



NO ONE DOES MORE FOR VETERANS

IT'S BUDDY POPPY MONTH!

By Commander Jarrod McReynolds



Comrades, It is one the most important months of the VFW calendar year. It is Buddy Poppy Month. We will be out handing

out Poppies at Hy-Vee and Fleet Farm. If you have not signed-up get on down to the Canteen and get signed up. Poppy cards will also be available in the Canteen at the Post.

Thank you to all the Post members and Auxiliary members that came out for the Post clean up. While the weather was forecast to not be a good day for this activity, we still had a great showing and got a lot of work done. It is always a pleasure to have so many great members come together to get the work done.

This month is also a month of remembrance for our fallen. I invite you all to join us for our annual Joint memorial day ceremony. It will start at 11 am at the Mound cemetery in Brooklyn Center, and will be followed by activities at the Post starting at noon followed by a lunch.

For those that did not make the last District meeting that was held at our Post. Past Post commander Scott Hanson was elected as the New District 7 Commander for 2019-2020 year. I for VFW Programs one look forward to his leadership, and guidance for the District this next year. The next time you see him make sure to congratulate him.

It was with heavy hearts that we said good by to Chuck Quigley this month. I know that his family and the members of his Post appreciated all of the members not only from our Post but from the all of over the state that attended his celebration of life. I bring this up because it reminds me how we at Palmer Lake VFW and through the VFW as a whole and Auxiliary are truly a family. Please keep all our members that are dealing with hardships at this time in your thoughts and prayers.

If you know if a Veteran or a family of a Veteran in need please urge them to ask for help. Many times we as Veterans have a hard time asking for the help that we need. It is important to ask for help when it is needed so things don't get worse. The VFW is about taking care of Veterans and their families, so don't forget that you are all a Veteran The Canteen or Family member of a Veteran and we should be taking care of each other.

IN THIS ISSUE

Page 2

Page 9

Auxiliary News

The latest from our Auxiliary President Page 2 **Prayer Corner**

Comrades or family or a comrade in need

Community Service Page 3 Membership Page 4 Honor Guard Page 4 Youth Activities Page 4 Safety Page 4 Veterans Issues Page 5 Poppy Program Page 6 The Cootie Corner Page 6 Legislation Page 7 Veterans and Post Activities Page 8

Help Wanted

A new take on volunteering Page 10

Dates to Note & Contacts

Americanism and Citizenship

Mark your calendar or find us Page 10

Bar Calendar Page 11

Auxiliary News

By President Tracy McReynolds

Hello Auxiliary members

We have had a rough patch with illnesses and unfortunate passing's the past few months and I hope all of us are doing well or are on the mend.

The fish Fry is complete for another season, we had a couple hiccups a few of the evenings. Quite the comedy crew we have amongst us. That did not stop the people from telling us what a good fish fry season it was. We had some non members once again step up and make it a huge success. So shout out to Jeff Marsyla, Dale Olerud, Dave Thompson and Dan Maahs. You guys helped out so much and we again cannot thank you enough for your dedication and commitment to our organization!



We have Poppy signups in the bar I would love to get our Auxiliary to fill some of the slots. We have HyVee Brooklyn Park for 3 days and Fleet Farm for 1. So come out it's a fun time.





Our meeting time has changed back to 6:00pm starting May 14th. We will be having a potluck, Installation and a light meeting. Hope to see you there.

Thank you,

Tracy McReynolds, Auxiliary President Palmer Lake VFW Post #3915 Email: Auxiliary.vfw3915@gmail.com

Remember to turn in your community service hours

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, Lynn Olkives and Sally Archambault and their families in your thoughts and prayers as they continue to battle cancer.

Oh Lord,

During the month of May we remember and honor all those who made the ultimate sacrifice that we might live in peace. We ask that you now protect our families and all those who protect us on this earth in the coming year. Amen

Community Service

Senior Vice Jim Williams



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. Visit our new website and check out our events calendar for opportunities to volunteer. In fact, we have the POPPY drive coming up in 17-19 May that we sure could use some help with and 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.

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

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. Learn More:

Senior-Vice Commander Jim Williams at

increase

Membership

Junior Vice Jonell Wilson

Youth Activities

Program Chair Janet Schaak

opportunities to numbers.

at the Joint Retirement Seminar at NHCC. It is a VFW/Auxiliary has to offer. great opportunity to great service members getting ready to retire.

