



PALMER LAKE VFW POST 3915



www.palmerlakevfw.org

NO ONE DOES MORE FOR VETERANS

IN THIS ISSUE

You all make me so proud.

By: Commander Jarrod McReynolds



Greetings comrades, I also bring back greetings from many other comrades from the National Convention. It was time well spent getting a chance to discuss how other Posts throughout our great nation are serving Veterans and helping out in their communities.

I shared what we are doing with events like the Ruck march and the 5K (booth coming up very fast) and many other Post commanders were very impressed with what we are doing. We got a lot of kudos for our efforts with the Anoka healing nest and the great Fire Pit project. We should all feel blessed that people are taking notice not only in our state but in other Departments as well.

We as a Post do a lot of great work, and we have a lot of great individuals that help out, and for that I am forever thankful.

Remember at the end of the day it is all about helping Veterans, our community and showing the Youth how to lead into the future. While many other Posts and Auxiliaries are struggling just to stay alive our Post is ever growing and making a difference.

As I mentioned we have Janet's Ruck March coming up on the 11th come on out and cheer her on, and visit the information tables that will be setup in the hall. Janet is going to start her march at 0500. Don't forget that the 5K and post picnic will be Sep 22. The Post will be providing food, it will be BYOB, and the city has OK the consumption of alcohol during the picnic.

Keep an eye in the bar for the Fall Freedom Festival help signup page. It should be a great time with great food vendors, live music and the beer truck.

Department has a new website check it out at <https://www.mnvfw.org>

Auxiliary News

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Auxiliary News

by President Tracy McReynolds

Greetings Brothers and Sisters

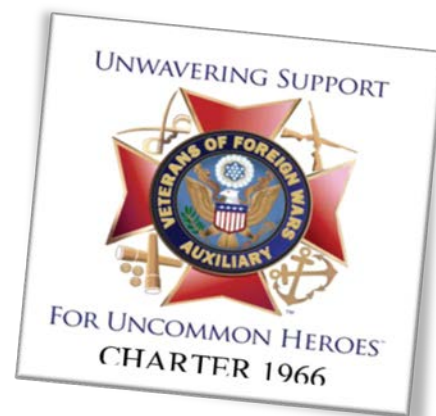
The new Auxiliary year has officially begun. This past week we had our National Convention in Kansas City, MO and it was a great convention as usual.

We are still in need of a few chairs to be filled please reach out to me or one of our line officers if you would be interested in joining our team. We need a Legislative Chair, Membership and Community Service chair.

Please see the Commanders newsletter about upcoming Post events, we have a lot of exciting things happening.

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

Our next meeting will be Tuesday August 14th at 6:30 pm in the NASCAR room due to voting in the hall.



Remember to turn in your community service hours

<http://www.palmerlakevfw.org/content/enter-volunteer-hours>

As always I want to personally thank each and every one of you for always putting our veteran's needs first.

Thank you,
Tracy McReynolds, Auxiliary President
Palmer Lake VFW Post #3915
Email: Trosbacka@yahoo.com

Prayer Corner

Chaplin Nate Gehl



Please keep Comrade George Hunt and his family in your thoughts in prayers. This past week his father lost his battle with cancer.

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

Palmer Lake VFW 2817 Brookdale Drive, Brooklyn Park MN 55444
Phone: [763.560.3720](tel:763.560.3720) Cell: [651.307.6133](tel:651.307.6133) Fax: [763.560.0408](tel:763.560.0408)
Email: palmerlake.vfw3915@gmail.com Website: www.palmerlakevfw.org

Community Service

Senior Vice Jim Williams

Serving Community and Veterans, Palmer Lake VFW members, Auxiliary and supporters continue to make an impact on our community. For the month of June Palmer Lake VFW volunteers accounted for over 300 hours of community service. In addition to volunteer work, we collect 27 pints of blood at our June blood drive and donated over \$5600 to Eagles Healing Nest Fire Pit Project for the Anoka Veterans Homes. Thank you to everyone for such a great month of community service.



As we continue to make a difference we are always looking out for opportunities to serve veterans and our community. If you have ideas or projects that you think the post would be interested in participating in, please contact our Senior-Vice Commander Jim Williams at palmerlake.srvice@gmail.com.

