earned our Post this award.

This year is already starting with a bang, and we are already gearing up with programs and other events. I hope that you will continue to join us for programs and events, to continue growing our Post and what we are able to do for our Veterans and their families along with supporting our community and advocating for our youth.

Congratulations to our very own Scott Hanson and Francesca Bill for being elected to higher office in our great organization. Scott Hanson is our District 7 commander, and Frankie Bill is our new Department President. Your home post is honored to support you in your years, and we look forward

to your great leadership for this upcoming year!!!

We just completed a great fundraiser for one of our own, and I wanted to thank Janet Schaak for all of her hard work on setting this event up. It was great to see so many people come out to help support one of our own Veterans and her family at this time of need.

We continue with preparations for our 3rd annual suicide awareness run/walk 5K. The next big date will be Monday July 8th 1800 for stuffing 300 plus envelopes for letters to business for sponsorship. Please come on out and join us, the more hands, the faster the work will go. Thank you Jonell for taking this project on this year.

With that said if you do not know, Jim Williams who has been our senior vice for the last few years, has moved to Italy. He is going to be greatly missed, but always remembered by the team here at Palmer Lake VFW.

Thank you to all of our Post and Auxiliary members for always joining in to make every event, and program great, I look forward to another great year!!!!

Commander Jarrod McReynolds

### Auxiliary News

The latest from our Auxiliary President Page 2

### Prayer Corner

Comrades or family or a comrade in need Page 4

### VFW Programs

Community Service Page 4

Membership Page 6

Honor Guard Page 6

Youth Activities Page 6

Safety Page 6

Veterans Issues Page 7

Other Stuff Page 8

The Cootie Corner Page 8

Legislation Page 9

Veterans and Post Activities Page 10

Americanism and Citizenship Page 11

### Help Wanted

A new take on volunteering Page 12

### Dates to Note & Contacts

Mark your calendar or find us Page 12

### The Canteen

July Calendar Page 13

## Auxiliary News

By President Tracy McReynolds

Greetings Brothers and Sisters,

June has come and gone and we have a new regime in place once again at our Department headquarters. As some of you know and some of you may not our very own Francesca Bill has been sworn in as Department of Minnesota Auxiliary President. She is ready to serve our organization and be at the forefront for us. She has a wonderful team of officers to help support each and every one of us. So thank you Francesca for answering that call for our organization.

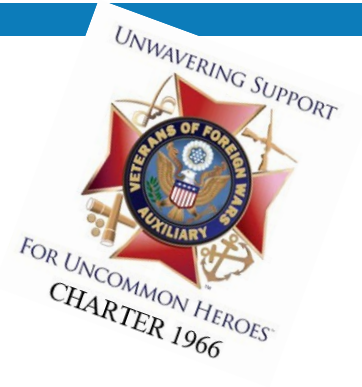


Happy 4th of July to each and everyone of you. Please keep in mind when celebrating with fireworks that not everyone enjoys them. Be mindful of your neighbors who may be veterans.

July we will have the 120th National Convention in Orlando, FL.

The dates are 7/20-7/24 if you plan on attending please let me know, would love to see you there.

We have a lot of fun things planned once again so watch for updates on our Facebook pages and of course the Commanders newsletter.



Thank you all for your continued support in helping our veterans and their families.

Remember to turn in your community service hours

<https://www.palmerlakevfw.org/enter-service-hours>

Thank you for your support,

Tracy McReynolds, Auxiliary President

Palmer Lake VFW Post #3915 Auxiliary

Email: [Auxiliary.vfw3915@gmail.com](mailto:Auxiliary.vfw3915@gmail.com)





## Auxiliary News and Activities

### Veteran's Camp on Big Marie Lake

by Carolyn Puttin

This year-round facility may be one of the best kept secrets. It is located approximately 35 miles from our Post near the city of Scandia. It is a short 40 minute drive. In 1926, the Disabled Veterans Rest Camp started from a local farm that was donated to help shell shocked Veterans from WW I. During WWII, shell shocked was called battle fatigue; today it is called post-traumatic stress disorder and the camp is still there to assist the Vet's. Over the years the purpose of the camp hasn't changed just the name. And today the campground is now open to all military veterans who are currently serving or have been Honorably Discharged, veteran's families, and sponsored guests of veterans. It is a great place for camaraderie, family fun and recreation.