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.

While we have reached above 100% If you are a scout master, or know someone who is a this year, there are always other scout master please get in touch with the Post our commander at palmerlake.vfw3915@gmail.com

The Auxiliary Youth activities chair would like to get In April we will be again helping out in touch with you about some of the programs that





Honor Guard

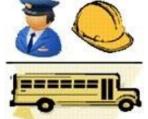
Honor Guard Commander Robert Hystad



The color guard will be participating in the joint presentation at the Memorial Day ceremony at 11AM at Mound Cemetery in Brooklyn Center. There will be a flag raising at Palmer Lake at noon

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.

Veterans' Issues

By Post Service Officer Jeff Jarosz

Please read the attachment on page 12 carefully. All of these things are on the table for cutting. Last year the "no cost generic" drug benefit was taken away from our military retirees to fund a program that congress passed but forgot to fund, so in a panic they took this benefit away from the military retirees without telling them anything about it. The Retirees only found out when they were billed for their prescriptions. Congress is after the military retirees again. This time they want the retirees to pay \$970 per family, for Tri-Care for life, the medical program that they were promised if they put 20 or more years of military duty in. There will be an increase in all co-pays too. Congress should cut their own spending by cutting their Congressional retirements, their staff, their travel and free benefits they made sure they receive.

Respectfully, Jeff

FREE LEGAL ADVICE FOR VETERANS Coming up in the first quarter 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.

Dates for the legal clinics in Anoka for 2019 are:

Thursday, June 13 from 9 AM-3 PM

Thursday, September 5 from 9 AM-3 PM

Thursday, December 5 from 9 AM- 3PM

Anoka County Government Center - Room 237 Just bring a

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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

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**

It's a new year, which means it may be time to replace the old with the new. Do you have old or outdated TRICARE brochures or handbooks laying around? If so, now is a great time to check out the new 2019 TRICARE benefit resources. TRICARE publishes handbooks, newsletters, brochures, fact sheets, and more. Visit TRICARE Publications to get started.

Read the **full article here**.

MyHealththeVet

With "My Healthevet" you can schedule appointments, have a secure message with your doctor or nurse, order your prescriptions and just about anything else you might need from the VA. Complete this form to create your account. For some security reasons and for your protection, this form will time out in 30 minutes. Please review the form and gather materials needed to complete it within 30 minutes.

To register: Click here

Anoka County Veterans Advocate

Attached is the Anoka County Veterans Advocate link that has some very interesting information for all veterans. **Click Here**

Poppy Program

Program Chair Lynn Olkives



Our wonderful Auxiliary has been assembling the Poppy Cards for distribution. Poppy Card distribution officially ends the last

day of April.

BUDDY POPPY DAY DISTRIBUTION DATES: May 16 - 18, 2019

Our goal is to distribute poppies at, at least, three locations for three days over the third weekend in May. Look for the volunteer sign-up sheets at the Post starting in April.

The poppy is a symbol of the memory of those who have given their lives for their country and a symbol of concern and compassion for those who are disabled. "Honor The Dead By Helping The Living."

The Cooties Corner

By Seam Squirrel Terry Wagner



Our pup tent continues to make our monthly nursing home visits, bringing a brief period of enjoyment to the residents. At our last month's visitation we were able to present Victory Care

Center with a much needed new set of Bingo Balls. The money from the nut and candy machines helped to make this possible.

Our next visit will be May 21st, I invite anyone to join us and see what some of what we do. The warm feeling you get when visiting and see the smiles on the faces makes the cold outside a little less cold. I invite anyone to join us at least once.



To contact me:

E-mail at wagnerterry@comcast.net

Or phone at 612-581-2719

Terry E. Wagner

Seam Squirrel PT (Sticktites) #66

Keep them smiling in their beds of white.

