



## September 2013 Newsletter

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

### **CHARTER 1965**

Good Day Members,

Hope you all have enjoyed the summer with your family and friends. As fall approaches, we now turn our attention back to our programs and community service. Thank you to the Post and Auxiliary members who recently helped out a local Vet get rid of a bunch of items after his basement flooded. Nice job all.

We have our Pig Roast coming up 08 Sep 2013. Stop out and enjoy time with family and friends. The festivities begin at 1pm. We will have food, car show, and the Brooklyn Park Police & Fire will be on hand. We will start selling our 2013-2014 Calendars for \$20, great Christmas gifts. And we will have a tribute to our POW/MIA before all the activities start. The tribute will begin sometime after 12 but before 1pm.

The Post has lowered the cost of purchasing a memorial stone to \$60. We have 24 open positions for our Auxiliary Members. We have about 48 for Post members, and once these are filled, the project will be complete. So if you want a stone for either a Vet or Auxiliary member, please contact Terry Wagner at [wagnerterry@comcast.net](mailto:wagnerterry@comcast.net)

If you have spare time, we could really use help with these two programs. These are very important programs and as our older members begin to relinquish some of their responsibilities, the younger/newer members will need to step in to carry on our traditions of fulfilling programs. If interested contact me at the email in my signature.

**POPPIES:** Looking for a member to become the Poppy Chairperson to help next year's program and a couple of member to help get it organized.

**VOICE OF DEMOCRACY:** Don Herman could really use some help. This program entails VOD, Patriots Pen, and Teacher of the Year

### **Veterans Service Officers' Column – From Jeffrey Jarosz, Service Officer**

The new **Minnesota GI Bill** will provide up to \$10,000 for schooling toward a degree, continuing education or just for personal improvement. All Veterans are eligible up to age 62 (when the senior discount kicks in.) A Veteran must have served at least 181 days of active duty and have an honorable discharge or have served for 5 years in a Guard or Reserve unit. All applicants must fill out a FAFSA application for student aid. You must apply for the Minnesota GI Bill each year. You can easily apply on-line at: <http://getreadyforcollege.org> The money is there for you to use and it just takes a few minutes to apply for it.

**Next Post Meeting is 11 Sep 2013 @ 7pm.      Next Blood Drive is October 21.**

Yours in Comradeship,  
Scott Bill, Commander, Post 3915, [scottbill15@msn.com](mailto:scottbill15@msn.com)



***CHARTER 1930***

**September 2013 Newsletter**

Comrades and Sisters,

Wow, where did summer go? I worked the VFW Booth at the State Fair, and in a few days, we will be at the Fall Conference. Humbug - too early for snow and what goes with it.

Good news! We are doing well on all our programs and membership, but we have a ways to go on both programs.

Do you want to help? Call me and I will find a job for you.

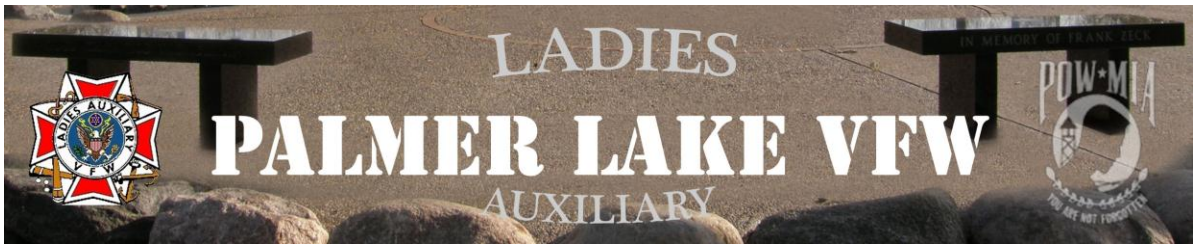
We welcome two new members - Jack Kortz and Harley Mork - you have joined a great Post.

Come to a meeting on the third Wednesday at 7:00 PM.