You might be wondering, "What I can do if I go to the camp?" The answer is there are lots of recreational activities. You can camp (cabins, tents & RV sites) boat (they rent pontoons, canoes & kayaks) fish (they have a fishing pier), swim, tubing, Frisbee golf, volleyball, horseshoes, picnic in one of the pavilions, have a campfire at night and so much more. There is a canteen on site, beer is available (you may bring your own bottle) for refreshment, games to play as well as a lending library so you can sit in the sun and read a good book.

Everything is price as an exceptional value for Vets. Where else can you get a RV site for a week with water, power and sewer for \$200.00? You can dry camp with electric only for \$120.00. Can't stay a week take the family for a short drive and just stay for the day.

### Palmer Lake & the Camp

by Carolyn Puttin

Palmer Lake in the past has had many Post picnics at the camp under the pavilion. Last year the 1st Palmer Lake Ice Fishing Contest was held. There was a great turnout and everyone had a fun time. The 2nd contest is already planned for next year. Put it on your calendar now. February 21st is open all day fishing with a fish fry in the canteen that evening. On Saturday the 22nd the contest runs from 10AM to 3PM followed by awards, door prize drawings and huge pot luck. Mike "Dex" Roberg participated in this event last year. The people who were at the contest have memories of Dex sitting in his lawn chair on the ice with a beer in one hand and a jig stick in the other having a blast. A few short weeks after the contest we lost Dex to a massive heart attack. Some of the monies raised at Dex's, Celebration of Life along with an extra

donation from the Auxiliary was donated to the Vets Camp. Recently some Auxiliary members who were camping for the week presented a check for \$1,000.00 to Ken Larson the camp manager. The camp was elated with our generous donation and camp board members Dick Drude and Chuck Cronquist also stopped by to thank us.



Ken Larson accepting check from Auxiliary members



Candy and Hali with Dick and Chuck

## Prayer Corner

By Chaplin Nate Gehl



**Palmer Lake VFW is not only a Veteran's organization, but also a family. We grow, work, laugh and morn together.**

Please keep Andrea Fierst, and Lynn Olkives and their families in your thoughts and prayers as they continue to battle cancer.

Sally Archambault lost her fight with cancer on June 14th, 2019. A celebration of her life was held at the Post on Sat June 22nd.

Oh Lord,

This month we celebrate the 234th Birthday of this great Republic. We thank you once and again for the bravery and love of the people of our armed forces. May our Country be forever free and deserving of your love.

Amen

## Community Service

Senior Vice Jonell Wilson



Greetings from your Community Service Chair.

As warmer weather approaches so do opportunities to get out and participate in a community service related event. Traditionally volunteers have their set organizations in which they volunteer

their time. For example, we have a dedicated group of volunteers who routinely provide transportation for Senior's and Veterans to and from medical appointments. We also have folks that always contribute blood, assist at food banks or just volunteer at their church. All in the spirit of giving back to the community in which we live. This spring I want to challenge everyone to look for new opportunities to get involved in community service activities. Here are some suggestions:

1. We are having our 3rd Annual Veteran Suicide Awareness 5K in September that will need volunteers to help plan and organize the event.
2. Visit Brooklyn Park Community calendar for volunteer opportunities within the Community.
3. Have a passion for a particular cause? How about organizing a volunteer event and invite post members to participate. Bring attention to

your cause, get the PAO out to cover the event and we will add a feature to our Facebook page and newsletter.

4. There are many other ways to branch off into new community service opportunities.

Regardless of how you choose to volunteer your time, always remember to log your community services hours in our community service log on our website. If you have questions or have an idea on a Community Service activity, feel free to send an email to the Commander (see link on the contact page).

