



## August 2013 Newsletter

(click [here](#) to see up-to-date chain of command)

**CHARTER 1965**

Good Day Members,

I just returned from the National VFW Convention in Kentucky and I am pleased and honored to have been able to accept our 6<sup>th</sup> All American Post Award. Once again, we were the only Post in the State of MN to receive this prestigious honor. The Post could not attain this level of sustained success without the tireless help of you, our members. That is why it is so important to help out with programs, to keep our tradition providing for our Vets and families. There is no other Post in the State that can match our success... Thank you!

### **I want recognize the 60<sup>th</sup> Anniversary of the Korean War:**

The United States, North Korea and China sign an armistice, which ends the war but fails to bring about a permanent peace. To date, the Republic of Korea (South) and Democratic Peoples' Republic of Korea (North) have not signed a peace treaty. July 27, 1953. To all my Comrades, thank you for your sacrifices.

**Post Summer Clean up:** Was 20 July 2013 from 0900-1200. THANK YOU to all who showed up to help keep the Post looking nice. The team completed many activities including the addition of day lilies to replace some of our dead shrubs. Our Next clean up, is 31 Aug 2013 from 0900-1200. This will be the last clean up before our Pig Roast on 08 September 2013.

**Pig Roast:** Will be 08 September 2013. We will be selling Calendars again this year so buy early as they are great gifts.

**Memorial Stones:** Around the front of the building will once again be available for sale. I am working with the vendor to see if we can get better pricing. I have appointed **Terry Wagner** the House Committee Chairman to oversee this activity. Doesn't matter if you are a Post member or Auxiliary member, we can accommodate. What a great gift to give to a loved one. Please email us at [palmerlake.vfw3915@gmail.com](mailto:palmerlake.vfw3915@gmail.com) and order yours today.

**Member Dinner:** The RSVP form is attached in this newsletter. Please sign up early. Once the deadline of October 5 passes for you RSVP, any request will need to go through me. I do this because last minute additions make it challenging for your team trying to put on this activity. So please send them in on time or RSVP online

**State/Post VFW Veterans Activities:** The Department Fall Conference will be held in Alexandria, September 13-15, 2013.

**VOICE OF DEMOCRACY --- I really need your help.** If interested, email the Post please. This program is extremely important as this gives our youth a chance to learn about this country and put their thoughts into hardcopy. Time begins now. Department Voice of Democracy Chairman, Bob Harris requests that the Post VOD Chairman contact High School Advisors, Teachers and Principals the first week of school to discuss the plans to sponsor the 2013-2014 VOD Program. The Theme this year is:

**“Why I’m Optimistic about Our Nation’s Future”.**

I still need help with programs. Remember the reason we are here, to assist our Veterans, their widows and orphans. The small few supporting these programs really need your help. Please.

**Next Post meeting is: 14 Aug 2013 @ 7pm**

**Next Blood Drive is: 19 Aug 2013 2-7pm**

Yours in Comradeship,  
Scott Bill, Commander, Post 3915  
palmerlake.vfw3915@gmail.com



***CHARTER 1930***

**August 2013 Newsletter**

Comrades and Sisters,

We need your help finding an Eagle Scout, Bus Driver, EMT, Fireman and Police Officer. Call me if you have suggestion for any of the above.

Our membership is coming along but until National gives us the new figure, we are at a standstill. Any help would be appreciated. Thank you.

Come to a meeting and meet some great people. We meet on the third Wednesday at 7:00 PM.

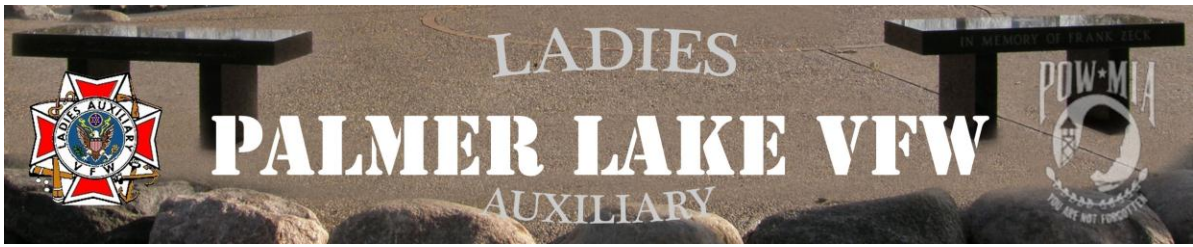
Our Post Dinner will be September 5th. Watch for invitations in the mail.