***REMEMBER***

**Some hospitalized veterans have no visitors.  
We can at least pray for them.**

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



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

### **CHARTER 1966**

## **September 2013 Newsletter**

Dear Sisters,

Unfortunately our summer is winding down (but as I write this, it is the hottest day on record since 1948!!). Now we are looking forward to the fall (and football) season. We know we have BUSY times ahead!!

Before I get into that, I want to take the time to thank all the Sisters who helped make our Picnic Basket Raffle a big success. Linda Cosgrove spearheaded the event and we had a very positive response on the creativity of the event. Thanks to Silver and Tracey for helping me with the ticket sales.

The Pig Roast, as you probably know, is Sept. 8 and the Ladies Auxiliary is having a raffle again this year. Tickets are on sale now for \$5.00. The top prize is a Vizio 32" HDTV. If you can help sell tickets, please contact Donna Clover. Tickets will also be for sale at the Pig Roast.

September is POW/MIA Recognition month. JPAC (Joint POW/MIA Accounting Command) has approximately 83,000 cases they are trying to solve around the world. As I mentioned before, the Ladies Auxiliary is selling T-shirts and a portion of the proceeds are going to JPAC to support their efforts to locate, identify and repatriate the remains of those who are missing. Our shirts read "Until Every Last One Comes Home." Definitely a goal worth working for!

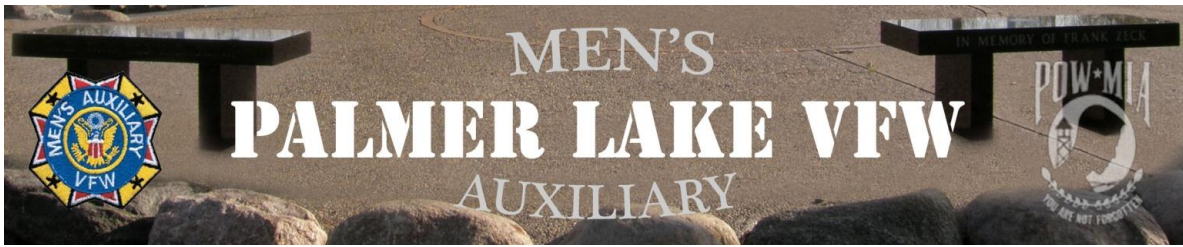
September is also Suicide Awareness month. I am sure all of you have read the alarming reports of the rise in suicides among our military. There is also a rise in suicides among our military members' families. You can visit the VA website for more information and available resources at: [http://www.mentalhealth.va.gov/suicide\\_prevention](http://www.mentalhealth.va.gov/suicide_prevention).

There are 2 other important dates to note in September. The first is that September 11 is Patriot's Day. We will commemorate this important day at our Pig Roast. The second is to wish Happy Birthday to the Ladies Auxiliary of the VFW on September 12. Our organization was established in 1914!

Looking forward to seeing you at the Pig Roast. If you can volunteer to help that day, sign-up sheets are at the Club. Also, don't forget to send in your RSVP by October 5 for the Member Dinner on October 20. We are once again having a drawing for a Life Membership for our Continuous Members who attend.

I hope to see you at the next meeting on September 10 at 6:30 p.m. Wishing you all good health and happiness.

Kim Mudge  
Palmer Lake VFW Post 3915 Ladies Auxiliary  
Email: [kim.mudge@yahoo.com](mailto:kim.mudge@yahoo.com) Cell: 763-234-3409



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

### **CHARTER 2004**

## **September 2013 Newsletter**

Members,

We had a very good turnout at the Stand Down recently. Members of Posts 3915, 217 and Auxiliaries cooked breakfast for homeless vets and event volunteers. Lee Ulferts and Chuck Quigley taught some of us “young folks” how to get the job done. We figured that about 340 people were served. Our only crisis was the need to make a quick run to Sam’s Club for another 24 dozen of eggs. Thanks Don (Post 217) Donna, Mike, Dan, Brian and Dale for all your help. We were eaten out of house and home, but feel pretty good about it.