Legislation

By Program Chair Larry Fonder

Greetings Palmer Lake Comrades, Friends, and Family,

Hopefully by the time you read this, U.S. Court of Appeals for the Federal Circuit case, Procopio v. Wilke will have set precedence in law and paved the way for bluewater navy veterans who served within 12 nautical miles of Vietnam's coast to receive presumption for exposure to the herbicide Agent Orange – allowing some 90,000 Vietnam veterans the opportunity to be service connected for 14 conditions linked to the herbicide to include ischemic heart disease, prostate

cancer, and diabetes type I (footnote 1) That said, as I understand, Secretary of Veterans Affairs Robert Wilkie, has until April 30, 2019 to contest the ruling. I expect he will, but I hope he proves me wrong. Either way, VFW support behind Congress to pass H.R. 299, the Blue Water Veterans Act of 2019, (footnote 2), remains important. If the Secretary successfully appeals Procopio, H.R. 299 will still ensure our fellow Veterans receive the benefits they've earned, and if not, the legislation will provide guidance for implementation of H.R 299 and hopefully speed the process of service connection – before we lose more veterans due to Agent Orange exposure.



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

Respectfully,

Comrade Larry Fonder

VFW3915legislativechair@gmail.com

Footnotes: for further information please reference the following materials:

https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/related-diseases/

https://www.congress.gov/bill/116th-congress/house-bill/299

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



Electronic pull tabs. There are 5 machines, so less waiting.



American and Citizenship

Program Chair George Hunt

Upcoming Holidays/Dates

- May 1 Law Day and Loyalty Day
- May 2 National Day of Prayer
- May 7 Unconditional Surrender of all German Forces Signed (1945)
- May 8 V-E Day Declared (1945)
- May 10 Military Spouses Day
- May 12 Mother's Day
- May 15 Women's Army Corps Founded (1942) Flag at half staff until sunset. Peace Officers Memorial Day
- May 18 Armed Forces Day
- May 20 Victoria Day (Canada)
- May 22 National Maritime Day
- May 27 Memorial Day Observed. Flag at half staff until noon

May was named for the Roman goddess Maia, who oversaw the growth of pants, Ado from the Latin word *maiores*, "elders," who were celebrated during this month.

While the Mother's Day that we celebrate on the second Sunday in May is a fairly recent development, the basic idea goes back to ancient mythology - to the long ago civilizations of the Greeks and Romans. The Greeks paid annual homage to Cybele, the mother figure of their gods and the Romans dedicated an annual spring festival to the mother of their gods.

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

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** 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 May 14th at 1830

Next Post meeting May 8th at 1900

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

Blood Drive May 13th

Buddy Poppy Day Distribution: May 16 - 18

State Convention June 12 - 15

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

Contact Us

Commander palmerlake.vfw3915@gmail.com

Auxiliary President <u>Auxiliary.vfw3915@gmail.com</u>

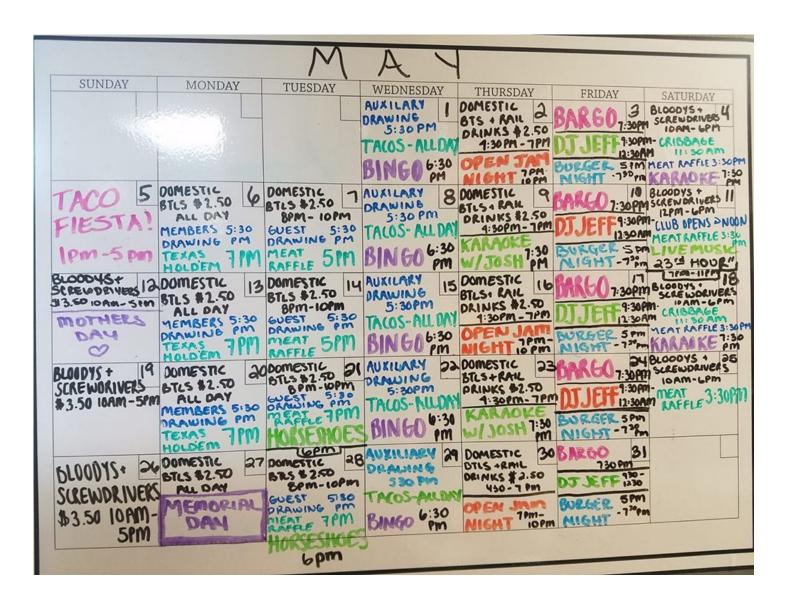
Newsletter information editor.palmerlakepost3915@gmail.com