***REMEMBER***

**A veteran is one who was called on to serve his country,  
to defend it, to die for it and many did.  
Pray for those troops in harms way and those who are hurting.**

***God Bless this great Nation and its Veterans !***

Chuck Quigley, Commander, Post 217, 763-424-6417  
Candie Pelz, Auxiliary President, 612-521-5232



(click [here](#) to see up-to-date chain of command)

**CHARTER 1966**

## **August 2013 Newsletter**

Dear Sisters,

It seems like August has come around too quickly. I hope all of you have been enjoying your summer. The Auxiliary Golf Tournament on July 13 was a big success and it seems fun was had by all! Thank you to Donna Clover for organizing this event. Also thanks to Jan & Lil for managing the registration, Dawn & Cindy for working the beer cart and last but not least, Dave & Hali for cooking for the event. Both Donna and I REALLY appreciate all of the volunteers who helped and thanks to all of our friends who generously contributed hole sponsorships and support for our organization! Without them, it wouldn't have been near as successful.

On Friday, 8/23, at 5:30 p.m., we will be holding a "Picnic Basket Raffle." (It's a fancy meat raffle.) Come to the Club and take a chance on winning some goodies for your Labor Day Celebration.

Of course, the mention of Labor Day brings to mind several things—State Fair, Back to School, and right on the heels of Labor Day - our annual Pig Roast.

Back Pack Mania is in full swing. We have received many generous donations so far. Through Jill Lawrence, we received several boxes of school supplies from the Dollar Tree stores. Thanks Jill, and thanks to Men's Auxiliary President, Dave "Booya," for picking up the supplies. Please talk to our Americanism/Youth Chairperson, Theresa, if you have questions or would like to support this community activity to support our youth.

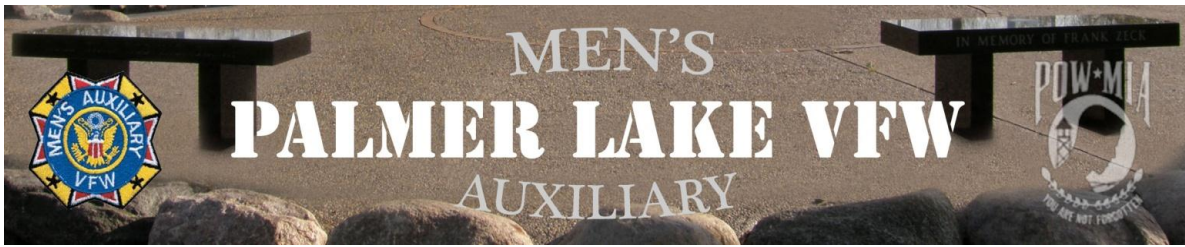
The VFW will again have a booth at the State Fair to support our VFW and Auxiliary. If you would like to volunteer, you can contact Lee Bojarski at Department VFW, phone 651-291-1757.

Tickets for our Ladies Auxiliary Pig Roast Raffle will be going on sale soon. Please keep an "eye out and an ear open" for further details. Also, I would like to remind you that September is POW/MIA recognition month and the Ladies Auxiliary is selling T-shirts for \$20 to help support the recovery efforts of JPAC and Freedom Flight. The shirts are on display in the Club room.

I hope to see you at our next meeting on August 13<sup>th</sup> (2<sup>nd</sup> Tuesday of the month), and if you are not aware, please note the start time has changed to **6:30p.m.**

Remember to report your community service! Please contact Marcie Short at 612-619-2333 or **mshort7725@comcast.net**.