The Golf outing is scheduled for September 7. We will once again be golfing at Brookland Executive. It’s a best ball event and tee off time is 10:00 a.m. For those that want to sponsor a hole or can help with the prizes, please see Gary Lind. Refreshments will be available at the course as normal. Lunch will be served and the presentations made back at Palmer Lake VFW following the event. It sounds like a lot of fun.

October 12 is our annual Booya Fund Raiser. We have most of all the ingredients pledged or donated. We could still use more turkeys and/or chickens and maybe a couple more roasts. After the Pig Roast, we will be arranging the night time shifts for stirring, etc. See me if you’d like to get involved. See our flyer attached to this newsletter or the website for more details. Please mark your calendars. This is a combined effort with the Ladies and Men’s Auxiliaries and really helps us provide Christmas for needy families.

The Men’s Auxiliary Fall Cabela’s Raffle will kick-off on September 4. See you favorite Auxiliary member to purchase tickets. We are very happy for your continuing support in our programs. The drawing will take place on November 1.




**See You at the Pig Roast on September 8!**

For membership issues or payment of you annual dues, please contact Del Lottman. For any member referrals, contact any of our members. Please remember to turn in your community service hours to Stuart Ruud, Jr. Vice.

If you would like to donate blood or help with the Blood Drive, call Gary Archambault at 763-432-9828 or sign up at the Post. The next Blood Drive is October 21. Your help is appreciated!