Club Manager club Manager <a hr

Lawn Care Team <u>davthomp07@gmail.com</u>

Canteen Calendar

Club Manager Andrea Moy



ISSUES UP FRONT ★ CURRENT VETERANS CONCERNS

Congress Could Reduce Deficit by Taxing Benefits

The Congressional Budget Office compiled a list of options that might help reduce the U.S. deficit over the next decade. Here's what the proposed cuts

BY DAVE SPIVA

he federal deficit is expected to top \$1 trillion by the end of the year, according to the Congressional Budget Office (CBO). In anticipation, the CBO in December published a list of options to reduce that figure over the next 10 years

In its report, the CBO presented 121 restions - many of them cuts to VA and Tricare benefits. The biggest

Fuentes. "They exemplify why the VFW National Legislative Service was created 100 years ago. Veteran benefits are not guaranteed and could go away if we're not on watch."

While these proposals are not a reality as of right now, Fuentes said these options always have the potential of materializing over time.

"The VFW will fight to make sure

these draconian proposals are not enacted." Fuentes said.

Listed below are other options for

reducing the deficit that would affect VA disability and Tricare beneficiaries. The potential savings would be over a 10-year period.

Introduce

cost-cutting proposals would make all disability compensation taxable income and end VA health care enrollment for about 2 million veterans.

The CBO's option for taxing disability compensation has two alternatives. The first would make all disability compensation (regardless of rating) taxable, which is estimated to slash the deficit by almost \$93 billion by the end of 2028. The second would only tax veterans with 20 percent disability ratings. That plan would save \$4.4 billion over the same period.

Another deficit-reducing option would end VA health care enrollment for veterans in lower priority groups. In 2017, VA estimated about 2 million veterans were enrolled in the two lowest priority groups, 7 and 8. Veterans in these groups are without a disability rating and have high income.

"These proposals are non-starters for the VFW because they will severely harm veterans and their families. said VFW Legislative Director Carlos

enrollment fees under Tricare for Life Doing this could reduce the deficit by \$12.4 billion. It would require Medicare-eligible beneficiaries to pay an annual fee of \$485 for individuals and \$970 for families.

Introduce minimum out-of-pocket requirements under Tricare for Life. These proposed out-of-pocket payments would not apply to the first \$750 of an enrollee's cost-sharing responsibility under Medicare and would cover just 50 percent of the next \$6,750. The CBO says this option could save \$27.3 billion, including the cost that could reduce spending for Tricare for Life and Medicare.

Narrow eligibility for veterans' disability compensation by excluding certain disabilities unrelated to military duties. This option has two alternatives. The first would stop compensation that covers certain no service-connected disabilities, which include arteriosclerotic heart disease, chronic obstructive pulmonary disease, Crohn's disease, hemorrhoids, multiple sclerosis, osteoarthritis and uterine fibroids. The CBO reports this could reduce the deficit by \$33 billion.
The second option could lower the deficit by \$3.6 billion. It wouldn't allow new applicants to receive disability compensation for disabilities not connected to military service

End VA's individual unemployability payments to disabled veterans at the full retirement age for Social Security. There are two alternatives. One choice would make VA stop individual unemployment payments to veterans age 67 or older by January 2020. This option would reduce the deficit by almost \$48 billion.

The other choice would reduce the deficit by \$6.7 billion. Under it, veterans who receive an individual unemployment supplement after January 2020 would not receive individual unemploy ment pay after they reach 67 years old. New applicants that age also would not gible for the benefit.

Reduce VA's disability benefits to veterans who are older than the full retirement age for Social Security. The CBO estimates that the deficit would be cut by \$10.5 billion if VA reduced compensation to veterans ago 67 and older by 30 percent.

Narrow eligibility for VA's disability compensation by excluding veterans with low disability ratings. The first option would make any veteran with a disability rating of 30 percent or less ineligible for compensation. This option would save almost \$38 billion.

The other option would let veterans rated at 30 percent or below continue their disability compensation but wouldn't compensate any new applicants. That option would save \$6.2 billion over the same time period.

In the report, the CBO concluded that if no changes to the budget were to occur, the deficit potentially could reach about \$15 trillion

From 2021 to 2028, deficits will avere almost 5 percent larger than the U.S. GDP. That would be the largest total of any time since World War II, according to the CBO.

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