



PALMER LAKE VFW POST 3915



www.palmerlakevfw.org

NO ONE DOES MORE FOR VETERANS

IN THIS ISSUE

Summer is not over yet

By: Commander Jarrod McReynolds



Wow where has the summer gone. I feel like it was just yesterday that we had that large blizzard to start the spring time off with. Don't fret however as we have a busy and eventful September.

This month is going to start off with a bang with the Fall Freedom Festival this Saturday September 8th. I hope that you all will be able to join us for this fun event. We will have a band, and food trucks along with many other family activities.

This month there will also be District Conference and a Department Conference these are both great opportunities to meet other Post members and socialize, along with finding new ways our post can serve Veterans and our community.

There will be a short Patriots day presentation Tuesday Sep 11 @ 7:15 PM on the memorial at the Post.

This will all be followed up by our signature event of the year the 2nd Annual 5K event on Sep 22. It is looking like we may have double or more participants from last year, and all proceeds will go to the 23rd Veteran, a great organization that is working to help combat PTSD and suicide in the Veteran community.

Following the 5k we will be having the annual Post picnic at Oak Grove Park here in Brooklyn Park. Thanks to the City of Brooklyn Park they have authorized the consumption of your favorite adult beverages, however it is BYOB. Food will be provided, however we do ask you, if you are able, to bring a potluck dish or desert to share. I hope to see as many people as possible for this event.

Looking ahead our Post dinner is right around the corner Oct 21st. The signup sheet is posted online ready for your RSVP's on the website, and a link will be provided in the Calendar section of this newsletter. With all the new members that this Post has, you will need to make sure you sign-up early as we can only fit 200 people in the hall.

Auxiliary News

The latest news from our Auxiliary President Page 2

Prayer Corner

Comrades or family or a comrade in need. Page 2

VFW Programs

Community Service	Page 3
Membership	Page 4
Service Officer –Veterans Issues	Page 5
Poppy Program	Page 7
Youth Activities	Page 7
Safety	Page 8
Legislation	Page 8
Veterans and Post Activities	Page 9
Americanism and Citizenship	Page 10

Honor Guard

Page 11

The Cootie Corner

A Letter from the Seam Squirrel Page 11

Help Wanted

A new take on volunteering Page 12

Dates to Note & Contacts

Mark your calendar or find us Page 12

General News and Info

Page 13

Auxiliary News

By President Tracy McReynolds

Hello Auxiliary Members,

It's September, and schools will be back in session soon if not already. We have our Fall Freedom Festival on 9/8 from 3-10 so bring your friends and families down. We will have Food Trucks, Live Entertainment, and Raffles and, of course, Fun.

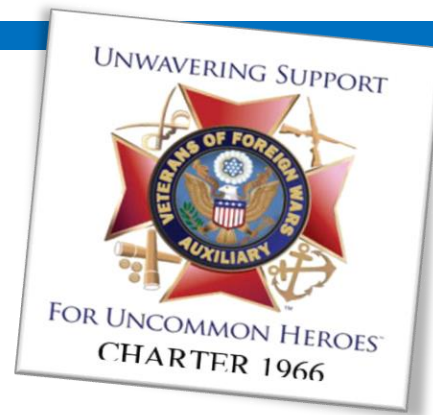
September 14th-16th we have our Department Conference in Willmar, MN

September 15th we have the Auxiliary Golf Tournament, sign-ups are in the bar area.

September 22nd we have the Suicide Awareness 5K and Post Picnic at Oak Grove Park, please bring Pot luck items if you can, not required. Also the District Meeting is in Isanti if interested at 09:00.

I hope this finds you all well and in good health, and my deepest sympathy to those of you who have lost loved ones lately. If you need any assistance please do not hesitate to reach out to one of us.

Our next meeting will be Tuesday September 11th at 6:30 pm, we will be doing a Patriot Day ceremony at 6pm at the Memorial. Hope to see you all there.



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



On August 13th we lost one of our last remaining charter members Harold Keller. Please keep his family in your prayers.