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

## PALMER LAKE VFW - SEPTEMBER 2013

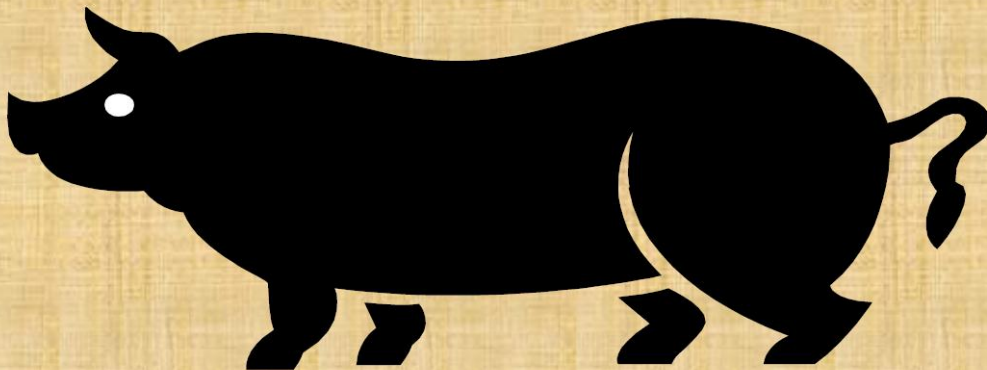
| Sun  | Mon  | Tues  | Wed   | Thu   | Fri   | Sat  |
|--|--|---|---|---|---|--|
| <b>1 SEPT</b>  | <b>2</b><br>Labor Day<br>5:30 pm<br>Member<br>Drawing<br><br>9 pm - 12:30<br>Happy Hour -<br>\$2 Domestic<br>& Rail Drinks | <b>3</b><br>5:30 pm<br>Meat Raffle<br><br>5:30 pm<br>Guest Drawing<br><br>6 pm<br>Horseshoes<br>(Sign-up at<br>5:30)  | <b>4</b><br>Taco's - 2 for \$3<br><br>5:30 pm<br>Auxiliary Drawing<br><br>6 pm - 3915 Men's<br>Auxiliary Mtg.<br><br>7:30 - 11:30 pm<br>Karaoke   | <b>5</b><br>Chili Dogs - \$2<br><br>4:30 - 6:30 pm<br>Happy Hour -<br>\$2 Domestic &<br>Rail Drinks<br><br>7:30-10:30 pm<br>Music & Song<br>with Trey<br>ZehrGrimm                  | <b>6</b><br>7:30 pm<br>Bargo<br><br>9:30 pm -<br>12:30 am<br>DJ (After<br>Bargo)  | <b>7</b><br>10:00 am-Men's<br>Auxiliary Golf<br>Tournament -<br>Brookland Golf<br>Course<br><br>3:30 pm<br>Meat Raffle<br><br>7:30 pm-12:00<br>Karaoke |
| <b>8</b><br>12:00 -<br>Vikings at<br>Detroit<br><br>1:00 PM<br>Annual<br>Pig Roast,<br>Car Show<br>& Music!<br> | <b>9</b><br>5:30 pm<br>Member<br>Drawing<br><br>9 pm - 12:30<br>Happy Hour -<br>\$2 Domestic<br>& Rail Drinks              | <b>10</b><br>5:30 pm<br>Meat Raffle<br><br>5:30 pm<br>Guest Drawing<br><br>6 pm<br>Horseshoes<br>(Sign-up at<br>5:30)<br><br>6:30 pm<br>3915 Ladies<br>Auxiliary Mtg. | <b>11</b><br>Taco's - 2 for \$3<br><br>5:30 pm<br>Auxiliary Drawing<br><br>6:15 pm<br>Housing<br>Committee Mtg.<br><br>7 pm<br>Post 3915 Meeting<br><br>8 pm<br>Karaoke                       | <b>12</b><br>Chili Dogs - \$2<br><br>4:30 - 6:30 pm<br>Happy Hour -<br>\$2 Domestic &<br>Rail Drinks<br><br>7:30-10:30 pm<br>Music & Song<br>on the Patio<br>with Trey<br>ZehrGrimm | <b>13</b><br>7:30 pm<br>Bargo<br><br>9:30 pm -<br>12:30 am<br>DJ (After<br>Bargo) | <b>14</b><br>3:30 pm<br>Meat Raffle<br><br>7:30 pm-12:00<br>Karaoke  |
| <b>15</b><br>12 pm<br>Vikings at<br>Chicago<br>Bears   | <b>16</b><br>5:30 pm<br>Member<br>Drawing<br><br>9 pm - 12:30<br>Happy Hour -<br>\$2 Domestic<br>& Rail Drinks             | <b>17</b><br>5:30 pm<br>Meat Raffle<br><br>5:30 pm<br>Guest Drawing<br><br>6 pm<br>Horseshoes<br>(Sign-up at<br>5:30)   | <b>18</b><br>Taco's - 2 for \$3<br><br>5:30 pm<br>Auxiliary Drawing<br><br>5:35 pm - Booya<br>Planning Meeting<br><br>7 pm - Post 217<br>and Auxiliary Mtg.<br><br>7:30 - 11:30 pm<br>Karaoke | <b>19</b><br>Chili Dogs - \$2<br><br>4:30 - 6:30 pm<br>Happy Hour -<br>\$2 Domestic &<br>Rail Drinks<br><br>7:30-10:30 pm<br>Music & Song<br>on the Patio<br>with Trey<br>ZehrGrimm | <b>20</b><br>7:30 pm<br>Bargo<br><br>9:30 pm -<br>12:30 am<br>DJ (After<br>Bargo) | <b>21</b><br>Craft Fair in<br>the Hall<br><br>3:30 pm<br>Meat Raffle<br><br>7:30 pm-12:00<br>Karaoke   |
| <b>22</b><br>12 pm<br>Vikings vs.<br>Cleveland   | <b>23</b><br>5:30 pm<br>Member<br>Drawing<br><br>9 pm - 12:30<br>Happy Hour -<br>\$2 Domestic<br>& Rail Drinks             | <b>24</b><br>5:30 pm<br>Meat Raffle<br><br>5:30 pm<br>Guest Drawing<br><br>6 pm<br>Horseshoes<br>(Sign-up at<br>5:30)   | <b>25</b><br>Taco's - 2 for \$3<br><br>5:30 pm<br>Auxiliary Draw.<br><br>7:30 - 11:30 pm<br>Karaoke   | <b>26</b><br>Chili Dogs - \$2<br><br>4:30 - 6:30 pm<br>Happy Hour -<br>\$2 Domestic &<br>Rail Drinks<br><br>7:30-10:30 pm<br>Music & Song -<br>Trey ZehrGrimm                       | <b>27</b><br>7:30 pm<br>Bargo<br><br>9:30 pm -<br>12:30 am<br>DJ (After<br>Bargo) | <b>28</b><br>3:30 pm<br>Meat Raffle<br><br>7:30 pm-12:00<br>Karaoke  |
| <b>29</b><br>12 pm<br>Vikings vs.<br>Pittsburgh  | <b>30</b><br>5:30 pm<br>Member<br>Drawing<br><br>9 pm- 12:30<br>Happy Hour -<br>\$2 Domestic<br>& Rail Drinks              | <b>1 OCTOBER</b><br>5:30 pm<br>Meat Raffle<br><br>5:30 pm<br>Guest Drawing<br><br>6 pm Horse-<br>shoes (Sign-up<br>at 5:30)   | <b>2</b><br>Taco's - 2 for \$3<br><br>5:30 pm<br>Auxiliary Drawing<br><br>6 pm-3915 Men's<br>Auxiliary Mtg.<br><br>7:30-11:30 pm<br>Karaoke   | <b>3</b><br>Chili Dogs - \$2<br><br>4:30 - 6:30 pm<br>Happy Hour -<br>\$2 Domestic &<br>Rail Drinks   | <b>4</b><br>7:30 pm<br>Bargo<br><br>9:30 pm -<br>12:30 am<br>DJ (After<br>Bargo)  | <b>5</b><br>RSVP For<br>Member Dinner<br>Due Today!<br><br>3:30 pm<br>Meat Raffle<br><br>7:30 pm-12:00<br>Karaoke                                      |