Thank you everyone for your continued community service contributions.

### Share the Veterans Crisis Line Number to Save a Life

Crisis Line. This confidential, toll-free, 24-hour-a-day hot line serves Veterans and their loved ones year-round. Reach qualified, caring responders:

by phone at 800-273-8255,  
via on-line chat on their website, or  
by text message at 838255.



## Community Service (Continued)

The Veterans on the Lake resort

by Jeff Jarosz

This resort is located in Ely, Minnesota and is part of the Boundary Waters Canoe Area bordering Canada and is totally different from the Veterans Camp located on Big Marine Lake which is located at Marine on the St. Croix which is still in the Metro area.

We just returned from 8 days working at the Veterans on the Lake Camp. There are 31 nice cabins for rent there. Every year a group of retired Navy Chiefs goes up there to work. We strip the old cabins right down to the studs and install new plumbing, wiring, cabinets, counter tops, car siding (a tongue in groove board), fixtures and flooring and make them look like new. Photo #1 shows what one of the cabins looks like now after a remodel this year. This is a place for Veterans to come and relax and use the facilities and enjoy the boundary waters. Facilities are made for disabled Veterans to enjoy also. Lots of walleyes too! Lots of fun to work with old friends and make the place nicer each year.

The repairs are funded through donations. These come from Veteran's organizations, fraternal organizations, individual Veterans, businesses and individual personal donations. Palmer Lake VFW has been a very generous contributor to VOTL. Palmer Lake has donated all sizes of life jackets, first aid kits for the entire camp, coffee

makers, toasters, a beautiful new 20" heavy duty chain saw and cash to help feed the work crew. The labor is done each year by a group of retired Chief Petty Officers who donate 8 or 9 days each on site to complete these projects. All work is donated free of charge. After retiring from the Navy these men were carpenters, plumbers, cabinet makers, upholsters, block layers, electricians and heavy equipment operators until reaching Social Security age. Our oldest tradesmen are in their 80's and still hard chargers. Our group of retired professionals easily saves the resort over \$50,000 in labor each year we are up there

Any questions on going up to visit, let me know and I can fill you in with the details.

Jeff Jarosz,

I can be reached at [jjarosz@q.com](mailto:jjarosz@q.com) or 763-434-9708

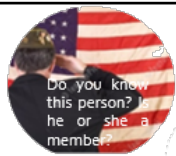
To view their website to answer any questions you may have: [Click Here](#)

All 31 cabins have a fabulous lake view. Camper trailers are also welcomed. Make sure to call before you go up there to check availability.



## Membership

Junior Vice Janet Schaak



July is the month we begin the drive to renew old memberships and to recruit new members. This July

Palmer Lake VFW will be taking our membership drive to CONvergence. Janet and Aaron Schaak are leading this effort and we hope that it will be fruitful to reaching new members. If you are interested in assisting please reach out to Janet or Aaron for more information on how you can assist

### NOTICE

If you are a new member of Palmer Lake VFW, your spouse is eligible to join the Auxiliary. Please contact Janet or Aaron or any Auxiliary member for an application and/or more information.

## Youth Activities

Program Chair Janet Schaak

If you are a scout master, or know someone who is a scout master please get in touch with the Post commander at palmerlake.vfw3915@gmail.com

The Auxiliary Youth activities chair would like to get in touch with you about some of the programs that VFW/Auxiliary has to offer.



## Honor Guard

Honor Guard Commander Robert Hystad



Tater Days Parade

## Safety

Program Chair Don Herman



Have you entered into the Community service report your safety Volunteer work?

If you have participated, or assisted in any work that deals with Pedestrian Safety, Drug Awareness, Recreational Safety, Highway Safety, Home and Fire Safety or other Safety projects please submit this on the [Community Service and Volunteer form](#).

Don't forget to also include Time spent donating blood anything that you do for the betterment of others has a place on the Community service and Volunteer form.

