



PALMER LAKE VFW POST 3915



www.palmerlakevfw.org

NO ONE DOES MORE FOR VETERANS

IN THIS ISSUE

Let's Make this the Best Year yet!

By: Commander Jarrod McReynolds



Comrades, this last year was a great year for Palmer Lake VFW. Our Post is growing and continues to grow; and we have a lot of new members getting involved. The programs are running great and there is always something fun to do at the Post.

The Auxiliary, as always, did a great job with supporting the programs, doing the Buddy Poppy displays and making sure that the Post is decorated at the correct times of the year. Somehow with all of that, they also found great ways to support the Post with the 5K, and the healing nest with a great donation.

I could not think of a better group of brothers and sisters to spend time with, to work alongside in helping Veterans and their families, our community, and reaching the youth in our area. With that said, I want to set the goal for this next year, that we continue our programs, continue to increase

our membership, grow the great events such as the 5K, Fall Freedom Festival, Booya and all the other ones. But most of all, we continue to set the example in our District on what a VFW should be doing when it comes to Veterans in need, and our community.

Our mission is not always easy, and sometimes it may seem more than we can handle, but when we all support each other and we all lend a hand, there is nothing that Palmer Lake VFW can't do.

For those that have events that they are planning, now is the time to find help and start your planning. Feel free to drop myself or Pam Johnson an ad for your event to elicit Volunteers or help.

The Auxiliary President and I are already planning the next quarterly Joint Post and Auxiliary event, and more details will be sent out this Month.

At the next Post meeting we will be drawing for Golden Dinner ticket, and there will be a special presentation that you will not want to miss. So if you have not been to a meeting in a while, this is one meeting you don't want to miss. I look forward to seeing you all there.

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Auxiliary News

By President Tracy McReynolds



Happy New Year all, I trust everyone made it through the Holidays safe and sound.

We had a wonderful showing for the Kids Christmas in the Hall. I especially want to thank all the people who stepped up, you all know who you are and I cannot thank you enough for all of your hard work and dedication to our kids and to our Post. You are all the Mr. & Mrs. Claus to these children. So, great job to all of you.

*We have Mid Winter Conference, downtown Minneapolis 1/17-1/20. If interested in attending please let me know.

*We have the Casino bus trip coming up February 16th, sign ups should be up soon if they aren't already. This is a great day trip to Turtle Lake make sure you sign up. Lots of fun is had on the 2 buses.

*We also have Taco Fiesta right around the corner in May. There will be more information to follow as we get closer. But if you want to help get



the auction items started please let us know as we always need lots of helpers for this event.

I hope everyone has a wonderful New Year

"May God bring to you Warmth of love and a light to guide your path towards a positive destination. Happy New Year!"

Our next meeting will be January 8th at 630

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

Prayer Corner

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 continue to keep Gary and Sally Archambault and their family in your thoughts and prayers as Sally continues her battle with cancer.

Oh Lord,

Please keep all of our loved ones and families safe over the coming year.

May peace fall over our Military around the world and may they be safe during the coming year.

Amen

Community Service

Senior-Vice Jim Williams



Serving Community and Veterans,

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](#)