**Palmer Lake VFW Post #3915**

# **Pig Roast**

and  
**Fixins'**



**Sunday, September 8<sup>th</sup> @ 1:00 pm**

**2817 Brookdale Dr., Brooklyn Park, MN 55444**

**\$8 in Advance & \$10 at the Door**

**Vikings Game, Car Show, Music, Raffle**



# BOOYAH!

**Saturday, October 12, 2013**



**Starts At Noon til GONE!**

**Palmer Lake VFW**  
**2817 Brookdale Dr.**  
**Brooklyn Park, MN**

**\$5.00**  
per bowl with bread

*"and/or bring in your  
own to-go container"*

16 oz To-Go Container - \$5.00  
Quart To-Go Container - \$8.00  
Gallon To-Go Container - \$24.00





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

Dear Comrades and Auxiliary Members of Post 3915:

It is with great pleasure to invite you to our **POST 3915 MEMBER Dinner** at the Post Home on Sunday, October 20, 2012. The festivities will include:

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

**6:00 – 7:00 p.m. – Dinner** – Prime Rib, Vegetables, Au Gratin, Salad, Dessert

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

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

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

Please RSVP (mail or bring the bottom portion to the Post) **no later than 05 October.**

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

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

Scott Bill, Commander, Post 3915

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

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

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

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

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

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

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

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

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





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

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

**POST 3915 OFFICERS:**

Commander – Scott Bill  
Senior Vice – Scott Hanson  
Junior Vice – Brad Klein  
Quartermaster – Gary Archambault  
Adjutant – Andrea Fierst  
Chaplain – Stu Whelan  
Judge Advocate – Terry Wagner  
Surgeon – Don Nelson  
Service Officers – Jim Hamann / Jeff Jarosz  
Officer of the Day – Steve Peterson  
1 Year Trustee – Russell Lejchner  
2 Year Trustee – Keith Brown  
3 Year Trustee – Blair Sorvari

**POST 3915 – LADIES AUXILIARY OFFICERS**

President: Kim Mudge  
Sr. Vice: Kandy Charlet  
Jr. Vice: Marcie Short  
Treasurer: Pam Johnson  
Chaplain: Judy Hystad  
Trustee: Kim Doeren  
Guard: Tracey Miller  
Trustee 3-year: Francesca Bill  
Trustee 2-year: Silver Whelan  
Trustee 1-year: Donna Clover

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

President: Dave Thompson  
Sr. Vice: Jeff Marsyla  
Jr. Vice: Brian Melchior  
Adjutant: Lenny Medearis  
Treasurer: Mike Marthaler  
Chaplin: Dale Palm  
1 Year Trustee: Gary Lind  
2 Year Trustee: Ken Cudo  
3 Year Trustee: Matt Lee