Kenny Kimble is in the VA Hospital. Doing well. No other info at this time. Send prayers

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

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.srvce@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 starting in Oak Grove Park at 8:30 AM. Race proceeds donated to Veterans mental health programs.

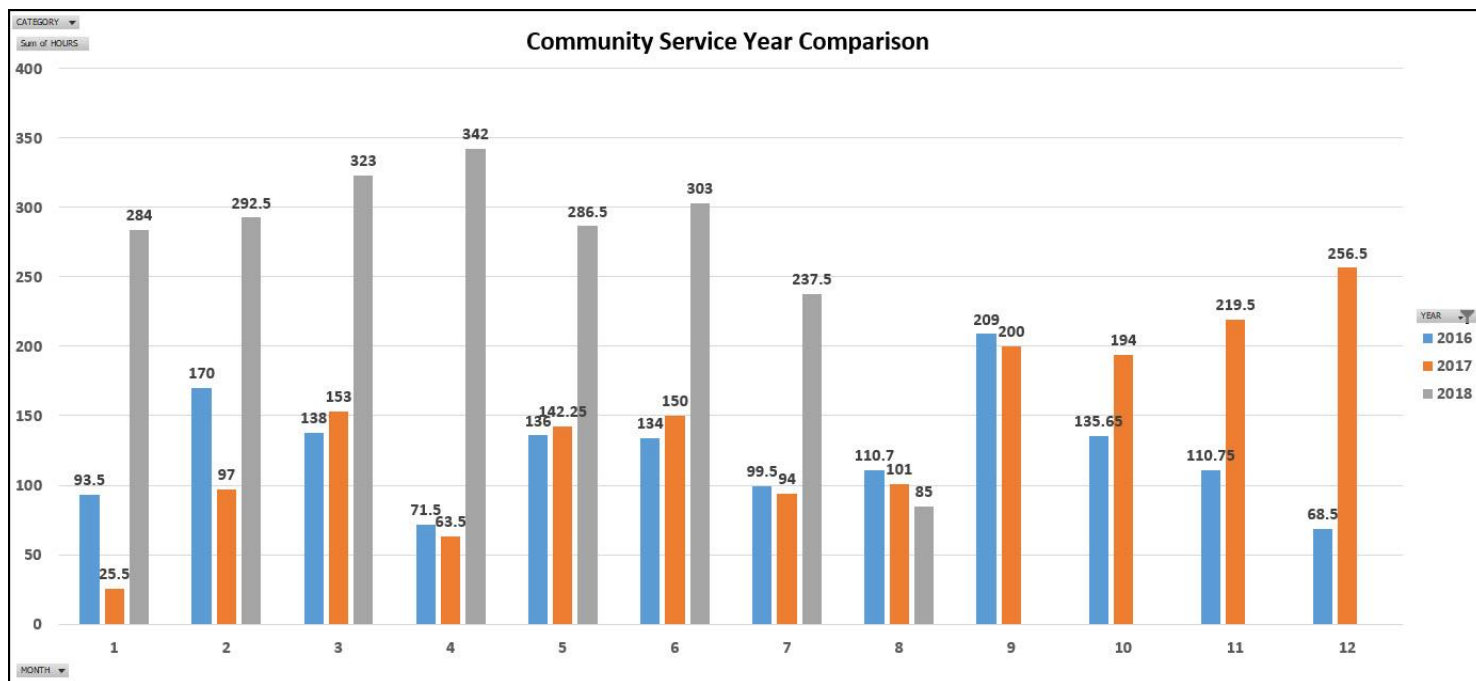


[Click here to sign up.](#)

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 Oak Grove Park where the 5K begins from 1100 to 1500. We hope to see you there!

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 8 months this year as compared to all of last year. Way to go team Palmer Lake VFW!!!!



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

This year's numbers for membership have yet to be released by National, however will should be close to 100% to start the year. We can make it this year, but that means we need to find new members. We will be doing membership drives like we do every year, but the best way to get new members is through existing members. If you have a battle buddy that needs a VFW home, invite them to Palmer Lake VFW. If you notice someone that might be a Veteran talk to them. Membership is a team activity and we all need to participate!!!

