



NO ONE DOES MORE FOR VETERANS

IN THIS ISSUE

The fun is just starting!!

by Commander Jarrod McReynolds



IT IS

CONVENTION TIME!!!! I hope to see as many of you at the Convention since it is going to be right here in Brooklyn Park. We have a lot of activities planned at the Post to support the convention, so if you can't make it out to the convention site, I hope that you can make it out to the Post to socialize with your comrades from across the state.

Friday night will be the big night, as we will be having Karaoke in the back hall and don't forget that it is also burger night, Bargo and DJ in the bar. If that is not your thing, Wednesday and Thursday GI Joe Food Truck will be on hand to serer dinner to not only those that are visiting from out state, but also all the members and guest at the Post.

Even with all of the excitement of the Department convention, there is still work to be done. Jim and Bob have been working very hard to get everything lined up for the Final installation of the Fire Pits, Playgrounds and recreation area at the Anoka Healing Nest. For those that have not been out to this

facility this is a great chance to get out there. The flyer is on Facebook, and our website, and you can use this link to sign up for Jun 14th.

https://signup.com/client/invitation2/secure/ 2349623/false#/invitation

We will also be serving popcorn at Tater Dayz in the Lions Beer tent. If you are interested in participating please contact Jonell Wilson the Post Jr Vice Commander

at jonell.wilson@hotmail.com

Thank you to those that helped out with the Poppy drive, and that you to Past Commander Lee Ulferts for organizing and running the drive. Remember all the money that was donated goes directly to helping Veterans, and their families through the relief fund.

This last week I was invited to a ribbon cutting ceremony for the new track that we donated to at Palmer Lake Elementry school. It was great to see the excitement of not only the children but the teachers to having this project completed, way to go Palmer Lake VFW.

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Auxiliary News

by President Tracy McReynolds

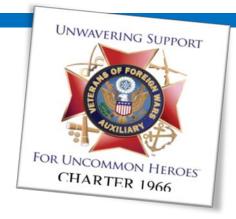
.Hello all

June is here and hoping everyone finally got their Flowers and Gardens planted. School is or will be out for the summer soon.

June Convention for the Department of Minnesota is this weekend, our post will be bustling with lots of new and some familiar faces. Hope to see you at the Post and Convention as well.

As we ramp up for the 4th of July please keep in mind the fireworks that we will be partaking in may have a negative impact on our fellow comrades! Please be mindful and respectful.

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. Our next meeting is June12th at 6:30 pm, hope to see you there.

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

Prayer Corner

by Commander Jarrod McReynolds



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
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Email: palmerlake.vfw3915@gmail.com Website: www.palmerlakevfw.org

Please keep George Hunt Sr. in your thoughts and prayers. He is the father of Comrade George Hunt Jr. George Sr. is a Veteran of the Army National Guard and retired in 1985. He has been diagnosed with Stage IV terminal lung cancer. He is came out a couple of weeks ago for Karaoke, and loved playing cribbage and poker. He is hoping that members of the Post can visit him to help alleviate his boredom. Any one that is interested in visiting with George Sr. please contact Ann Totusek at toad@hauntedfrog.com

Please keep George Sr. and George Jr and all of their Family in your thoughts and prayers.

Please keep Don Nelson and his family in your thoughts and prayers as he recovers from Back Surgery at the VA in Tampa.

Installations



Missing Auxiliary installation Pictures, if you have any please send them to palmerlake.vfw3915@gmail. com

Community Service

by Commander on Behalf of Senior Vice Jim Williams

Palmer Lake Elementry School opened the Tierz Track this week. Palmer Lake VFW donated money to this track over a year ago. The kids were excited, and the staff were very happy to have the track completed.



Auxiliary were out for Buddy Poopy weekend. As always thank you or all that participated, it was another successful weekend.

We also had members out at Cub Foods in Brooklyn Center working on membership, and helping that store celebrate it's 50th birthday.

Our first major project is right around



the corner and we will need as much help as possible. Jun 14th we will be doing the installation of the fire pits, and recreation area at Anoka Healing Nest. Please use this link to sing up.. https://signup.com/client/invitation2/secure/2349623/false#/invitation

Special thanks to Bob and Jim for all the hard work that they have put into organizing this. They are still working on trying to find a few more donors to help with the funds already donated from our Post and Fred Babcock. If you know of any organizations that might be willing to donate money to this project please have them contact me, or send me the information and I can get a letter out to them.