As a reminder, you can log your community service hours by visiting palmerlakevfw.org and clicking on the

[community service link](#).

Each day 22 Veterans commit suicide. That is one veteran every 65 minutes! Take a step to raise awareness! Let our Veterans know they are not alone and it is okay to ask for help. Come join the Palmer Lake VFW for our 2nd Annual Suicide Awareness 5K. Race proceeds donated to Veterans mental health programs.



Please join the Palmer Lake VFW after the 5K for a FREE picnic hosted by the VFW. This is a family-friendly event open to family and friends of VFW members and participants of the Veteran's Suicide Awareness 5K. The picnic will be located at the park where the 5K begins. We hope to see you there!

[Click here to sign up.](#)



Janet's Mission Capable 22 Mile Road March: 11 August

-BENEFIT ROAD-MARCH FOR HEROES PROJECT

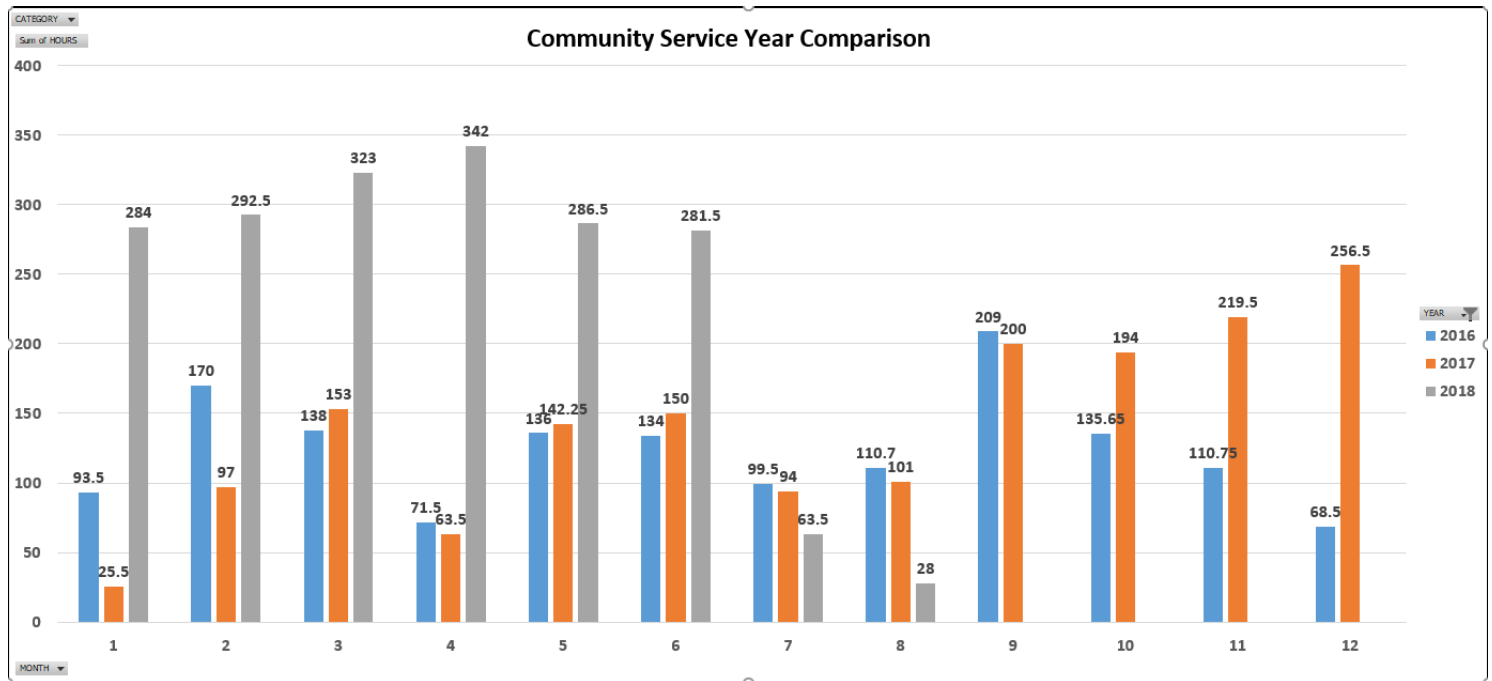
This is a 22 -mile road march. This event is open to all Veterans that want to participate. Event is to help raise awareness of the challenges our service members and Veterans endure during after serving, and from combat. Funds raised are to be donated to the Heroes Project, which paid for Charlie Lineville, the Veteran in the photo, to climb Mt. Everest. The heroes Project also helps disabled Veterans achieve other dreams.

