



**NO ONE DOES MORE FOR VETERANS**

## Thank you Pam!!!

By Commander Jarrod McReynolds



Comrades I hope that this newsletter finds you all doing well and keeping safe.

First I want to take a moment and thank Pam Johnson for all of her hard work and dedication to the Newsletter, her departure from this position after this edition will be missed. This organization runs on volunteers, and we have to make sure we take time to thank them for their hard work.

It is with sadness that I am announcing the cancellation of

our 4th annual Suicide Awareness 5K. A lot of hard work went into getting it setup this year, but after lengthy thought and lots of discussions we have decided to cancel this year's event. Thank you Jonell for your hard work getting everything setup for this event.

We are moving forward with the Fall Freedom Festival. Because we will not be having members dinner this year because of COVID we will be giving out a \$10 dinner coupon to the first 120 members that check in at the members both, and 2 free drink

# PALMER LAKE VFW POST #3915



[www.palmerlakevfw.org](http://www.palmerlakevfw.org)

## IN THIS ISSUE

### Auxiliary News

The latest from our Auxiliary President Page 2

### Prayer Corner

Page 3

### Community Service

Page 3

Membership	Page 4
Youth Activities	Page 4
Honor Guard	Page 4
Safety	Page 5
Other Stuff	Page 5
The Cootie Corner	Page 5
Veterans Issues	Page 6
Legislation	Page 7
Buddy Poppies	Page 7
Veterans and Post Activities	Page 8
Americanism and Citizenship	Page 9
Up-coming Holidays	
Dates to Note	

### The Canteen

Page 10

tickets. I hope that you all are able to join us for this great event.

I hope that everyone continues to be safe during this time. I have not heard of any members so far getting COVID. We had a scare this week, but everyone is safe and sound. So please take care of each other, and remember we are a family and if you need anything you just need to ask. We will continue to offer Zoom option for post meetings so

everyone can join either in person or on their electronic devices.

Commander

Jarrold McReynolds

## Auxiliary News

By President Tracy McReynolds

Greetings Auxiliary members,

I hope everyone is staying safe and well, summer seems to be still in swing with the high temperatures we've been having. But schools are starting up soon either in person, virtually, or a Hybrid model so to speak. Fall will be interesting for all of us. Please again let us know if you need any help with anything

Upcoming dates to remember:

**September 12th**

Fall Freedom Festival 3-8, there will be a band, Uncle Miltie's BBQ, and Balloon Release

**September 25-27**

Fall Conference in St. Cloud

**October 10th**

Booya 12 til gone



Stay well, safe and our next meeting is to be held at 6:00 pm 09/08/2020 back at the Post

Thank you for all you do,

Tracy McReynolds, Auxiliary President

Palmer Lake VFW Post #3915 Auxiliary

Auxiliary Email: [Auxiliary.vfw3915@gmail.com](mailto:Auxiliary.vfw3915@gmail.com)



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.

[Click Here](#)

## 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.

Bob Whitcraft, continues his fight with cancer, please continue to send prayers and well wishes to him and his family.



## Community Service

Senior Vice Janet Schaak



Greetings from your Community Service Chair.

This years 5K is still going to happen. Depending on what takes place with COVID-19 and social distancing it may be a

Virtual 5K, but one way or another we will make it happen. **Suicide Awareness 5K**

### HOW CAN I HELP?

There are many different way to help make a difference. 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.

[Click Here](#)

If you have questions or have an idea on a Community Service activity, feel free to send an email to the Commander (see link on the contact page).

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.



## Membership

Junior Vice Elizabeth Nelson



Palmer Lake VFW was awarded All-State honors this year, thank you to everyone that put in the hard work in recruiting so we could reach 100% and make this happen.

Now is the time to start recruiting for the new VFW year. If you know of anyone that has served invite them to join. Let them know that their voice is needed to ensure that the benefits that they were promised are delivered, and the VFW is at the forefront of ensuring that.

## Youth Activities

Program Chair Janet Schaak



**The 2020-2021 theme is: What is Patriotism to Me?** Each year more than 132,000 students in grades 6-8 enter the VFW's Patriot's Pen youth essay contest. The national first-place winner wins \$5,000 and an all-expense-paid trip to Washington, D.C. The first-place winner from each state competes for national awards totaling \$55,000, with each first-place state winner receiving a minimum of \$500 at the national level.