Service Officer VETERAN'S ISSUES

By Post Service Officer Jeff Jarosz

This is the National Defense Authorization Bill signed by the president. This bill shows the changes in existing programs and new benefits signed into law and who is eligible for them

Jeff



President Signs NDAA into Law

President Trump this week signed into law the National Defense Authorization Act (NDAA-H.R.5515) at Fort Drum, N.Y., which is the home of the U.S. Army 10th Mountain Division. The bill passed both chambers of Congress with large margins (House 359-54 and Senate 87-10). This is the first time since 1996 that the NDAA will be sent to the President on time or before October 1. Key provisions of the bill include:

- Blocking a huge TRICARE fee increase that would have doubled annual fees for TRICARE beneficiaries under age 65;
- Expanding the VA Caregiver Program to include all severely disabled veterans. The original program applied to badly disabled veterans that were injured after September 11, 2001;
- Limiting rent increases for residents at Armed Forces Retirement Home (AFRH) for next year and prohibiting AFRH from removing residents only because they are unable to pay rent;
- Increasing Navy and Marine Corps reserve and active duty end strength for FY2019;
- Increasing annual active duty pay by 2.6 percent, which keeps pace with civilian pay increases;
- Repealing a scheduled one percent cut in Basic Allowance for Housing (BAH) for active duty;
- Expanding availability of Military One Source for retired and discharged members of the Armed Forces
- Allowing Purple Heart, Medal of Honor, former POW, service-connected disability veterans and caregivers for disabled veterans to use commissaries and MWR facilities;
- Permitting veterans, who have a 100 percent service connected disability, to utilize a travel benefit currently extended to active duty and retired military members and their families to travel on military aircraft when there is extra space onboard; and
- Mandating maximum life insurance coverage for service members deployed in a combat zone.

This final bill provides an overall increase in topline funding to support our troops and readiness recovery

FREE LEGAL ADVICE FOR VETERANS

Coming up in September are free legal clinic 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 jajaros@q.com or [763-434-9708](tel:763-434-9708)

Poppy Program

Program Chair Lynn Olkives

Buddy Poppy



Our Buddy Poppy ladies are at it again Auxiliary members made 20 of these to take to VA Home & Hospital for Labor Day. Thanks Tracey, Linda, Kim and Carolyn



Youth Activities

Program Chair Janet Schaak

The Auxiliary has been busy collecting money for their annual Back to School Drive. This endeavor comes in two parts, clothing and supplies. A big thank you to Dave Thompson and the Dollar Store for their generosity in providing 12 boxes of school supplies. The members of the Auxiliary will be distributing the items they have to the following schools this month: Palmer Lake Elementary, Birch Grove Elementary and Evergreen Park Elementary.



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 award. 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 this award 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.

MACV-Minneapolis Stand Down 2018

Comrades, below is the thank you from MACV.

As for us, we had 19 volunteers who passed out clothing, blankets and hygiene kits. We were not challenged and hope to be back cooking breakfast next year. A big thank you to the volunteers as this does not happen without them.

Thanks

Booya

Message from Neal Loidolt, President & CEO

On behalf of the entire team at the Minnesota Assistance Council for Veterans (MACV), I want to personally thank you for participating in and supporting the 2018 MACV Stand Down event at the Target Center. Over 200 volunteers and 60 providers served 560 Veterans, 133 of whom identified as living in a homeless shelter or on the streets.

As in years past, services ranged from Housing, Employment & Education, Healthcare, Medical, Legal, Clothing, Toiletries and other supplies, Financial Services, Benefits, Haircuts, and much, much more.

Your participation in our Stand Down event demonstrates a willingness to be part of the solution to end Veteran homelessness in Minnesota. You have made a positive impact for each Veteran that we served, and our community. I am truly grateful to you for this selfless act of service.

George Washington once remarked, *"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive veterans of earlier wars were treated and appreciated by our nation."*

Thank you for helping MACV meet this charge. We are very proud to be partnered with you.

Legislation

By Program Chair Larry Fonder

Greetings Palmer Lake Comrades, Friends, and Family! This month I'd like to highlight a U.S. Senate bill that has the potential to improve veteran access to VA healthcare and put money in veteran's pockets!