## Other stuff

A note from the editor:

It was my honor to attend the State convention and accept an award for my Post. Without the help of a great many people this would not have happened. Palmer Lake is truly a family that helps each other. Sorry you can not see the engraving at the top. Again thank you to all who contributed.



If you melt dry ice in a pool, can you go swimming without getting wet?

## The Cooties Corner

By CCDB Terry Wagner



We made our usual bingo night in June and will again in July. I should have more information to pass on after the National Convention.



May you all have a very happy and safe 4th

I invite anyone that would like to learn more about the Cooties and possibly joining us, to talk to any of our officers about membership.

To contact me:

E-mail at [wagnerterry@comcast.net](mailto:wagnerterry@comcast.net)

Or phone at 612-581-2719

Terry E. Wagner

CCDB PT (Sticktites) #66

Keep them smiling in their beds of white.





## Veterans' Issues

By Post Service Officer Jeff Jarosz

**FREE LEGAL ADVICE FOR VETERANS** If any member has questions about their earned VA benefits, Minnesota Veteran's benefits or questions about filing a VA claim, I can be reached at [jajaros@q.com](mailto:jajaros@q.com) or 763-434-9708

[Click here to read the entire list of upcoming events and locations](#)

## TRICARE

Sign up for TRICARE email updates [Click here](#)

The TRICARE Pharmacy Program provides you the same prescription drug coverage with most TRICARE health plans. Prescription drugs fall into four tiers: generic formulary drugs, brand-name formulary drugs, non-formulary drugs, and non-covered drugs. Your costs will vary depending on your drug category.

Read the [full article here](#)

## How Does Divorce Affect Your TRICARE Benefit

Closing the chapter on a marriage can be a confusing time. If you're going through a divorce, you may be wondering about your TRICARE benefits. Divorce, annulment, or dissolution of a marriage is a TRICARE Qualifying Life Event (QLE). This QLE allows you and family members to make changes to your TRICARE Prime or TRICARE Select health plan outside of TRICARE Open Season.

Read the [full article here](#)

## *A Digital DD-214 is on its way.*

See pages 14 and 15 for complete article

Many Veterans, with a service connected disability rating, are entering Federal parks for free with the [Lifetime National Parks Access Pass](#) from the U.S. Department of the Interior, National Park Service. The Access Pass admits the disabled and any passengers in their vehicle, and other discounts such as camping, swimming, board launching, and guided tours.

[LEARN MORE](#)

## Anoka County Veterans Advocate

Attached is the Anoka County Veterans Advocate link that has some very interesting information for all veterans. [Click Here](#)

## Legislation

By Program Chair Larry Fonder

Greetings Palmer Lake Comrades, Friends, and Family,

Tax Relief for Charitable Gambling: Thanks to the Commander for posting my summary about tax relief for charitable gambling in Minnesota to the Post's Facebook page ([IS Government taking advantage of Charities?](#)) – hopefully by the time you're reading this, the relief has survived the state's special budget session! If, by chance, the session is still going – then you can still act by reaching out and asking representatives to support tax relief for charitable gambling!

H.R. 533, Military Surviving Spouses Equity Act Passing of this bill in U.S. Congress would allow for eligible surviving family members (primarily spouses) of deceased veterans who passed away from service connected disabilities collect both the Survivor's Benefit Plan annuity through the Department of Defense and Dependency and Indemnity Compensation (DIC) through the Department of Veterans Affairs. Currently federal law, Title 10 U.S. Code Subchapter II – (<https://www.law.cornell.edu/uscode/text/10/subtitle-A/part-II/chapter-73/subchapter-II>)

requires the monthly SBP annuity to be reduced by the amount of DIC; or if the DIC is greater than the SBP, the SBP annuity is stopped and eligible premiums paid into SBP prior to the death of the retired veteran are refunded. H.R. 533 would eliminate these offsets, and instead allow the surviving spouse or eligible family member to collect both monthly payments in full.