On August 11th 2018 starting at 0500 Janet Schaak a Post member of Palmer Lake VFW Post 3915, and a disabled Veteran will be doing a 22 Mile Road March through Brooklyn Park to raise money for the heroes project, raise awareness for disabled Veterans, Veterans suffering from PTSD and Suicide awareness within the Veterans Community.

More information, and a link for ordering T-Shirts to support this great event can be found here [Janet's Mission Capable 22 Mile Road March](#)

Please make sure you are reporting your Community Service Hours [Enter Volunteer Hours](#)

It is not easy to see in this graph but Palmer Lake VFW has already exceeded the total Volunteer hours in 7 months this year as compared to all of last year. Way to go team Palmer Lake VFW!!!!



Fast Fun Fact

World's fastest computer

The Summit computer, which cost \$200 million to build, can do mathematical calculations at the rate of 200 quadrillion per second, or 200 petaflops. If a person did one calculation a second, one would have to live for more than 63 billion years to match what the machine can do in a second!

Membership

Junior-Vice Jonell Willson

The fundamental differences between our organization and other veterans organizations, and one in which we take great pride, are our eligibility qualifications. There are three primary requisites for membership in the Veterans of Foreign Wars of the United States: (1) U.S. Citizen or U.S. National (2) Honorable service in the Armed Forces of the United States (3) Service entitling the applicant to the award of a recognized campaign medal or as set forth in the Congressional Charter and By-Laws and Manual of Procedure and Ritual.

Do you carry a membership application with you at all times? If not you can always send perspective members to <http://palmerlakevfw.org/content/membership-application>

They can fill out an application, upload their DD-214 and pay all in one place.

The following are Recruiting Awards that individual members can receive when you recruit new members

- 5, 10, 15 Corresponding numbered member pin
- 25 Commander-in-Chief Membership coin & citation
- 50 VFW leather travel bag
- 75 Commemorative medallion set
- 100 Century cap and citation
- 175 National aide-de-camp cap and citation

Service Officer VETERAN'S ISSUES

by Post Service Officer Jeff Jarosz



FREE LEGAL ADVICE FOR VETERANS

Coming up in September are free legal clinics for Veterans. These clinics provide lawyers to answer legal questions you may have about wills, trusts, health care directives, power of attorney, housing employment, debt collection, expungement, child support and family law. These services are totally free and you don't need an appointment, just walk in. I can't stress enough the importance of your spouse and yourself having valid "power of attorney" documents on each other. In case of sickness or death these documents will save you numerous headaches and heartaches. Here are the dates for the upcoming Veteran Legal Clinics:

September 6, 2018
Anoka County Courthouse Room 237
9am to 3pm

Just bring a copy of your DD-214 to show proof that you are a Veteran and have your questions ready for the Legal Team.

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 jajarosz@q.com or ~~763-434-9708~~

Miscellaneous jottings

North Korea Begins Returning MIA Remains [Read More](#)

More Korean and Cold War Family DNA Sought [Read More](#)

Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it. --Ronald Reagan(1986)

TRI CARE ISSUES

Do you have TRICARE Retiree Dental Program (TRDP) coverage now?

If so, then you need to know that TRDP will end on Dec.31, 2018. Not to worry – Anyone who was in TRDP this year or would have been eligible for the plan will be able to choose a dental plan from among 10 dental carriers in the Federal Employee Dental and Vision Insurance Program (FEDVIP). You can begin reviewing program options now at www.opm.gov/fedvip. You'll be able to enroll in FEDVIP during the 2018 Federal Benefits Open Season which runs from Nov 12 to Dec 10, 2018; coverage will begin on Jan 1, 2019.