**The 2020-2021 theme is: Is This the Country the Founders Envisioned?**

Established in 1947, our Voice of Democracy audio-essay program provides high school students with the unique opportunity to express themselves in regards to a democratic and patriotic-themed recorded essay.

Each year, nearly 40,000 9-12 grade students from across the country enter to win their share of \$2.1 million in educational scholarships and incentives awarded through the program.

## Honor Guard

Honor Guard Commander Robert Hystad

Palmer  
Lake VFW  
Honor  
Guard at  
Social  
Distance  
Formation



## Other stuff

### Guessing Game -



The "who" is too easy so lets add "Who, When and Where"

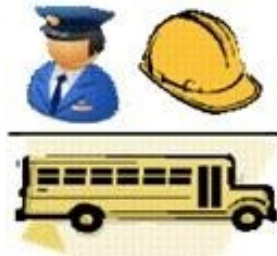
Payoff is the same as before: The first person to send the correct answer to the editor will receive a free large pizza, the second and third persons will each receive a pitcher of beer to assist the winner in eating the pizza. (hopefully the above person will be invited to the party.)

And the lucky winner is Bob Hystad. There was only one entry for our little contest, but sorry Bob you only get the the pizza. You will have to get Steve Peterson to buy the beer.

## 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.

## The Cooties Corner

By CCDB Terry Wagner



Greetings All,

I would like to invite anyone to join us for the visitations and get a little insight as just who we are and what we do to "Keep them smiling in beds of white".

To contact me:

E-mail at [wagnerterry@comcast.net](mailto:wagnerterry@comcast.net)

Or phone at 612-581-2719

Terry E. Wagner

CCDB PT (Sticktites) #66



## Veterans' Issues

By Post Service Officer Jeff Jarosz

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](mailto:jajarosz@q.com) or 763-434-9708

Jeff

## Minneapolis VA News

Veterans who have symptoms of a fever, cough or new shortness of breath, are encouraged to contact us at 866-414-5058 (toll free) before coming in for an appointment. For other concerns, you may be able to access VA care from home by phone or using VA virtual care options. For more information on COVID-19 see the [VA Coronavirus site](#).

Are you a disabled veteran who has lost employment due to the COVID-19 pandemic? If so, you can now [apply for aid](#) through DAV's COVID-19 Unemployment Relief program.

Our COVID-19 Unemployment Relief program was established to provide assistance to service-connected disabled veterans who have lost employment as a direct result of the COVID-19 pandemic, including veterans who are self-employed as contractors or small business owners. This critical aid is meant to help veterans pay bills, obtain food and provide for their families during this challenging time.

If you or a veteran you know may be eligible, please visit [dav.org/covidrelief](http://dav.org/covidrelief) to learn more and apply for aid. All applicants must upload and submit documented proof of service-connected disability and documentation that shows loss of employment as a direct result of the pandemic.

[Learn More and Apply](#)

## FREE LEGAL ADVICE FOR VETERANS

Up coming dates for legal clinics in Anoka for 2019-2020 are:

Thursday, Sept 3, 2020 - 9 A.M. - 3 P.M.

Anoka County Government Center  
Room 237 2100  
3rd Avenue Anoka, MN 5530

## Anoka County Veterans Advocate

Attached is the Anoka County Veterans Advocate link that has some very interesting information for all veterans. [Click Here](#)

For the latest on TRICARE and COVID-19, [sign up for email updates](#).

[Read the latest release here](#)

## TRICARE Dental Program Newsletter - Issue 3, 2020

Aug. 18, 2020

Do you want to learn more about how the TRICARE Dental Program (TDP) is responding to [COVID-19](#)? How about a few helpful tips to keep your gums and teeth healthy? If so, you can find that in this newsletter. Some of the articles you can read include: ♦

- New Safety Procedures at Your Next Appointment
- Ask a Dentist
- Changes to Your TDP Annual Maximum
- Looking for a Pediatric Dentist? Use the Find a Dentist Tool

You can download the latest TDP newsletter at [www.tricare.mil/publications](http://www.tricare.mil/publications).

TRICARE wants to hear from you! Take the [publications survey](#), and share your thoughts about the newsletter.



## Legislation

By Program Chair Larry Fonder

Greetings Palmer Lake Comrades, Friends, & Family,

I'd like to expound on a piece of seemingly administrative legislation, that could easily go overlooked.