The bill makes sense – it maximizes income to the beneficiary who must survive after the loss of both the veteran and the veteran's retirement income (which ceases upon passing). Further, the two benefits are earned for two different reasons

– SBP comes from premiums paid in from a retiree's military income, and DIC is compensation from the VA for the loss of earnings due to a service connected death. Two different pots of money – DoD and VA; the sources of the funds do not compete with one another.

Thank you and best regards!

Respectfully,

Comrade Larry Fonder

[VFW3915legislativechair@gmail.com](mailto:VFW3915legislativechair@gmail.com)

(<https://www.law.cornell.edu/uscode/text/10/subtitle-A/part-II/chapter-73/subchapter-II>)



The VFW Action Corps Weekly, an easy-to-read electronic newsletter that highlights the VFW's advocacy efforts on Capitol Hill. Immediate access to a nationwide database of contact information for all elected officials, a congressional directory.

Regular VFW "Action Alerts" on how to get involved when our nation's veterans, service members and their families need their voices heard on Capitol Hill.

To view this week's edition: [Click here](#)

## Veteran and Post Activities

By Program Chair Blair Sorvari

### POST ACTIVITIES (Open to all Post, Auxiliary Members and their Guests)

**Monday Texas Hold'em Poker** – Starts at 7 pm and goes until one individual has all the chips. This is open to All Members and Guests and there is no cost to play. Winners receive Palmer Lake Gift cards and can earn points to larger Tournaments.

**Wednesday and Friday** – Bingo (6:30) and Bargo (7:30) respectively

**Tuesday** (5:00) and **Saturday** (3:30) – Meat Raffles

**Tuesday** - Horseshoes are starting up again. \$6 and play starts at 6 PM

**Friday** - \$3 burger nights

### Free sports gear, tickets for Veterans and military kids

United Heroes League (Based in Hastings, Minnesota) keeps military families healthy and active through sport. See page 16 for more details

VetTix: Free/Discounted Sports and Concert Tickets The Veteran Tickets Foundation provides free and discounted event tickets (with a nominal delivery fee) to Veterans, active-duty military, their families, and immediate family survivors. ♦ VetTix provides these tickets to reduce stress, strengthen family bonds, build life-long memories and encourage local engagement. ♦ VetTix secures tickets to sporting events, concerts, performing arts, educational and family activities across the nation. Join the VetTix discussion on RallyPoint. SIGN UP

### Minneapolis Stand Down

Friday August 16, 2019 | 8:00 am - 3:00 pm  
Target Field, 1 Target Way, Minneapolis MN

Palmer Lake will once again be serving breakfast. Per Dave , he will have a sign up sheet. Needs people to make breakfast sandwiches Aug. 15. Needs about 20 volunteers on Aug 16th at target field. Will know more on Wednesday July 3rd when he dors the recon (walk through).

[Download flyer here](#)



## American and Citizenship

Program Chair George Hunt

# Upcoming Holidays/Dates

July 2nd - US Army Air Corps Established (1926)

July 4th - Independence Day



June 27th - Korean War Ended (1953)

June 28 - World War I Began (1914)

July - Named to honor Roman dictator Julius Caesar (100BC-44BC). In 46BC Julius Caesar made one of his greatest contributions to history: With the help of Sosigenes, he developed the Julian calendar, the precursor to the Gregorian calendar that we use today.

On July 4th 1826, exactly 50 years after the Declaration of Independence first asserted American sovereignty, former presidents John Adams and Thomas Jefferson both passed away. Jefferson desired to live until July 4 so "that he might breathe the air of the Fiftieth Anniversary". His last words, spoken the night before his death in the early afternoon of July 4 are traditionally given as some form of "Is it the Fourth?" Adams died in the early evening, hours after Jefferson. According to tradition, Adams uttered the final words, "Thomas Jefferson survives", unaware of the fact that his longtime friend had just passed away.