Kim Mudge  
Palmer Lake VFW Post 3915 Ladies Auxiliary  
Email: **kim.mudge@yahoo.com**  
Cell Phone: 763-234-3409



(click [here](#) to see up-to-date chain of command)

### ***CHARTER 2004***

## **August 2013 Newsletter**

Members,

### **Stand Down**

On August 6, Palmer Lake VFW Post 3915 and Clarence LaBelle Post 217 will be assisting Stand Down efforts at Ft. Snelling by providing breakfast. Lee Ulferts and Chuck Quigley have been finding volunteers and volunteering for this function for years. Last year and this year, the Men's Auxiliary have become involved with the purpose of passing the baton for the future. Brian Melchior, our new Jr. Vice, is heading up our efforts as Chuck and Lee will help us with our new responsibilities. If you want to be involved, please call Brian at 612-590-6646. You don't need to be a Men's Auxiliary member to participate. Your help is greatly appreciated.

Stand Downs are one part of the Department of Veterans Affairs' efforts to provide services to homeless veterans. Stand Downs are typically one to three day events providing services to homeless Veterans such as food, shelter, clothing, health screenings, VA and Social Security benefits, counseling, and referrals to a variety of other necessary services, such as housing, employment and substance abuse treatment. Stand Downs are collaborative events, coordinated between local VA's, other government agencies, and community agencies who serve the homeless. The first Stand Down was organized in 1988 by a group of Vietnam Veterans in San Diego. Since then, Stand Downs have been used as an effective tool in reaching out to homeless Veterans, reaching more than 500,000 Veterans and their family members.

### **Men's Auxiliary Golf Outing**

The Golf outing is scheduled for September 7<sup>th</sup>. We are currently looking for hole sponsors and prizes. A sign-up sheet for teams will be posted in the near future. We will once again be golfing at Brookland Executive. It's a best ball event and tee off time is 10:00 a.m. For those that want to sponsor a hole or can help with the prizes, please see Rodney Oppegard or me. Refreshments will be available at the course as normal.

### **Booya**

Donations for the Booya ingredients are fantastic. We have only a few items left. The Booya is sponsored by the Ladies and Men's Auxiliaries and scheduled for October 12<sup>th</sup>. Please get the word out

### **Club Clean-Up**

We had 15 volunteer for our last clean up on July 20 and got a lot done. Commander Scott still has a list of things that he and the House Committee would like to see done this year. We thank each and every participant that showed up to help. A special thanks to the non-members that donate their time to help keep the grounds looking good. The next clean up is scheduled for August 31.

### **Champlin Park Boosters Golf Outing**

Palmer Lake VFW recently had 4 of our members play in the Booster Club Golf Fundraiser (Steve Peterson, Dave Brown, Donna Clover and Mike Marthaler). Mike reports that the event was very fun. Champlin Park Football Players met them and carried their bags and catered to them all during the event. Mike thanks the Post and both Auxiliaries for allowing him to represent the Post. As a side note, the Post and Auxiliaries donated to the Football teams. In turn we will have an advertisement in the game programs and 4 spots for their golf tournament. The Champlin Park Football players help us at the Pig Roast, Booya and other events. It's great to have younger people to haul tables, chairs, rocks etc. We also have a similar relationship with the Brooklyn Center Baseball teams.

### **Fall Cabala's Raffle**

Coming soon! More information will be available in the next newsletter.

### **Save the Dates**

August 7<sup>th</sup> 6:00 PM - Men's Auxiliary Monthly Meeting

August 21<sup>st</sup> 5:35 PM - Booya Prep Meeting

August 31 – Clean Up Day

September 8 - Post Pig Roast and Corn Feed.

October 12 - Booya

October 20 - Membership Dinner

### **Dues**

Please pay your dues early this year. Del is in the process of cleaning up our membership roles. Thanks in advance.

For membership issues or payment of you annual dues, please contact Del Lottman (catcher12@comcast.net) or 612-669-1210. For any member referrals, contact any of our members. Please remember to turn in your community service hours to Stuart Ruud, Jr. Vice.