Previously, FEDVIP wasn't available to Dept. of Defense beneficiaries but it will now be available to those eligible for TRDP. As a bonus, they will also be able to enroll in FEDVIP vision coverage, along with most active duty family members.

More than 3.3 million people are currently covered by FEDVIP. You can choose from dental plans offered by 10 different carriers. To enroll in FEDVIP vision, you must be enrolled in a [TRICARE health plan](#). You can decide if one of four vision plans meets your family's needs, TRICARE Young Adult enrollees are not eligible to enroll in FEDVIP vision.

For more information, visit FEDVIP website at <http://tricare.benefeds.com> and sign up for email notifications. You'll get an email when new information is available and keep dates approach. Future updates will include eligibility information, plans, carriers, rates, educational webinars and more.

Moving this summer? Your TRICARE Options May Change

Are you starting a new adventure in a new location soon? If so, that's a TRICARE Qualifying Life Event (QLE). A QLE is a major life change, like moving, getting married or divorced, or becoming eligible for Medicare. Moving doesn't change your TRICARE eligibility. But moving may change your TRICARE health plan options. For more info check with your service officer.

Links for further information

Faster VA Claims Decisions

If your service-connected condition has gotten worse and you're planning to file an increased disability claim for that condition, there's a better way to file. Get the fastest decision on your claim for an increase by filing it as a [Decision Ready Claim \(DRC\)](#). Filing as a DRC means you can get a decision within 30 days after your claim is submitted.

Learn more about the DRC program, including eligibility requirements, what medical evidence you need to submit, and how to find an accredited VSO at www.benefits.va.gov/drc

Changes Coming to Tricare Dental, Vision Coverage <https://www.military.com/militaryadvantage/2018/03/19/changes-coming-tricare-dental-vision-coverage.html?spMailinID=1362548&spUserID=Mjk4MDc2MzlwMzI5S1&spJobID=500617783&spReportId=NTAwNjE3Nzg5S0>

Changes in Your Life May Mean Changes to Your TRICARE Options

Life changes, for you and your family, may also change your TRICARE options. With TRICARE, certain life events (like moving due to a permanent change of station, getting married or divorced, adopting or having a baby, becoming Medicare eligible or losing health coverage) are called Qualifying Life Events (QLEs). QLEs include military and family related changes. Hold down the control key when you click on this link Read the [full article here](#).

Veterans Health Benefits Handbook is Available Online at: www.myhealth.va.gov

The VA Benefits Bulletin has a lot of timely information for all veterans. If you would like to subscribe to it - free of course - here is the contact: Veteransbenefits@public.govdelivery.com

Poppy Program

Program Chair Lynn Olkives

Buddy Poppy



Before Memorial Day in 1922, we conducted our first poppy distribution, becoming the first veterans' organization to organize a nationwide distribution. The poppy soon was adopted as the official memorial flower of the Veterans of Foreign Wars of the United States, as it remains today.

During our 1923 encampment, we decided that VFW **"Buddy"® Poppies** would be assembled by disabled and needy veterans who would be paid for their work to provide them with financial assistance. The next year, disabled veterans at the Buddy Poppy factory in Pittsburgh assembled VFW Buddy Poppies. The designation "Buddy Poppy" was adopted at that time.

In February 1924, we registered the name Buddy Poppy with the U.S. Patent Office. A certificate was issued on May 20, 1924, granting our organization all trademark rights in the name of Buddy under the classification of artificial flowers. We've made that trademark a guarantee that all poppies bearing that name and the VFW label are genuine products of the work of disabled and needy veterans. No other organization, firm or individual can legally use the name Buddy Poppy.

Today, our Buddy Poppies are still assembled by disabled and needy veterans in VA Hospitals.

The VFW Buddy Poppy program provides compensation to the veterans who assemble the poppies, provides financial assistance in maintaining state and national veterans' rehabilitation and service programs and partially supports the [VFW National Home For Children](#).

Hear from those who assemble the mighty little flowers in ["The Veterans Behind the Buddy Poppy" video](#).