## Help Wanted

**Content Contributor/Video Editor** – Looking for an individual that is tech savvy that can assist in uploading and managing YouTube content, along with editing video content. Maybe also an opportunity to record content. There is no pay associated with this job, it is strictly volunteer.

Email - [palmerlake.vfw3915@gmail.com](mailto:palmerlake.vfw3915@gmail.com)

**Newsletter Journalist** – This newsletter should be more than just the commander or the President giving out information. If you have something you want to share, this is your chance. Send an email to the newsletter editor at [editor.palmerlakepost3915@gmail.com](mailto:editor.palmerlakepost3915@gmail.com) with an article or a picture you want added to the newsletter, it will be looked at, and someone will be in touch with you.

## Dates to Note

Next Aux meeting July 9th at 1800

Next Post meeting July 10th at 1900

Next Hospital Visit July 16th at 1900 meet at the post at 1830

Blood Drive Oct

3rd Annual Suicide Awareness 5K will be September 21st. More info to come.

Manke/Auxiliary Golf Tournament - Aug 10th

2nd Annual Ice Fishing Contest - February 21, 2020

## Contact Us

Commander [palmerlake.vfw3915@gmail.com](mailto:palmerlake.vfw3915@gmail.com)

Auxiliary President [Auxiliary.vfw3915@gmail.com](mailto:Auxiliary.vfw3915@gmail.com)

Newsletter information [editor.palmerlakepost3915@gmail.com](mailto:editor.palmerlakepost3915@gmail.com)

Club Manager [clubmanager.vfw3915@gmail.com](mailto:clubmanager.vfw3915@gmail.com)

Lawn Care Team [davthomp07@gmail.com](mailto:davthomp07@gmail.com)

## Canteen Calendar

Club Manager Andrea Moy

The calendar was not completed at  
time of publication



## A More Accurate, Completely Digital DD 214 Is On Its Way

(MILITARY TIMES 03 JUN 19) ... Meghann Myers

The days of having to keep a tidy copy of your discharge paperwork to prove you were in the service could be coming to an end. The Defense Department is working on creating a fully electronic version of the seminal DD 214 document, which would give veterans access to all of their information and cut down on the privacy concerns raised by the current form.

The goal is to bring the new forms online by 2024 at the latest.

There could also be major changes to the information included on the form, as well as to the way its gathered, if DoD follows the recommendations of a recent Rand Corporation study on the effort.

"In some cases, data inaccuracies occur when service members fill out DD Form 214 by hand, a problem which auto-populating data will help correct," according to the report. "However, some interviewees are worried that auto-populated information will not be further verified."

In interviews with almost 100 stakeholders, including veterans, VA staff, DoD staff and more, many voiced concern about how difficult it is to make sure a DD 214 is correct, and the added difficulty of changing one.

"This effort is all about making something better," Patricia Mulcahey, the department's director of officer and enlisted personnel management, told Military Times on Thursday.

By better, she means taking on the first big revamp of the military's official discharge document since they were first issued in 1950. Legally, Mulcahey said, DoD is obligated to give each separating service member a piece of paper that explains they are leaving active service, the reason for separation and the characterization of the discharge.

However, because the DD 214 has become a touchstone in proving one's service record, it ballooned to include not only key information like years of service, career field and rank, but awards, education, deployments and units of assignment.

The form itself is an amalgamation of more than 30 bits of information, all pulled from a variety of personnel records, transcripts and other documents that originate from multiple offices and have to be condensed into databases from each service's human resources directorate and then hand filled-in — and in many cases, corrected — on a submission for a DD 214.

In 2015, when the department was about a decade into its ongoing efforts to digitize as many paper processes as possible, DoD began sending electronic service information to the Veterans Affairs Department and the Labor Department — two key stops on a veteran's journey back to civilian life, both paying out post-discharge benefits.

But the full gamut of information available was never necessary to send to them, according to an assistant director of officer and enlisted personnel management, so they got a truncated version with all of the need-to-knows, like rank, years of service and so on.