If you would like to donate blood or help with the Blood Drive, call Gary Archambault at 763-432-9828 or sign up at the Post. The next Blood Drive is August 19. Your help is appreciated!

Dave Booya Thompson  
Palmer Lake VFW Post 3915 Men's Auxiliary  
Email: David.R.Thompson@hdrinc.com



## Palmer Lake VFW Calendar - August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>28</b>	<b>29</b> 5:30 pm Member Drawing  9 pm-12:30 am - Happy Hour - \$2 Domestic & Rail Drinks	<b>30</b> 5:30 pm Meat Raffle  5:30 pm Guest Drawing  6 pm Horseshoes (Sign-up at 5:30)	<b>31</b> Taco's -2 for \$3  5:30 pm Auxiliary Drawing  7:30 - 11:30 pm Karaoke	<b>August 1</b> Chili Dogs - \$2  4:30 - 6:30 pm Happy Hour - \$2 Domestic & Rail Drinks  7:30 - 10:30 pm Music & Song on the Patio with Trey ZehrGrimm	<b>2</b> 5 pm - 7:30 pm Buck Burgers  7:30 pm-Bargo  9:30 pm - 12:30 DJ (After Bargo)	<b>3</b> 3:30 pm Meat Raffle  7:30 pm-12:00 Karaoke
<b>4</b>	<b>5</b> 5:30 pm Member Drawing  9 pm-12:30 am Happy Hour - \$2 Domestic & Rail Drinks	<b>6</b> 5:30 pm Meat Raffle  5:30 pm Guest Drawing  6 pm Horseshoes (Sign-up at 5:30)	<b>7</b> Taco's -2 for \$3  5:30 pm Auxiliary Drawing  6 pm 3915 Men's Auxiliary Mtg.  7:30 - 11:30 pm Karaoke	<b>8</b> Chili Dogs - \$2  4:30 - 6:30 pm Happy Hour - \$2 Domestic & Rail Drinks  7:30 - 10:30 pm Music & Song on the Patio with Trey ZehrGrimm	<b>9</b> 5 pm - 7:30 pm Buck Burgers  7:30 pm-Bargo  9:30 pm - 12:30 DJ (After Bargo)	<b>10</b> 3:30 pm Meat Raffle  7:30 pm-12:00 Karaoke
<b>11</b>	<b>12</b> 5:30 pm Member Drawing  9 pm-12:30 am Happy Hour - \$2 Domestic & Rail Drinks	<b>13</b> 5:30 pm Meat Raffle  5:30 pm Guest Drawing  6 pm Horseshoes (Sign-up at 5:30)  6:30 pm 3915 Ladies Auxiliary Mtg.	<b>14</b> Taco's -2 for \$3  5:30 pm Auxiliary Drawing  6:15 pm-Housing Committee Mtg.  7 pm Post 3915 Meeting  8 pm - Karaoke	<b>15</b> Chili Dogs - \$2  4:30 - 6:30 pm Happy Hour - \$2 Domestic & Rail Drinks  7:30 - 10:30 pm Music & Song on the Patio with Trey ZehrGrimm	<b>16</b> 5 pm - 7:30 pm Buck Burgers  5 pm - 7 pm Grill Night - Steak,Chicken or Salmon (Sponsored by Ladies Aux.)  7:30 pm-Bargo  9:30 pm - 12:30 DJ (After Bargo)	<b>17</b> 3:30 pm Meat Raffle  7:30 pm-12:00 Karaoke
<b>18</b>	<b>19</b> 2 pm - 7 pm Blood Drive at the Post  5:30 pm Member Drawing  9 pm-12:30 am Happy Hour - \$2 Domestic & Rail Drinks	<b>20</b> 5:30 pm Meat Raffle  5:30 pm Guest Drawing  6 pm Horseshoes (Sign-up at 5:30)	<b>21</b> Taco's -2 for \$3  5:30 pm Auxiliary Drawing  5:35 pm - Booya Planning Meeting  7 pm-Post 217 and Auxiliary Mtg.  7:30 - 11:30 pm Karaoke	<b>22</b> Chili Dogs - \$2  4:30 - 6:30 pm Happy Hour - \$2 Domestic & Rail Drinks  7:30 - 10:30 pm Music & Song on the Patio with Trey ZehrGrimm	<b>23</b> 5 pm - 7:30 pm Buck Burgers  5:30 pm – Picnic Basket Raffle  7:30 pm Bargo  9:30 pm - 12:30 DJ (After Bargo)	<b>24</b> 3:30 pm Meat Raffle  7:30 pm-12:00 Karaoke
<b>25</b>	<b>26</b> 5:30 pm Member Drawing  9 pm-12:30 am Happy Hour - \$2 Domestic & Rail Drinks	<b>27</b> 5:30 pm Meat Raffle  5:30 pm Guest Drawing  6 pm Horseshoes (Sign-up 5:30)	<b>28</b> Taco's -2 for \$3  5:30 pm Auxiliary Drawing  7:30 - 11:30 pm Karaoke	<b>29</b> Chili Dogs - \$2  4:30 - 6:30 pm Happy Hour - \$2 Dom. & Rail Drinks  7:30 - 10:30 pm Music & Song on the Patio with Trey ZehrGrimm	<b>30</b> 5 pm - 7:30 pm Buck Burgers  7:30 pm-Bargo  9:30 pm-12:30 DJ (After Bargo)	<b>31</b> 9:00-12:00 – Clean Up Day at the Post – Help is appreciated 3:30 pm Meat Raffle  7:30 pm-12:00 Karaoke