Youth Activities

Program Chair Janet Schaak



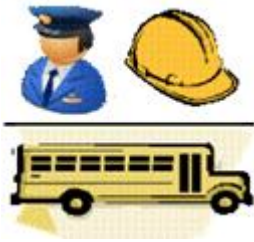
The Department of Minnesota VFW Youth Baseball Tournament this year is August 9-12th and is hosted by Brainerd Post #1647. Palmer Lake VFW is sponsoring Park Center High School Baseball team this year. If you are a fan of Baseball this is a great tournament to go out and watch, bring your Post cover and cheer them all on. For live score updates you can track them at the Department Website at this [Minnesota VFW Baseball Live](#)

This year applications for Voice of Democracy and Patriot Pen are due to the Post by October 31st 2018 for consideration and Judging. This year's Voice of Democracy Contest Theme is **"Why My Vote Matters"** and the Patriots Pen Essay Contest Theme is **"Why I Honor the American Flag"** if you know a student that is interested, or a teacher that wants more information please have them get in touch with Janet Schaak to get more details.



Safety

Program Chair Don Herman



We will be working hard this year to find Police, Fire and EMT personnel that are deserving of this awards. It is hard sometimes to get the departments and or organizations in our area to submit a candidate. While it is easiest for a Fire Chief, or Police Chief to be the one to put someone in for an award, it can be anyone that has the knowledge of the life safety work they do. So if you know someone, or have knowledge of someone deserving of these awards please let us know. The deadline for applications to be sent to District for Judging will be December 8th so they can be turned into the District Safety Chairman for Judging before being sent on to Department.

Legislation

By Program Chair Larry Fonder

Hello Palmer Lake Comrades, Friends, and Family!

My name is Larry Fonder and Commander Jarrod McReynolds recently appointed me as the Post's Legislative Chairperson. I am honored to accept the appointment and pledge to keep you informed of legislative actions and priorities, so we can apply the knowledge to better serve our community.

As I began researching, I discovered that on a national scale, the Veterans of Foreign Wars has 41 legislative goals grouped into eight categories (see webpage link) – that is a shotgun blast of priorities! My goal is get a bit more focused, and scale the shotgun down to aimed rifle fire. To do so, I intend to apply guidance from our monthly General Orders, work in conjunction with the Post Auxiliary Legislative Chair, and take input from post community members so we may identify priorities with the most direct impact on our community. Then, I'll pair those priorities with state and federal efforts that we can affect.

For example, H.R. 299, The Bluewater Navy Vietnam Veterans Act of 2017 ([Read More](#)) passed in the U.S. House of Representatives on 25 June 2018 and is now in the Senate. Passing of this act would afford Navy veterans who served in the waters of Vietnam (Blue water veterans) the same presumption for service connection to diseases associated to exposure to Agent Orange (AO) as veterans who served "boots on the ground" or in the river ways (Brown water veterans). Thus paving the way for blue water veterans suffering diseases associated to AO to receive compensation and healthcare from the U.S. Department of Veterans Affairs. Our action: email or write to our Senators Amy Klobuchar ([Amy Klobuchar](#)) and Tina Smith ([Tina Smith](#)) and urge them to help ensure S.422, The Bluewater Navy Vietnam Veterans Act of 2017 passes the Senate.

To help meet the needs of our community, I would like to hear from our post community. Please take a look at the VFW national priorities ([Read More](#)) and let me know what resonates with you. Which priorities are affecting you?

Thank you and best regards,

Comrade Larry Fonder

VFW3915legislativechair@gmail.com



If you want to stay in the loop on what is going on with VFW's advocacy efforts on Capitol Hill sign up for the VFW Action Corp weekly newsletter.

Use this link to sign up to receive the Action Corps Weekly <http://capwiz.com/vfw/mlm/signup.htm>

- 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: <http://www.vfw.org/actioncorpsweekly>

Veteran and Post Activities

By Program Chair Blair Sorvari

Greetings!

I hope July treated you well! There are several activities lined up for August:

STAND DOWN FOR VETERANS: 14 August

-BENEFIT FOR HOMELESS VETERANS

MACV program to provide assistance throughout Minnesota to positively motivate veterans and their families who are homeless or experiencing other life crises' by providing services directly or in collaboration with other service agencies. Palmer Lake VFW volunteers will be handing out clothing and hygiene kits at Target Center 7AM-12:30 PM.