Share the Veterans Crisis Line Number to Save a Life

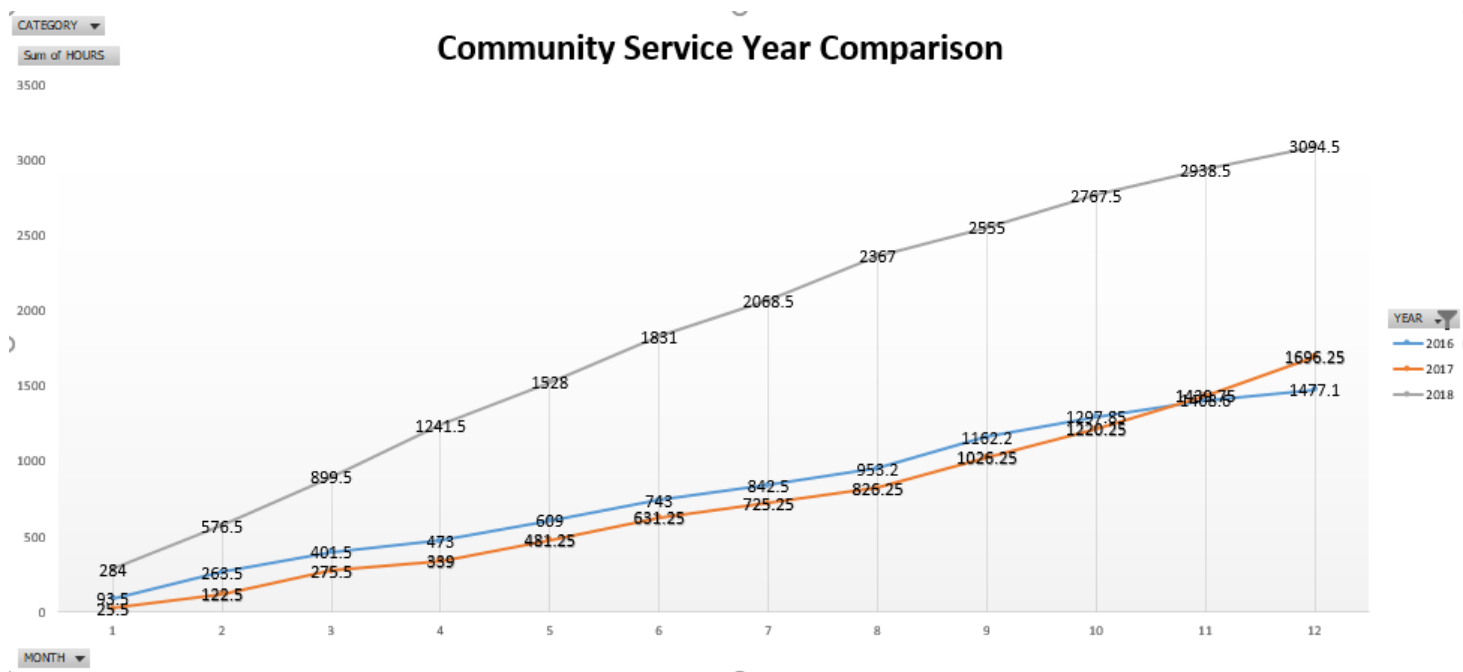
Crisis Line. This confidential, toll-free, 24-hour-a-day hotline serves Veterans and their loved ones year-round. Reach qualified, caring responders:

by phone at 800-273-8255,
via online chat on their website, or
by text message at 838255.

[Learn More](#)

This is a new graph to end the year below, it shows the total cumulative hours of Volunteering for the year. What an outstanding year we had as a Post. Also this year Palmer Lake VFW Gambling and the Post donated \$54,650 to other organizations, scholarships, and programs. For a full listing you can go to this link at the Post site <http://palmerlakevfw.org/content/accomplishments-and-contributions>

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



Membership

Junior-Vice Jonell Willson



This year has been a great year so far for membership. We are currently sitting at 101.27% and we are in 55th place for our Division Nation Wide out of 476 other Posts. We are also sitting at 18th place within the state for total membership so far this year. You should all be proud of the great work that you have been doing to get new members. But let's not let our foot off the gas with membership, we need to continue to grow, and it only happens when you ask a fellow Veteran if they know about the VFW.

Our New Members that last couple of Months are

Terry Holman
Elizabeth Nelson
Milford McReynolds
David Gries
Norman Hammer
Thomas Payne
Paul Wallace

Service Officer VETERAN'S ISSUES

By Post Service Officer Jeff Jarosz

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

<https://www.anokacounty.us/344/Veteran-Services>



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.

Here are the dates for the upcoming Veterans Legal Clinics.

The Legal Clinic in Anoka is: March 12, 2019 room 237 at the Anoka county court house from 9 – 2pm

The legal clinics at the Minneapolis VA medical center are;

January 10, 2019 from 9 – 2pm in the flag atrium

February 5, 2019 from 9 – 2pm in the flag atrium

March 7, 2019 from 9 – 2pm in the flag atrium

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 jjarosz@q.com or 763-434-9708

TRICARE

TRICARE expanded ambulance services to cover both treat-and-release and joint response services this year. Treat-and-release is when an ambulance treats you, but doesn't take you to the hospital. Joint response is when an ambulance crew needs the help of a paramedic or intermediate EMT to give you advanced life support services.

Read the [full article here](#)

In 2018, TRICARE implemented a number of changes. These changes include improving access to care and simplifying costs. Most TRICARE costs limits also moved from a fiscal year cycle to a calendar year cycle. What does this mean for you? Your annual catastrophic cap and deductibles reset every Jan. 1.

Read the [full article here](#)

Sign up for TRICARE email updates at www.tricare.mil/subscriptions.