**Veterans of Foreign Wars of the United States**  
**Palmer Lake Post 3915- 6 Time All American Post**  
2817 Brookdale Drive, Brooklyn Park, MN 55444-0016

Dear Comrades and Auxiliary Members of Post 3915:

It is with great pleasure to invite you to our **POST 3915 MEMBER Dinner** at the Post Home on **Sunday, October 20, 2013**. The festivities will include:

**5:00 -6:00 p.m. – Social Hour** – All Rail Drinks and Domestic Beers **(\$1)**  
All premium Drinks and Import Beers **(\$1 off regular price)**

**6:00 – 7:00 p.m. – Dinner** – TBD - It will be good!

**7:00 – 8:00 p.m. – Program + Post 3915 & Ladies Auxiliary Pin Presentation**

Remember, this dinner is free to all Post 3915 Members and Auxiliary Members who have paid their dues, along with one guest. Current dues are:

\$ 35.00 – Post      \$ 16.00 – Ladies Auxiliary      \$ 20.00 - Men's Auxiliary

Please RSVP (mail or bring the bottom portion to the Post) **no later than SATURDAY, OCTOBER 5.**

**Preferred RSVP: Sign up "online" – Simple & Easy! Go to [www.palmerlakevfw.com](http://www.palmerlakevfw.com)**

It is **essential you reserve your spot** as the growth of the Post has increased enough in the past year that we may not be able to accommodate everyone. We certainly don't want to turn anyone away, but we will seat those with reservations first.

Scott Bill, Commander, Post 3915

**POST 3915 MEMBER DINNER – OCT. 20 – RSVP BY OCT. 05 (Mail or bring to the Post.)**

**I will be attending:** \_\_\_\_\_ (Print Name)

**Guest name:** \_\_\_\_\_ (Print Name) Member? ☐ Yes ☐ No

**I have recently moved or I would like to update my cell / phone numbers. Please update:**

**Street:** \_\_\_\_\_ (Print)

**City, State & Zip:** \_\_\_\_\_ (Print)

**Phone Number:** (\_\_\_\_\_) \_\_\_\_\_ **Cell Number:** (\_\_\_\_\_) \_\_\_\_\_

**Email Address:** \_\_\_\_\_ (Print)

**[www.palmerlakevfw.com](http://www.palmerlakevfw.com) (If you would like the monthly newsletter emailed to you, go to our website and sign up on line.)**