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

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

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

## **VIBEZ**

Music & Memory: iPod Project for Military and Veterans

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

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

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

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

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

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

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

#### HOW YOU CAN HELP

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

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

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

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

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

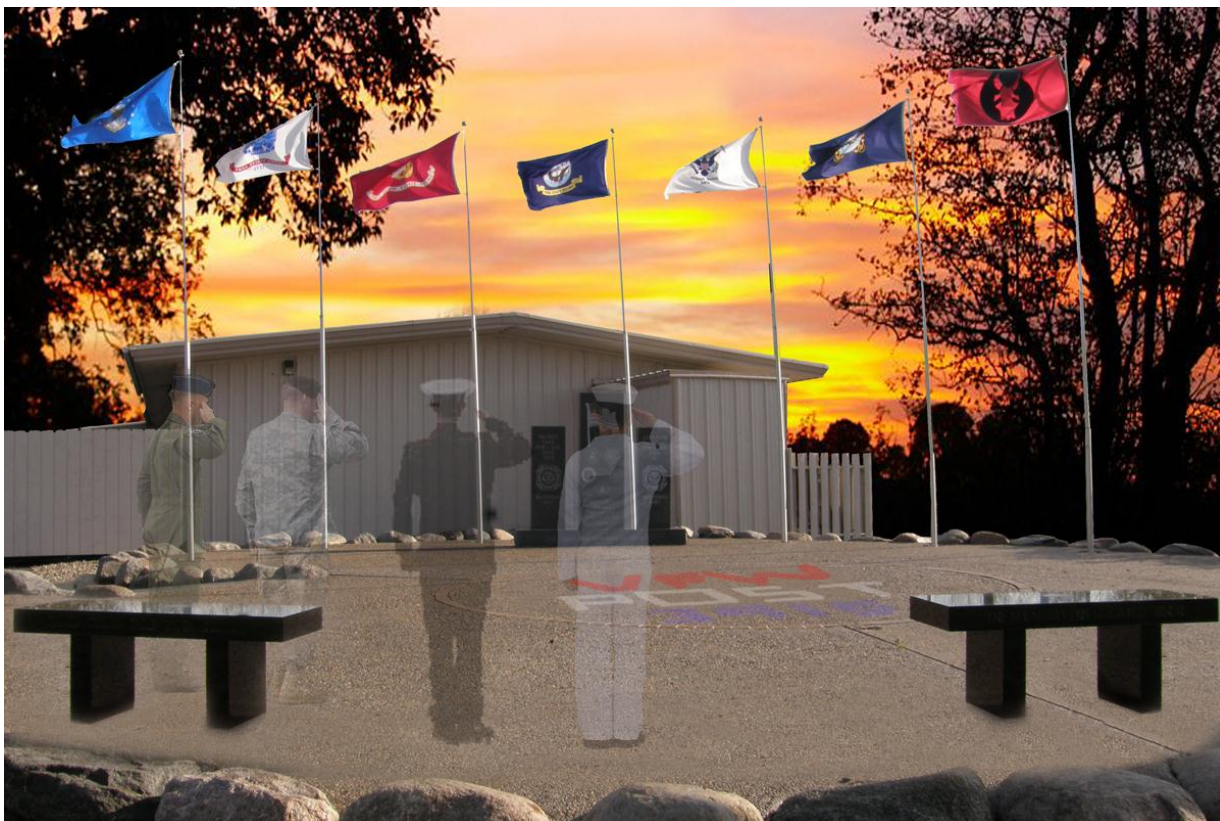


Ladies Auxiliary to the VFW of MN, District 7  
Francesca Bill, President, 2013/2014  
4882 Woodcrest Rd.  
White Bear Lake, MN 55110  
(651) 263-6721  
[frankiebill@msn.com](mailto:frankiebill@msn.com)



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

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



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

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If you are receiving this by mistake or wish to stop receiving, click [here](#).

Thanks,  
Webmaster