Attached is a link to the VA benefits handbook. It has all VA benefits listed and how to go about getting them. The VA does not print these any more so it will be a good thing to see that each of our members copied this link

Blue Water Legislation – for latest update see page 16

Poppy Program

Program Chair Lynn Olkives



A special thanks to Linda Cosgrove and her team for putting together the display for the Buddy Poppy display competition at the last District 7 meeting.

Remember that a portion of the proceeds for Buddy Poppies goes to support the National Home for Children.

The VFW National Home for Children was founded in 1925 in Eaton Rapids, Michigan as a place where families left behind by war could remain together, keeping the family circle intact even when their serviceman didn't come home.

Today's military and veteran families face different challenges -- reintegration, post-traumatic stress, high unemployment and rehabilitation from battlefield injuries, among others -- and the National Home has evolved over our decades-long history to meet those changing needs.

In addition, we understand that the impacts of war can be generational. The National Home is here to help veteran connected families as well who are directly related to a VFW or Auxiliary member or are eligible to become one.

Resident families can accomplish significant life goals by participating in our program. We offer case management services to help families establish their plans for the future and set goals, education, recreational, and enrichment opportunities for parents and their children, as well as free housing and daycare. Community resources and counseling provided as needed.



Youth Activities

This year's winner for VOD at Palmer Lake VFW is Emma Hanson



This Year's winner for the Patriot Pen at Palmer Lake VFW is Leo Johnson who also won at District 7, and is now competing for Department Honors.

Legislation

By Program Chair Larry Fonder

Greetings Palmer Lake Comrades, Friends, and Family!

This month we'll start to prepare ourselves for the "Vets on the Hill" event! No date has been set for the event, however if last year is any indication, we can expect it occurring circa March 2019. Given the event focuses on state legislation, I like to draw everyone's attention to Minnesota Senate Bill SF 2494 and its House Companion HF 2735 introduced in 2018:

https://www.revisor.mn.gov/bills/text.php?number=SF2494&version=latest&session=ls90&session_year=2018&session_number=0

The bill is designed to improve the property tax abatement benefit for surviving spouses of qualifying disabled veterans. Currently veterans rated at 70% and greater or 100% permanent and total by the U.S. Department of Veteran's Affairs can exclude \$150,000 or \$300,000 respectively from the market value of their home. Thus if you're a 70% rated veteran with a house worth \$200,000 you'd only pay taxes on \$50,000. Following the veteran's death, widow or widowers can continue this benefit for eight years.

The new bill however would eliminate the eight year time limit and allow a widow or widower to keep the tax benefit until they remarry, sell, or otherwise dispose of the property. This bill was a priority of the Minnesota Commander's Task Force at Vets on the Hill in 2018, and given it has yet to pass, I expect it will be again in 2019.

I wish everyone a wonderful holiday season!

Comrade Larry Fonder

VFW3915legislativechair@gmail.com



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

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

Monday Texas Hold'em Poker – Starts at 7pm 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

Blue Star Mothers Watch for another drive in the early part of 2019.

Cribbage: Staring October 1st through April 30, 2019.

No experience required and cheap at twice the price.
Entry fee \$6. All money paid out and each player receives a drink cup.
Sign-up 11:30AM - Draw for partners - Games start Noon.

Do not forget

Electronic pull tabs

(Almost as much fun as going to the casino)



Congratulations to Kim Mudge on winning the football challenge! Big thank you to Carolyn and Linda for running it again this year! With Linda Cosgrove and Carolyn Puttin



Safety

Program Chair Don Herman



This year's winner for Police of the Year for Palmer Lake VFW is Officer Steve Holt.

We did not have any entries for Fireman of the year. So if you have contacts with the local fire departments please let us know as we try to continue this great program.

Americanism and Citizenship

Program Chair George Hunt

This year's Teacher of the Year for Palmer Lake VFW is Lisa McNiesh

Upcoming Holidays/Dates

Jan 1 - New Year's Day



Jan 17 – Persian Gulf War Began (1991)

Jan 21 – Martin Luther King Jr Day

Jan 27 – Signing of Vietnam Peace Accord (1973)

Jan 31 – Panama Campaign Ended (1990)

January – Named for the Roman god Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past, the other into the future. Gifts of gilded nuts or coins marked the start of the new year in ancient Rome

Honor Guard

Color Guard Commander Robert Hystad



The Cootie Corner



"Keep them smiling in their beds of white".

I hope everyone and a happy and safe holiday season. I also want to thank everyone that supported our annual turkey raffle we held in November.