Keep up the great work everyone, every time I am at other Posts they tell me how they wish there posts were as involved as we are. This is great credit to all of you that are out there doing the hard work! Keep checking the website for updates or for more opportunities. If you are organizing or know of an opportunity please contact:

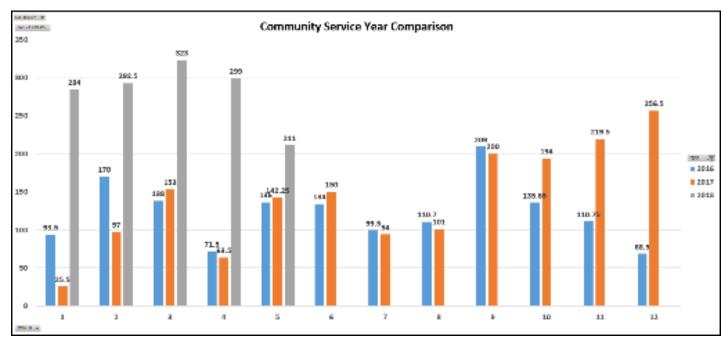
http://palmerlakevfw.org/content/accomplishments-and-contributions

Community Service Hours

Please enter your hours at ths web address:

http://www.palmerlakevfw.org/content/entervolunteer-hours

Quick Look at where we stand this year compared to last year through the first three Months.





VETERAN'S ISSUES

By: Post Service Officer Jeff Jarosz

FREE LEGAL ADVICE FOR VETERANS

Coming up in June and 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:

June 14 and September 6, 2018

Anoka County Courthouse Room 237 gam 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

Here is a nationwide list of law enforcement jobs available to Veterans. You must hold down the control key while you click on the link. 500+ Law Enforcement Jobs Nationwide: Veterans Wanted

All Veterans with a 0 - 100% rating from the VA will get a free yearly State of Minnesota park pass. Just bring your VA ID card to the park office to get your yearly sticker.

Do not plan to go to the Anoka CVSO office from June 2 – June 8 as the Service Officers will all be attending school that week. An American Legion Service Officer will be manning the phones there so plan accordingly.

The Disabled Veterans Camp at Big Marine Lake in Scandia, MN and the Veterans on the Lake Resort in Ely, MN are both looking forward to another year of serving our Veterans. Look them up on "google" to put in your reservations or to get your questions answered

<u>Free dental service for vets</u> 9 June 2018. Use link(hold control and click on link) to read the notice: https://mn.gov/mdva/news/events/?id=1066-338298</u>

What is hard to beat for breakfast? Hard boiled eggs.

VETERAN'S ISSUES - Continued

By: Post Service Officer Jeff Jarosz

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 <u>Decision Ready Claim (DRC)</u>. Filing as a DRC means you can get a decision within 30 days after your claim is submitted.

Work with an accredited Veterans Service Organization (VSO) or other accredited representative to determine if the DRC program is right for you and your claim for an increase. Your VSO can then help you gather and submit all relevant and required evidence so your claim is ready for VA to make a decision when you submit it.

Don't need to file a claim for an increase? You can also file these other types of compensation claims through the DRC program:

- Direct Service Connection Claims
- Presumptive Service Connection Claims
- Secondary Service Connection Claims
- Dependency and Indemnity Compensation for surviving spouses

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.



VETERAN'S ISSUES - Continued

By: Post Service Officer Jeff Jarosz

TRI CARE ISSUES

Co-pay on prescriptions

Many of our military retirees have been wondering why they are paying a \$7.00 co-pay on their prescriptions when they were told just last fall that there would be no changes in Tri-Care for Life benefits. The reason for this is that our Congressmen passed a bill to eliminate the DIC "Widow's Tax. If a Veteran dies from his "service connected" injury his or her spouse will get Dependents Indemnity Compensation (DIC) which is \$1,254. Per month tax free. If the Veteran was a military retiree who participated in the Survivors Benefit insurance program (SBP) the widow lost dollar for dollar against the SBP. The attachment will explain how the program works. Congress passed a bill and it will be phased in until the widow gets the total SBP amount plus the DIC. Congress forgot one big thing, where to fund this program. The first year the program cost 6.5 BILLION DOLLARS! As of February 1, 2018 they decided to charge all military retirees \$7.00 for each prescription that was free before to pay for the program that they forgot to fund. This is the reason that your free prescriptions now cost you \$7.00 each.