U.S. Senate Bill, S.3235, "Veterans Hearing Benefits Act of 2018" ([Read More](#)). Minnesota's own Sen. Tina Smith introduced this bill in July 2018. If passed the bill would make hearing loss and tinnitus (ringing in the ears) a presumptive disability for veterans who served in combat or in a military specialty where they were exposed to repeated loud noises. As a presumptive, qualifying veterans would no longer face the often-insurmountable burden of proof, and in many cases years of appeals (average appeal time over four years), before the Department of Veterans Affairs acquiesces that the veteran's hearing disability was due to military service. Ultimately, more veterans will become service connected faster which will gain them higher priority access to medical care through the VA and put money in their pockets.

As an example, if the VA grants service connection for tinnitus (considered 10% disabling) to a veteran, the veteran now moves up from priority group 8 (the lowest priority) to priority group 3 (the same group as Medal of Honor recipients) in the Veterans Health Administration. Further, the veteran will also receive tax free monthly compensation of \$136.24 and free healthcare for anything related to his or her hearing disability.

In my newsletter submissions, I will never endorse a candidate, nor will I tell you for whom to vote. My focus is informing you of the issues and the actions being taken, particularly by Minnesota politicians that align with the VFW's legislative priorities. My goal is that this information will aid in your decisions to affect veteran legislation when going to the polls, or when voicing your opinion to our politicians.

As always, if there is an issue that you feel would be of value to our Palmer Lake VFW community, please let me know.

References:

1. US Government Accountability Office Report, March 2017: <https://3ax89fn04ri34txy19m3rcv-wpengine.netdna-ssl.com/wp-content/uploads/2017/05/2017.04.25-GAO-report-on-Appeals.pdf>
2. https://www.va.gov/healthbenefits/resources/publications/hbco/hbco_enrollment_eligibility.asp
3. https://www.benefits.va.gov/compensation/resources_comp01.asp
4. <https://vfworg-cdn.azureedge.net/-/media/VFWSite/Files/Advocacy/PriorityGoalsBrochure.pdf?la=en&v=1&d=20180125T143814Z>

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: [Click Here](#)

- The VFW Action Corps Weekly, an easy-to-read electronic newsletter that highlights the VFW's advocacy efforts on Capitol Hill.
- Immediate access to a nationwide database of contact information for all elected officials, a congressional directory.
- Regular VFW "Action Alerts" on how to get involved when our nation's veterans, service members and their families need their voices heard on Capitol Hill.

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

Veteran and Post Activities

By Program Chair Blair Sorvari

Greetings!

2nd Annual Suicide Awareness 5K Oak Grove Park 22 September

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

Post Picnic Oak Grove Park 22 September

-Will also be held 1100 to 1500, food will be provided, and it is BYOB.

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

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.

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!



FFL Draft 2018



FFL Winners 2017



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

Sept 2nd – V-J Day Japan signed formal surrender – 1945

Sept 3rd – Labor Day

Sept 10th – U.S. Naval Sea Cadet Corps Incorporated – 1962

Sept 11th – Patriot Day and National Day of Service and Remembrance

Sept 14th – “Star-Spangled Banner” written by Francis Scott Key 1814. VFW Auxiliary Organized 1914

Sept 17th – U.S. Constitution Approved 1787

Sept 18 – U.S. Air Force Established 1947

Sept 21st – POW/MIA Recognition Day

Sept 30th – Gold Star Mother’s 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



"Keep them smiling in their 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 Sept 11th at 1830

Next Post meeting Sept 12th at 1900

Next Hospital Visit Sept 18th at 1900 meet at the post at 1830

Fall Freedom Festival September 8th Volunteer Signup sheet in the bar.

9/11 Patriots Day Presentation and Flag Raising September 11th 7:15PM @ Palmer Lake VFW Memorial

Department Conference September 14th – 16th @ Willmar, MN

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 (Please bring a dish or desert to pass)

Booya October 13th

Blood Drive Nov. 15th

Member Dinner October 21 – [RSVP Link](#)

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

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