With that and the continued patronage of the nut and candy machines, our pup tent is becoming financially stable. Now with 2019 upon us we need to turn our attention to building membership.

Our thoughts and prayers go out to the family of Kenneth Tveit, a 29 year member that recently passed.

For any Post member desiring to learn more about the Cooties, check out the official web site, [Click Here](#) or contact me and join us in our mission.

"KEEP EM SMILING IN BEDS OF WHITE".

To contact me:

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 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. Go to [Input info here](#) 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 Jan 8th at 1830

Next Post meeting Jan 9th at 1900

Next Hospital Visit Jan 15th at 1900 meet at the post at 1830

Mid-Winter Conference – Jan 17th – 20th in Minneapolis

Next District Meeting Apr 13th District Convention at Palmer Lake VFW 0830 Installation of Officers to follow at 1200

Blood Drives Jan 14, Mar 11 and May 13

Fish Fries start again on Friday March 8th?



CONTACT US

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Club Manager	bar-mgr@palmerlakevfw.com
Lawn Care Team	davthomp07@gmail.com

General News and Information


Save the Date/Ice fishing

By Booya

ARE YOU READY FOR SOME FISHING?

**SATURDAY
FEBRUARY 23RD
2019**

**Vet's Camp on
Big Marine Lake**



Save the date!

More info to follow!

Limited cabins available!

Pot Luck! Prizes! Fun!

1ST ANNUAL PALMER LAKE VFW/FOREST LAKE VFW FISHING EXTRAVAGANZA!

Vets Camp Fishing Event

We will be holding a fishing event on Saturday February 23rd at the Veterans Campground on Big Marine Lake. We are currently finalizing all the details and will post them in the February Newsletter. We expect the event to start at 11AM and go until 3PM. Prizes and door prizes will be modest in our first year, but we will make this event memorable to build on in the future. Palmer Lake Post 3915 and Forest Lake Post 4210 will be the leads. Friends and family are welcome. We know of several people bringing their kids.

About the Event

We will have 2 person teams. 1st and 2nd prizes for Walleye, Northern Pike, Crappies, and Sunnies. The cost will be \$30.00 per team with kids 12 years and under free. Pre-registration is required and will begin in January. **Payment is due upon registration and is non-refundable.** Some of the proceeds will go to the Vet's camp for plowing etc. **Weigh-in is at 3:00PM.** No fish can be turned in after that time. More details to come.

Pot Luck

After the weigh-ins there will be a pot luck in the canteen. This will start +/- at 4:00PM.

About the Canteen

The pot luck and after hours "go to" place is the canteen. This is a set-up bar with sodas and beer available for sale. You will need to bring your own liquor.

About the Cabins

We have booked one 1 bedroom cabin and nine 2 bedroom cabins. They are all spoken for at this time. There is a short waiting list in case something becomes available. Some beds may be or become available. You must bring your own bedding, towels and food. The cabins are equipped with a full size refrigerator, microwave, stove, coffee maker, showers, TV, WiFi, pots, pans, dishes silverware etc. Check-in is Noon Friday and check out is Noon Sunday. If we can catch fish on Friday afternoon we will cook them up for supper on Friday.

About the Vet's Campground on Big Marine Lake

11300 180th Street N. (Manning Trail NE of Hugo and SE of Forest Lake.

WWW.vetscampmn.org

Deadline for registration is 15 February 2019

Points of Contact:

Palmer Lake VFW: Dave Thompson or Blair Sorvari

Forest Lake VFW: Bryan Lee

The Children's Christmas Party

By Carolyn and Micki



Let's have a little fun. Send me your cutest kid pictures from this year's party at the V.

Here are the rules:

Categories: ages 0 to 2, 3 to 5 and 6 to 8. Please put age in email.

There will be a prize for the best picture in each category.

All entries must be received by midnight February 28, 2019

The judge's (Commander's) decision will be final.

Send you pictures to editor.palmerlakepost3915@gmail.com



Piece of Pearl Harbor History Being Restored

By: Amanda Dolasinski

Restoration on a tower that withstood the attack on Pearl Harbor 77 years ago soon will be complete, giving visitors a 360-degree view of America's first aviation battlefield in World War II.

The **Ford Island Control Tower**, which sustained weather-related deterioration, will be fully restored with a working elevator through funding from U-Haul International's Shoen family, which has strong connections to the military and to World War II. Repairs on the tower began in 2010.