Do you have TICARE 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 (FEDVIPI). 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 FEDIP 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 <u>TRICARE health plan</u>. You can decide if one of four vision plans meets you 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, carries, rates, educational webinars and more.

Activities

Memorial Day Activities

Blue Star Mothers Carolyn will be collecting for the Blue Star Mothers from June 7th to 21st.

Who are the Blue Star Mothers: They are mothers, grandmothers, foster mothers and female legal guardians who have children serving in the military, guard or reserves, or children who are veterans.

One of the big things they do is to pack and ship care packages to our military currently serving overseas. Each box shipped costs approximately \$18.00. The chapter now packs their "We Care" boxes at Palmer Lake Post 3915. Their next packing event will be on June 21st at 7:00. Approximately 120 boxes will be packed.

HOW CAN I HELP??

- 1. Attached is a list of items that you can donate. We will have a donation box set up at the Post from June 7th June 21st. You can donate at other times. Just ask the bartender and they can be left in the Auxiliary Office.
- 2. If you would like to make a monetary donation they can be sent to Blue Star Mothers of America-Chapter 7 PO Box 32826 Fridley, MN 55432

Legislative

By: Jarrod McReynolds

This year's legislative priorities are set.

2018 Legislative Priorities

- 1. **Lifetime Homestead Market Value Exclusion for Surviving Spouses** Make the existing homestead market value exclusion for surviving spouses of a deceased Veteran permanent. Currently, the exclusion expires 8 years after the death of the Veteran. This change would allow the surviving spouses to receive the exclusion until they remarry, sell, transfer, or otherwise dispose of the property.
- 2. **Military Beneficiary's Pay or Benefits Protections** Legislation to prohibit a party from entering or attempting to enter into an agreement with a military beneficiary that assigns the beneficiary's pay or other benefits to another party in a manner that violates federal law.
- 3. **Support MDVA'S request for Asset Preservation funding** Support the Minnesota Department of Veterans Affairs' request for funding to address critical repair projects at the 5 Minnesota State Veterans Homes and Minnesota State Veterans Cemeteries.
- 4. Free or Reduced Cost Hunting, Fishing and Trapping Licenses for Service-Connected Disabled Veterans CTF supports a reduction in the threshold level of disability rating from the current 100% for Veterans to be eligible for free or discounted deer hunting, trapping, small game and lifetime fishing licenses.
- 5. **Expansion of Veterans Courts Statewide** Provide for the creation/expansion of Veterans Courts (or related treatment and diversion programming) to all district courts in the state of Minnesota

Ailing 'Blue Water' Veterans Of Vietnam Are Closer To Gaining VA Benefits (STARS AND STRIPES 10 MAY 18) ... Tom Philpott

After months negotiating with Senate colleagues, the House Veterans' Affairs Committee voted unanimously on Tuesday to send to the full House a bill likely to become the vehicle to qualify 90,000 ailing sea service veterans for Agent Orange-related disability pay and health care from the Department of Veterans Affairs.

See full notice at the end of this newsletter

Links for further information

Changes Coming to Tricare Dental, Vision Coverage

https://www.military.com/militaryadvantage/2018/03/19/changes-coming-tricare-dental-vision-coverage.html?spMailingID=1362548&spUserID=Mik4MDc2MzlwMzIS1&spJobID=500617783&spReportId=NTAwNiE3NzgzS0

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.



To view this week's edition, click here: http://www.vfw.org/actioncorpsweekly

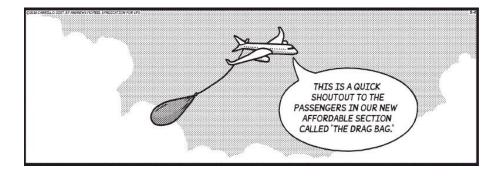
Veterans Health Benefits Handbook is Available Online at: www.myhealth.va.gov

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

The Wall That Heals - Minnesota Remembers Vietnam – use the link (hold down control key and click) to learn more about the program scheduled for June 21 - 24, 2018 at the State Capitol

https://www.mnvietnam.org/thewallthatheals/?utm_campaign=20180514_royal-wedd



See



The Cootie Corner

Well with the warming temperatures maybe our Pup Tent can come out of hibernation.

We continue to make our monthly nursing home visit where we host bingo, and this month we had a special guest. Past Commander Hanson's daughter, Nora, joined us.