**Visit our Website for more information and updates on Palmer Lake Post 3915:**

**[www.palmerlakevfw.com](http://www.palmerlakevfw.com)**

**POST 3915 OFFICERS:**

**Commander – Scott Bill**

Senior Vice – Scott Hanson

Junior Vice – Brad Klein

Quartermaster – Gary Archambault

Adjutant – Andrea Fierst

Chaplain – Stu Whelan

Judge Advocate – Terry Wagner

Surgeon – Don Nelson

Service Officers – Jim Hamann / Jeff Jarosz

Officer of the Day – Steve Peterson

1 Year Trustee – Russell Lejchner

2 Year Trustee – Keith Brown

3 Year Trustee – Blair Sorvari

**POST 3915 – LADIES AUXILIARY OFFICERS**

**President: Kim Mudge**

Sr. Vice: Kandy Charlet

Jr. Vice: Marcie Short

Treasurer: Pam Johnson

Chaplain: Judy Hystad Trustee

Conductress: Kim Doeren

Guard: Tracey Miller

Trustee 3-year: Francesca Bill

Trustee 2-year: Silver Whelan

Trustee 1-year: Donna Clover

**POST 3915 – MEN'S AUXILIARY OFFICERS**

**President: Dave Thompson**

Sr. Vice: Jeff Marsyla

Jr. Vice: Brian Melchior

Adjutant: Lenny Medearis

Treasurer: Mike Marthaler

Chaplin: Dale Palm

3rd Year Trustee: Gary Lind

2nd Year Trustee: Ken Cudo

3rd Year Trustee: Matt Lee

**[www.palmerlakevfw.com](http://www.palmerlakevfw.com)**

**(If you would like the monthly newsletter emailed to you, go to our website and sign up on line.)**

*C\*A\*M\*M\*O\*, the Center for American Military Music Opportunities,*

*INTRODUCES*

## **VIBEZ**

Music & Memory: iPod Project for Military and Veterans

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**VIBEZ** is an individualized therapeutic music listening program for service members and veterans, accessible round the clock – portable and available to them no matter where they are located.

**VIBEZ** incorporates iPods and headphones with custom playlists, using each person's preferred music as well as specially chosen music to accomplish their individualized goals and objectives.

Neurologic research has demonstrated the impact music has on the human brain and validates its use as a therapeutic tool. Here are just some of the ways that personalized therapeutic music can help:

- Alleviate stress and anxiety
- Reduce agitation
- Induce relaxation
- Provide non-pharmacological pain management
- Stimulate an injured brain
- Normalize blood pressure, heart rate, and respiration
- Manage mood and emotions
- Provide enjoyment
- Improve memory and attention skills

A list of suggested research studies can be found on the CAMMO website:  
[www.cammomusic.org](http://www.cammomusic.org).

All active duty service members and veterans are eligible to apply for the **VIBEZ** program. Each candidate undergoes an assessment, receives an individualized therapy plan, an iPod loaded with a personalized playlist, along with ear buds. The program also includes follow-up evaluation and guidance as needed. No doctor's order is necessary but proof of military service is required.

The **VIBEZ** program has been developed by CAMMO staff, board-certified music therapists who have training and experience in treating post-traumatic stress, traumatic brain injury, dementia, Alzheimer's disease, and other disabilities.

#### HOW YOU CAN HELP

You can partner with CAMMO Music Therapy to make a difference in the lives of our service members and veterans. By making a donation to the **VIBEZ** program, you can support recovery and resiliency thru music. Any size gift is appreciated. Here are some suggested levels of giving:

- \$250 One complete VIBEZ package (iPod, headphones, iTunes music gift card, consultation)
- \$100 One iPod Shuffle and headphones
- \$49 One iPod Shuffle
- \$25 iTunes music gift card

Donations made be made directly to the CAMMO website: [www.cammomusic.org](http://www.cammomusic.org) or thru your organization.

CAMMO is pleased to be partnering with The Ladies Auxiliary to the VFW of MN, District 7 to bring the VIBEZ program to the deserving service members and veterans from the great state of Minnesota.