"If VA has everything that they need on you to adjudicate your benefits, then what do you really need to be bringing them on a piece of paper?" Kent Bauer said.

Perhaps, he added, a hard copy "certificate of release or discharge" could be an abbreviated version, with just the information a veteran would need to prove past service, rather than a detailed history of it.

"Ultimately, I'd love to have this down to something that is really useful and succinct for the member," Bauer said.

But at the same time, that complete list of information could be online, where a veteran could log in to view and it send or download it if there were ever questions about past assignments, deployments or awards.

There are privacy concerns about having all of that data in a centralized location online, just as there are about having hard copy forms floating around.

"We want to understand what the impacts would be, with information that we have and the ability to dispense it electronically, against the requirement to give people this release certificate and to protect their privacy," Mulcahey said.

The new DD 214 process could only apply to service members who are not yet separated. Current veterans will keep their existing documentation.

## First steps

So in 2017, DoD asked Rand to study the idea, and they published their results in May.

One of their top findings, according to the report, is that DoD needs new policies and data management processes to make sure the information on a DD 214 is complete and accurate.

“Policies are also needed to determine who can change inaccurate data,” the report added. “Interviewees reported that the [Defense Manpower Data Center] will often change DD Form 214 data without relaying those changes back to the services, which has created problems with veterans seeking certain benefits. A policy that requires all data changes to be made at the service level could improve data accuracy.”

Overall, RAND recommended using that feedback to modify the form and update how it’s compiled, while also creating detailed training on the new products, with a phased approach to implementation.

The next step, Mulcahey said, is taking those recommendations and running with them.

The department is looking at about three to five years to get the new DD 214 fully online, Bauer said, which dovetails with the services’ individual efforts to create integrated pay and personnel systems, where something like this form could be accessed in the future.

## Free sports gear, tickets for Veterans and military kids

United Heroes League keeps military families healthy and active through sport

When a military recruit signs the dotted line and raises a hand to swear the solemn oath, their service and sacrifice begins. Often unseen, but never forgotten, are the children who make those sacrifices, too. While Mom or Dad proudly serves, these 'little heroes' endure long deployments, extended training exercises and many of the stressors inherent in military life.



*Minnesota Vikings Tight End Kyle Rudolph with a group of United Heroes League Military Kids*



*A Military Child goes fishing with UHL Outdoors*

The United Heroes League (UHL) would like to honor these children with [free sports gear](#), [pro-sports tickets](#), access to [free sports camps](#), and [grants to cover the costs of sports association fees](#). UHL also provides [once in a lifetime experiences](#) to military families, including past trips to Super Bowl 52, the NHL All Star Game and in-person meetings with professional athletes.

**Any active service member or Honorably discharged Veteran who deployed to a combat zone (as defined by DOD or VA), with children under 18-years-old, are encouraged to apply.**

To date, United Heroes League has provided over \$10 million dollars' worth of sports gear, tickets, camps and grants to over 40,000 military families across the U.S. 120 athlete ambassadors from six different sports and over 30 professional sports organizations have joined the UHL Team.

Also for 2019, United Heroes League proudly introduces [UHL Outdoors](#). Military and Veteran families can join NHL All Star and passionate military supporter Steve Payne for one of eight nationwide fishing events. The service member or Veteran, and their child, will join Payne and a host of professional athletes out on the water for a memorable day of fishing.

"You have no idea how much joy it gave me to watch my son light up opening the box to his first pair of skates on his birthday! I have never seen him so happy. He immediately took off his shoes and **tried to put the skates on in the kitchen**. Thank you, thank you, thank you!" –Drew (USAF)

**Based in Hastings, Minnesota, United Heroes League is a nationally registered 501c3 non-profit organization and maintains an average 90% giving rate.**

To learn more visit [our web site](#) or call at 651-319-0737, or email [info@UnitedHeroesLeague.org](mailto:info@UnitedHeroesLeague.org)

Learn more about UHL's eligibility and prioritization at <https://unitedheroesleague.org/whos-eligible/>