**Legislation Introduced to Include DBQs on VA Website:** Sens. Jon Tester (D-MT) and Mike Rounds (R-SD) recently introduced VFW-supported S. 4412, *to improve the ability of veterans to access and submit disability benefit questionnaire forms*. This important legislation would require VA to publish Disability Benefits Questionnaires (DBQs) on a public website.

The excerpt above is from the August 7, 2020 VFW Action Corps. Which was most probably glossed over as it sounds pretty administrative and the least exciting bill next to tax code adjustments – but this law has a very profound and direct impact on a Veteran's ability to obtain service connection for a disability or a rating for pension.

DBQs are formatted forms filled out by examining medical professionals in order to verify a diagnosis and assess the severity/chronicity of a claimed disability – they are an extremely efficient tool and institutionally intrinsic to rating a disability claim. Now, they are no longer available to the public, thus your private physician - who may have intimate historic knowledge of your condition cannot complete one on your behalf.

The VA has taken away the Veteran's choice to have a private medical provider complete a DBQ and thereby disadvantaged the Veteran. While the Veteran can still submit evidence from his/her medical provider, *it is as least as likely as not*, the DBQ completed by a VA examiner will carry more weight because it has the advantage of institutional familiarity, clarity, format, and literally mirrors the required terminology contained in the law (Title 38 Code of Federal Regulations) used to rate disabilities.

One cannot blame the doers at the VA; they are under enormous time pressure to produce rating

decisions, but shame on the VA's senior leadership for taking this advantageous tool away from Veterans and their medical providers.

Passing of this boring sounding administrative legislation will help to re-level the compensation & pension playing field for our Veterans. It will also help keep the evidence review process streamlined for VA raters, reduce costs by reducing the number of required VA compensation and pension exams, and it can shorten the wait for a rating decision.

Best regards,

Comrade Larry Fonder

[VFW3915legislativechair@gmail.com](mailto: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](#)



## Buddy Poppies

Program Chair Lee Ulferts

***Poppy Distribution weekend has been postponed. Perhaps it will be rescheduled for June. Watch this column for further information.***

What we are asking for you to do at this point is to send an email to Chairman Ulferts at [lrulferts@gmail.com](mailto:lrulferts@gmail.com) with your name and phone number if you are willing to join us in our efforts. When we find out details we will contact you. PLEASE.....PLEASE be willing to help.

# Veteran and Post Activities

By Program Chair Blair Sorvari

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

**Wednesday and Friday** – Bingo (6:30) and Bargo (7:30) respectively

**Friday** - \$3 burger nights

**Saturday** - Cribbage starts first Sat in October - Noon sharp. Sign-up starts at 11 AM, **first come, first served**



# BOOYA

Oct. 10, 2020

Starts at noon until gone.



**Palmer Lake VFW**

**\$5.00 per bowl  
with bread**

**2817 Brookdale Drive  
Brooklyn Park MN55443  
763-560-3720**

**16 oz To-Go Container - \$5.00**

**Quart To-Go Container - \$9.00**

**Gallon To-Go Container - \$25.00**

**and /or bring your own Container**



# Americanism and Citizenship

Program Chair Jarrod McReynolds

## Upcoming Holidays Dates

Sept 7 - Labor Day

Sept 11 - (Veteran's Day) Patriot Day and National Day of Service and Remembrance Day

Sept 18 - POW/MIA Recognition Day

This is:

**Be Kind To Editors & Writers Month**

**International Square Dancing Month**

**Pleasure Your Mate Month (no fair grinning)**

**Line Dance Week: 14-19**

**National Indoor Plant Week: 20-26**



## Dates to Note

Next Aux meeting Sept 9th at 6:00 PM in the hall and via Zoom - see Presidents letter on page 2

Next Post meeting Sept 10th at 1900 in the hall and via Zoom - log in by way of the Post web site

Next Hospital Visit Sept 15th at 1900 meet at the post at 1830 **still on hold!**

Blue Star Mom's meet the 3rd Thursday of every month.

Blood Drive The hours are 1 PM to 6 PM and the phone number for donations is 1-800-RED-CROSS

Monday October 26th



## Canteen Calendar

Club Manager Andrea Moy

### PALMER LAKE VFW RE-OPENING GUIDELINES

The Post is OPEN, with that said please be patient, and safe. The staff has a lot of extra duties to tend to while staying in compliance with state guidance with COVID-19.

Karaoke is back on July 11th



Burger Night is back every Friday 5pm-7pm.