As with any organization trying to survive and grow we must transition with the times. But we must also stay true to our traditions.

A tradition that started in 1921 at the National encampment in Detroit, Michigan when the Constitution of By-Laws and rituals were approved.

But it was not until 1960 that plans were formulated and presented to the V.F.W. to form a Cooties Ladies Auxiliary. To this day the only constitutionally sanctioned V.F.W. organization, other than their own Auxiliary, is the Military Order of the Cooties and it's Auxiliary.

Our oldest tradition still remains recognizing and fulfilling the need for visitation and entertaining of our wounded and hospitalized service members and Veterans.

This is the legacy passed to us by our predecessors and we proudly "live" on a daily basis even today.

"We live by deeds---not years".

Other Pup Tents around the state visits the VA hospitals and Veteran's homes, thus fulfilling one of our mottos:

"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 <u>wagnerterry@comcast.net</u> 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

Department Convention Jun 6-9 Brooklyn Park
Next Aux meeting June 12th at 1830
Next Post meeting June 13th at 1900
Next Hospital Visit June 19th at 1900 meet at the post at 1830
Blood Drive Jun 25th

Next District Meeting TBD

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 <u>Trosbacka@yahoo.com</u>

Newsletter information <u>editor.palmerlakepost3915@gmail.com</u>

Bar Manager <u>bar-mgr@palmerlakevfw.com</u>
Lawn Care Team <u>davthompoz@gmail.com</u>

CLASSIFIED ADVERTISEMENTS and other stuff

Palmer Lake VFW is not responsible for the content of any Ads

You have enemies? Good! That means you've stood up for something; something meaningful in your life." -- Winston Churchill, U.K. Prime Minister

"Any man who thinks he can be happy and prosperous by letting the Government take care of him better take a closer look at the American Indian!" -Henry Ford

Ailing 'Blue Water' Veterans Of Vietnam Are Closer To Gaining VA Benefits (STARS AND STRIPES 10 MAY 18) ... Tom Philpott

After months negotiating with Senate colleagues, the House Veterans' Affairs Committee voted unanimously on Tuesday to send to the full House a bill likely to become the vehicle to qualify 90,000 ailing sea service veterans for Agent Orange-related disability pay and health care from the Department of Veterans Affairs.

These former naval warriors of the Vietnam War, called "Blue Water Navy Veterans," have been pressuring Congress for decades to have their illnesses recognized as being caused, as likely as not, by exposure to Agent Orange and other herbicides sprayed on forests and jungle areas during that long war.

The argument is that surely clouds of the toxin also reached ships patrolling in territorial waters or contaminated water that, once desalinated, was used by Sailors and Marines for showering and other purposes while steaming off the coast.

Veterans who served on the ground in Vietnam or patrolled its inland waters, even for a day, have been eligible for VA compensation and care if diagnosed with one of 14 ailments associated with Agent Orange exposure. But independent U.S. scientists who studied the issue concluded in 2011 that they can't find enough information to determine if Blue Water Navy Veterans were exposed.

As a result, VA refuses to presume their illnesses, though on the Agent Orange presumptive list, were likely caused by service off of Vietnam. A lone exception is allowed for Blue Water veterans with non-Hodgkin's lymphoma.

Rep. Phil Roe, R-Tenn., chairman of the House committee, predicts the Blue Water Navy Vietnam Veterans Act of 2017 (HR 299) will be signed into law this year. He credited the fact that he and hard-working committee staff, for the first time, found a way to cover the \$1 billion cost without violating House budget rules against raising a department's mandatory, or entitlement, spending.

The "pay for" solution identified, which Senate colleagues have endorsed and major veteran service organizations found acceptable, is to raise modestly the funding fee on initial-use VA-backed home loans. VA estimates that the increase will average \$2.94 monthly for homeowners with zero down payment loans, \$2.82 monthly for 5 percent down loans and \$2.14 per month for 10 percent.

The fee would not affect loans to any veteran with VA-rated disabilities.

"We finally got it," Roe said in a phone interview the day after his committee forward to the full House the Blue Water Navy bill, 14 smaller bills to help veterans and also a piece of comprehensive legislation whose title Roe shortened to the VA Mission Act (HR 5674). He described HR 5674 as a "monumental" legislative achievement to improve veterans' access to quality health care. Among its many features is long-sought expansion of the comprehensive VA caregiver program to older generations of veterans, although on a phased, gradual schedule. The Mission Act, which has an official title four times as long, was negotiated over months by Roe and Rep. Tim Walz, of Minnesota, ranking Democrat on the committee, counterparts Sens. Johnny Isakson, R-Ga., and Jon Tester, D-Mont., chairman and ranking member on the Senate Veterans' Affairs Committee, and with close scrutiny of new VA leaders and the Trump White House.