See DAVE THOMPSON for volunteer opportunities.

Janet's Mission Capable 22 Mile Road March: 11 August

-BENEFIT ROAD-MARCH FOR HEROES PROJECT-See community service page 3

BLOOD DRIVE: 20 August

Donate blood and be entered in a drawing for a \$50 gift card

2nd Annual Suicide Awareness 5K 22 September

Come on out and race, or volunteer to help during the race.

Post Picnic 22 September

Will also be held in the park food will be provided, and it is BYOB.

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

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

Tuesday Horse Shoes signups start at 6PM \$6 to play and open to all.

Fantasy Football League, do you think you have what it takes to win this season and get your name on the Palmer Lake VFW FFL trophy, then look for the signup sheet that will be posted in the bar soon and join us for the draft party that will be held Sunday August 26th starting at 2PM. 1st and 2nd Place winners get their names on the trophy and will receive a Palmer Lake VFW Gift card at the end of season Party.

Palmer Lake VFW Fall Freedom Festival – September 8th: This event will be replacing the annual Pig Roast, but will still have all of the fun, with the beer truck, raffles, balloon release and a Band.

Gold Star Mothers Their next packing day will be in November for Christmas boxes. Exact date TBD we will once again do another 2 week collection. So, if people want to plan ahead the box will be out again in November.

Blair Sorvari

Veteran and Post Activities Chairman

Please contact me with any activity suggestions you may have!

Americanism and Citizenship

Program Chair George Hunt

School will be starting soon, and we will be looking for Teacher of the Year candidates. Applications will need to be turned into the Post by October 31 2018 for Judging. If you have questions about teacher of the year please contact George Hunt for more information.

Upcoming Patriotic Holidays/Dates

- August 4th Coast Guard Birthday
- August 7th Purple Heart Day Medal established in 1782
- August 14^t Victory Day Japan surrendered Ending WWII 1945
National Navaho Code Talkers Day
- August 26th Women's Equality Day

Election judges needed in Hennepin County

FYI. I have heard many election judges are needed state-wide. Volunteer if you can - it is not a hard job and you certainly meet a lot of people. Pay is about \$10.00 per hour. Training required - 3-4 hours, and you are paid for it.

Serving as an election judge is a great way to learn about the elections process and provide an important service to the community. Cities throughout Hennepin County are looking for election judges to handle all aspects of voting at the polling place during the 2018 elections. Training occurs during the summer, so interested community members should sign up now.

Richard V

[Watch 1:07 election judge recruiting video](#)

[Watch :40 election judge recruiting video](#)

[Watch :23 election judge recruiting video \(no voice audio\)](#)