For more information, contact CAMMO or the Ladies Auxiliary to the VFW of MN, District 7.

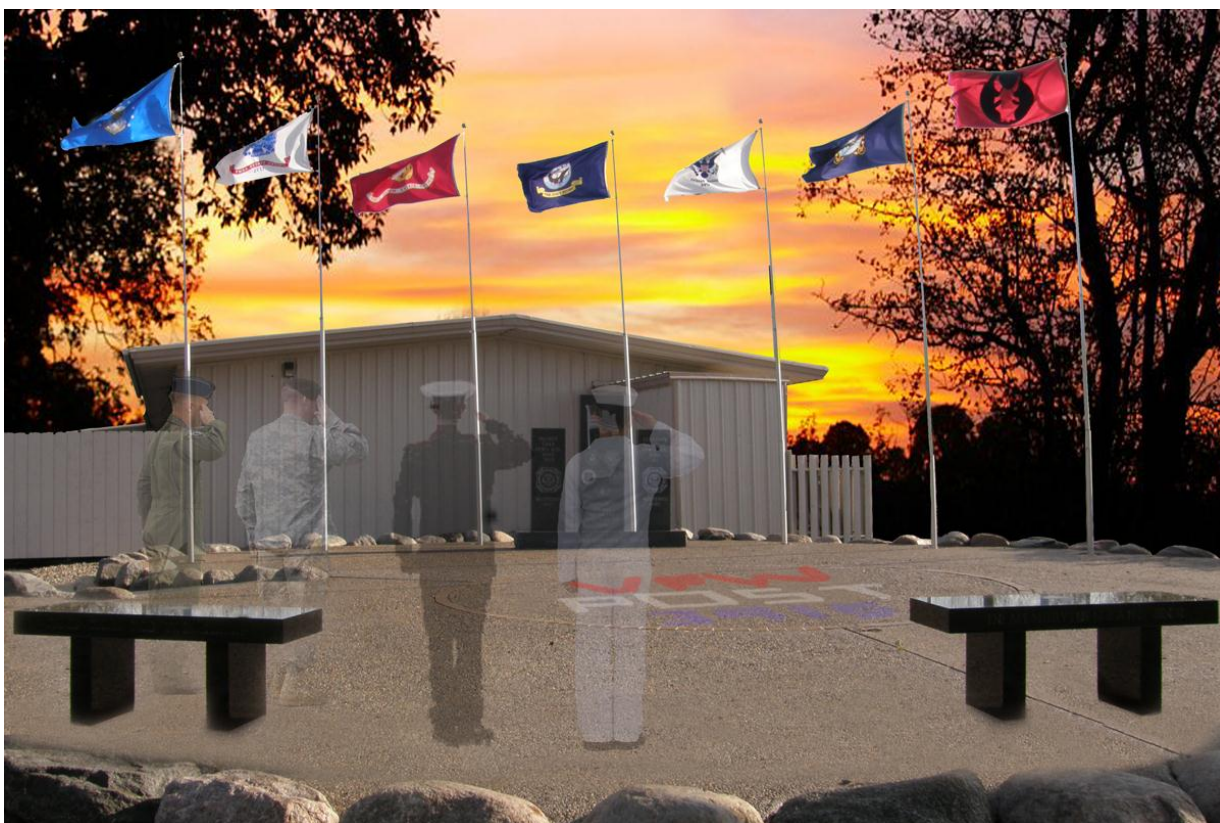


Ladies Auxiliary to the VFW of MN, District 7  
Francesca Bill, President, 2013/2014  
4882 Woodcrest Rd.  
White Bear Lake, MN 55110  
(651) 263-6721  
[frankiebill@msn.com](mailto:frankiebill@msn.com)



The Center for American Military Music Opportunities  
2121 Eisenhower Avenue, Suite 200  
Alexandria, VA 22314  
(703) 518-3162  
[www.cammomusic.org](http://www.cammomusic.org)

*Apple is not a participant in or sponsor of VIBEZ.*



Click [here](#) to view updated calendar.

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Thanks,  
Webmaster