Roe called it a bicameral, bipartisan package that committee members risked derailing, and "returning to square one," if they insisted on amending it.

The bill also would consolidate and reform VA's community care programs and extend funding for the Veterans Choice Program for one year. That's how long VA estimates it would take to implement community care reforms and streamline seven current programs down to one. Other provisions would strengthen VA's ability to recruit and retain quality medical personnel and also to realign, streamline and modernize VA medical infrastructure.

Roe explained that the VA would remain primary coordinator of veterans' care, including for care delivered in the private sector. The Mission Act also would give VA authority to create "a transparent, objective process" to recommend ways to realign and strengthen VA's "crumbling medical infrastructure."

The current caregiver program, open only to post-9/11 veterans seriously injured in the line of duty, requires that applicants be unable to perform just one activity of daily living, such as preparing meals or showering unattended. Months ago, Roe proposed that any expansion of caregiver benefits to older generations include a tightening of eligibility criteria for new applicants, specifically that they be unable to perform three or more activities of daily living, making VA eligibility consistent with caregiver benefits under Medicaid, Medicare or private insurance.

"I still have that concern, Tom," Roe said. "I haven't changed my mind on that. But there are compromises made to get a bill of this nature done."

The Mission Act needs to be passed and signed into law by Memorial Day, Roe said, to avoid the current Choice program running out of money, which would lead to denial or interruption of community-based care for thousands of veterans.

Roe observed that the Mission Act is complex and some provisions will take more time to implement than the Blue Water Navy bill. A four-year phase-in period for caregiver expansion, for example, wouldn't start until VA can certify it has upgraded information technology to properly support it. That will give Congress more chances to tighten eligibility if deemed necessary to contain costs, Roe said.

Thirty-eight military associations and veteran service organizations sent a joint letter to committee leaders praising the VA Mission Act, calling it "historic" and a "carefully crafted compromise" that "represents a balanced approach to ensuring timely access to care while continuing to strengthen the VA health care system that millions of veterans choose and rely on."

Rick Weidman, executive director for policy for Vietnam Veterans of America, signed the letter. A day after all these bills cleared committee, Weidman said older veterans got "lots of things we really wanted, first and foremost caregiver benefits for pre-9/11 veterans. Quite bluntly, a lot of our guys are alive because their wife has taken care of them for the last 40 years." Weidman said he was happy, but not surprised, to see Blue Water Navy legislation advance because "Dr. Roe gave us his word that it would pass this Congress." He also credited vet groups "beating the drum" for the 90,000 until "everybody got to the point where they said, 'It's time to do this.' That was the thing with Dr. Roe and Sen. Isakson. 'Let's do this before they're all dead.' "

Despite the careful construction and breadth of the VA Mission Act, which Roe said he wants to rename to honor two former prisoners of war in Vietnam — Sen. John McCain and Rep. Sam Johnson — serving their final year in the Congress — Roe said he probably is more excited about helping the Blue Water veterans.

"I made a commitment when I took over this chairmanship that if I did one thing, I wanted to get this done for these men — their mostly men — who served. And I think we have. I think we found the sweet spot" to win passage.

Roe served two years in the Army Medical Corps in the Vietnam War era. His wartime generation is dying off at a rate of 523 vets a day, he said. "It's past due to treat them the same as anybody else who suited up and went to Vietnam."

The current Blue Water bill was introduced by Rep. David Valadao, R-Calif., in April 2017 and has 329 co-sponsors. An identical bill from Sen. Kirsten Gillibrand, D-N.Y., has half of the Senate as co-sponsors. Roe expects swift passage.

"We really worked this bill like no other I've worked on since I've been in Congress," Roe said, "where we really just pulled the barriers down, went across to the other side, worked with them."

Whether wartime herbicide made these veterans ill can't be proven, Roe said.

"I just want to make the presumption in favor of the veterans, in case it is doing that to them," he said. "I'm very passionate about that."

https://www.stripes.com/ailing-blue-water-veterans-of-vietnam-are-closer-to-gaining-va-benefits-1.526250