Honor Guard

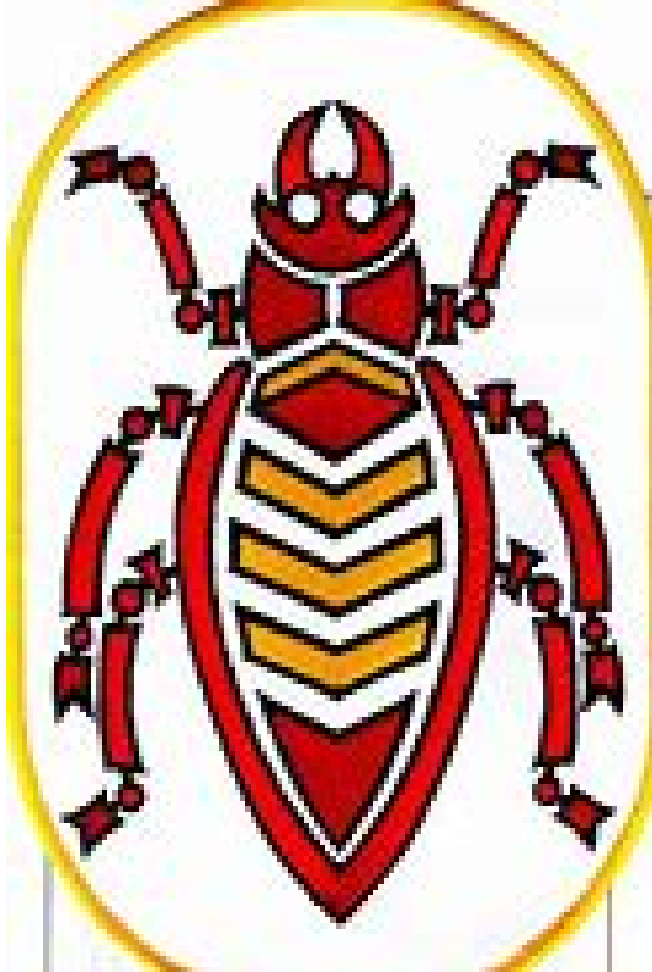
Color Guard Commander Robert Hystad





The Cootie Corner

I'll be back next month, in the meantime:



"Keep them smiling in beds of white".

If you would like to know more about us or our membership, contact me either by:

E-mail at wagnerterry@comcast.net

Or phone at 612-581-2719

Terry E. Wagner

Seam Squirrel PT (Sticktites) #66

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 edit 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

Newsletter Journalist – This newsletter is 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. Go to <http://www.palmerlakevfw.org/content/send-content> and upload a news story, 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 Aug 14th at 1830

Next Post meeting Aug 8th at 1900

Next Hospital Visit Aug 21st at 1900 meet at the post at 1830

Stand Down August 14th

Blood Drive August 20th

Fall Freedom Festival September 8th

Next District Meeting September 22nd 1000 @ Post 2735 Isanti

Suicide Awareness 5K Run/Walk September 22nd Race starts at 0830 @ Oak Grove Park

Post Picnic September 22nd 1100 – 1500 @ Oak Grove Park

Booya October 13th

The Twin City Honor Flights for World War II and Korean War Veterans are now booked for 2018. If you want to help welcoming them when they arrive back at Minneapolis the date and location are listed below:

When: Saturday, September 29, 2018 Arrive at Terminal 2 Baggage Area by 10 PM. The flight arrives between 1020 and 1030 PM No need to RSVP just show up and bring signs and lots of cheers

CONTACT US

Commander	palmerlake.vfw3915@gmail.com
Auxiliary President	Trosbacka@yahoo.com
Newsletter information	editor.palmerlakepost3915@gmail.com
Club Manager	bar-mgr@palmerlakevfw.com
Lawn Care Team	davthomp07@gmail.com

General News and Information

Joint Retiree Appreciation Day September 22, 2018

Fellow Retirees - Here is info on our yearly event (see flyer next page)- normally attended by 300+ past military and/or their spouses. Topics this year include: Special VA info for spouses in event of military members death and much more.

Here are more topics that will be covered:

- VA benefits,
- VA Healthcare Benefits and Services,
- Legislative update on Service Benefits,
- VA Burial Benefits, Veteran Issues,
- Financial Planning, Retired Pay and SBP,
- Space A Travel, TRICARE and TCL, and
- The new Dental and Vision Insurance Plans.

As we celebrate another great year in this land of the free and home of the brave; please be reminded that the **Joint Retiree Appreciation Day (22 SEP 2018)** is fast approaching.

Richard J. Vosika
JRAB Committee Member

Joint Retiree Appreciation Day

This year's event will be held at Treasure Island Resort and Casino.
If you haven't registered for JRAD 2018 yet, **please consider doing so.**

Be reminded that there will be NO mailings this year so, we're asking everyone to pass the word to all your retired military friends, associates, etc. For this reason, it is so important to include your email address on your registration form and JRAD Survey / Questionnaire.

This year's registration form along with more information can be found on the JRAD website:
<https://sites.google.com/site/metrojrad/>

Early

Bird



Registration: A drawing will be held for: one night stay at Treasure Island Resort and Casino for two.

Early Bird Registration must be received at Navy RAO by **August 10, 2018.**

Regular Registration is required by Sep 10th, 2018.

JRAD 2018 Committee

BOOYA!!

Oct. 13, 2018

Starts at noon until gone.



**Palmer Lake VFW
2817 Brookdale Drive
Brooklyn Park MN 55443
763-560-3720**

\$5.00 per bowl with bread

16 oz To-Go Container - \$5.00

Quart To-Go Container - \$8.00

Gallon To-Go Container - \$24.00 And/or bring your own Container