Tower restoration efforts will be finished by September 2020, says Elissa Lines, executive director of the Pearl Harbor Aviation Museum. Sept. 2, 2020, will be the 75th anniversary of the Allied victory over the Japanese.

“This will be a day that we have all been dreaming about for many years,” Lines says.

Joe Shoen, son of **U-Haul founder and Navy veteran L.S. Shoen**, says the company was pleased to help preserve a piece of American history. L.S. Shoen and his wife, Anna Mary Carty Shoen, established the company after he was discharged from the Navy in 1945 and they were unable to rent a utility trailer to move their possessions.

About 2 million people visit Pearl Harbor each year, and the Ford Island Control Tower, which was new before the attack on Pearl Harbor, is centrally located. It offers scenic views of the ships and memorials in the neighboring harbor.

The USS *Arizona* Memorial holds special significance to U-Haul International, which has headquarters in Phoenix.

Arizona Gov. Doug Ducey thanked the Shoen family for their support to restore the tower.

“The restoration of the Ford Island Control Tower will greatly contribute to honoring the memory of those lost at Pearl Harbor and serve as a symbol of America's resiliency and resolve,” Ducey says.

Amanda Dolasinski is MOAA's staff writer. She can be reached at amandad@moaa.org. Follow her on Twitter [@AmandaMOAA](https://twitter.com/AmandaMOAA)

'Blue water' Vietnam vets fight for disability benefits From Star Tribune Sat Dec 29, 201

WASHINGTON – Alfred Procopio Jr. left the Navy in 1967, decorated with medals for his service on the USS Intrepid, an aircraft carrier deployed off the coast of Vietnam. He also came home with health problems the U.S. government has linked to exposure to the toxic herbicide Agent Orange.

Procopio is one of an estimated 52,000 veterans nationwide who were stationed on ships during the Vietnam War but are not eligible for the same disability benefits as those who put boots on the ground or patrolled the country's inland rivers.

His case, argued this month at a federal appeals court in Washington, could extend coverage for ailments associated with the infamous herbicide to a group of sailors known as the "blue water" Navy veterans.

Parallel efforts in Congress to broaden benefits have stalled in recent years.

This spring, the House unanimously approved a measure, but the Senate balked in December because of concerns about cost and demands for more scientific study.

The legislative and legal questions are intertwined: Did Congress intend to give these sailors the benefit of the doubt when it comes to showing their medical conditions are connected to toxic exposure?

At stake for Procopio, 73, and a leader of the veterans' group, Mike Yates, is as much as \$3,000 a month.

During the war, U.S. naval forces patrolled Vietnam's 1,200-mile coastline, supplied Marines on land and provided long-range artillery support. Those stationed offshore like Procopio and Yates were referred to as the "blue water" Navy in contrast to the "brown water" sailors who operated on inland waterways.

Between 1962 and 1971, the U.S. military sprayed almost 20 million gallons of herbicides, including Agent Orange, to destroy crops and reduce cover for enemy forces.

Two decades later, amid scientific uncertainty, Congress passed a law to ensure veterans who "served in the Republic of Vietnam" could obtain disability compensation for certain health problems connected to exposure.

Two critical developments led to the current debate. First, Congress broadened the pool of eligible veterans. Then the Department of Veterans Affairs narrowed its interpretation of who qualifies as having "served in the Republic of Vietnam" — a definition it said excludes the offshore sailors.

Advocates for the blue water sailors point to studies that show exposure occurred through contaminated water funneled into ship distillation systems and used for drinking, laundry and cleaning. Much of the spraying was on low-lying swamps of the Mekong River Delta that flows into the South China Sea, where they were stationed.

Former Veterans Affairs Secretary David Shulkin, who was fired by President Donald Trump, backed the Senate bill. In the absence of reliable data or scientific certainty, "the answer must not be to simply deny benefits," he wrote in a September letter to the Senate.

But current Secretary Robert Wilkie and four former secretaries were opposed, citing cost and need for further study. The Congressional Budget Office estimated a cost of \$1.1 billion over 10 years to extend the benefits to the blue water veterans; Veterans Affairs put the price tag at more than \$5 billion.

Wilkie also warned about the implications for an agency already struggling with a backlog of claims.

A three-judge panel of the U.S. Court of Appeals for the Federal Circuit previously heard Procopio's case but did not issue a decision. Instead, the court took the unusual step of rehearing the case as a full panel in December. There are more than two dozen pending cases from veterans in states throughout the country that could be affected by the outcome.