



## NO ONE DOES MORE FOR VETERANS

# The Mission Continues

By Commander Jarrod McReynolds



Comrades

It is hard to believe that we are all ready a month into

this new year. The Post is back open, and with that we will be moving our meetings back to the Post. We will continue to use Zoom so that members who do not wish to take a Chance with COVID can still participate in our VFW.

With the canteen opening backup, I ask that everyone follow the COVID protocols, so we can stay open. It only takes one member or one guest not following the rules to get us shutdown. As I have said before the staff is working extremely hard to keep our club as safe as possible, but you have to do your part also.

Elections for officers is right around the corner, if you are looking for a way to get more involved, or step up

in a leadership position this is the time to start. I will be stepping down at the end of this term as Commander, as I step into the Commander Position at District.

A VFW does not run it's self, it takes the hard work and dedication of it's members. Once there is not enough dedicated members stepping up to take chairmanship, or leadership positions that is when we start failing. Let's not let this happen, I urge you to think about taking on something new, even if it is a small role, or helping out, we have a lot of great programs, that need individual like you to assist, or lead.

Please be safe out there, and if you know of a Veteran that is in needed don't hesitate to let me know, we are the VFW and we do more for Veterans than anyone else.

Commander

# PALMER LAKE VFW POST #3915



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

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# Auxiliary News

By President Tracy McReynolds



Greeting Auxiliary Brothers and Sisters,

We are once again going back to the Post for our meetings. Zoom will also be available for those of you who wish to partake in our meetings that way. We would love to see you.

**Join Zoom Meeting**

Meeting ID: 852 7320 9602

Passcode: 056403

I will be asking that all members within the meeting have their masks on as it is a mandate that has been issued and we remain 6 feet apart. There will be 1 table for the podium and the secretary; otherwise tables will not be needed.

## Events

Casino Bus Trip Canceled

Fish Fry has been Canceled for 2021

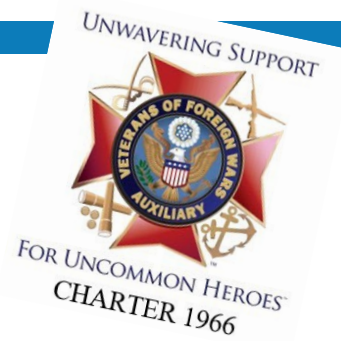
Taco Fiesta has been postponed for now

Hope to see you all soon.

Tracy McReynolds, Auxiliary President

Palmer Lake VFW Post #3915 Auxiliary

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



Fishing Extravaganza at Big Marine Lake, there is still sometime to sign up

call Dave Thompson "Booya" 612-240-5282

**Palmer Lake VFW Post 3915 & Forest Lake VFW Post 4210 Ice Fishing Event**

**February 20 @ 8:00 am - 3:30 pm**

The registrations starts at 8:00 am. Fishing event is from 9:00 am to 3:00 pm. Awards given at 4:00 pm in the Canteen. \$30.00 nonrefundable entry fee. After February 14th, 2020, entry fee is \$40.00.

## 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 to win his fight with cancer, please continue to send prayers and well wishes to him and his family.

Please send your prayers to Janet and Aaron Shaack, as they morn the passing of Aaron dad, who was also a Veteran.



## Community Service

Senior Vice Janet Schaak



Greetings from your Community Service Chair.

### 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.

[Minneapolis VA COVID Vaccine Information](#)



## Membership

Junior Vice Elizabeth Nelson



This has been a slow year for membership we have not been able to go out and spread the word. We are calling out to the

members to reach out to friends and families to find veterans that qualify, so we can reach 100% membership by getting 17 more members. We need members to step by coming to and participating in meetings, attending events, and spreading the word of the VFW.

## Youth Activities

Program Chair Janet Schaak



We were able to submit entries to district for Patriot Pen and Voice of Democracy, stay tuned for updates in the coming months. Thank you all for your assistance with this program.



## Honor Guard

Honor Guard Commander Robert Hystad

Palmer  
Lake VFW  
Honor  
Guard at  
Social  
Distance  
Formation



## Veteran and Military Support

By Post Commander Jarrod McReynolds

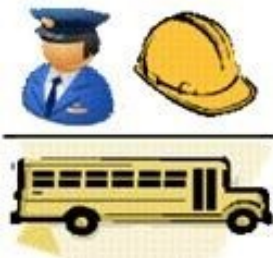
Some of you may or may not know that our own Past Commander and Past District Commander Scott Hanson has been the Department Veterans and Military Support chairman for many years.

The Veterans and Military Support program has many sub programs that are great for Veterans and the military.

During the fall conference in Saint Cloud Scott gave a great presentation, and while I would love to put the whole presentation into this newsletter there just is not enough room for it. However I have loaded it up to our website where it can be view in all it's glory.

<https://vfw3915.org/di/vfw/v2/default.asp?pid=84370>

## Safety



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



CCDB PT (Stickities) #66  
Terry E. Wagner  
Or phone at 612-581-2719  
[wagnerterry@comcast.net](mailto:wagnerterry@comcast.net)  
E-mail at

To contact me:

CCDB Pup tent 66

Terry E. Wagner

As these trying times continue the Cooties will stand firm in our pledge of "Keep them smiling in beds of white".

We recently lost a long time member of nearly 21 years when Joseph Witt passed away, our thoughts and prayers go out to his family.

With this pandemic still going on and with all the hospitals and long term care facilities on lock down we have been unable to make our monthly visits.



## 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 COVID Vaccine Information

To find out More about VA Urgent Care

## How to Access Urgent Care

VA offers urgent care services to eligible Veterans at VA or at in-network urgent care clinics closer to home. Use VA's urgent care benefit to treat minor injuries and illnesses that are not life-threatening, such as colds, strep throat, sprained muscles, skin infections, ear infections, and more. Follow these steps to receive urgent care services.

**VA**  **U.S. Department of Veterans Affairs**



### 1. Check Eligibility

- You are eligible if you are enrolled in the VA health care system and received care through VA from either a VA or community provider within the past 24 months.
- Contact your local VA medical facility to confirm eligibility or call 1-833-4VETNOW (1-833-483-8669).



### 2. Find Provider

- Find an in-network urgent care provider by going to <https://www.va.gov/find-locations> and clicking the link for **VA-approved urgent care locations and pharmacies**.
- You can search for the nearest urgent care provider by ZIP code, address, or VA facility.
- Once selected, go to the urgent care provider.



### 3. Confirm Provider

- When you arrive, confirm that the provider is an in-network VA urgent care provider (a sign may be posted).
- Fill out the intake form and indicate you would like to use your VA urgent care benefit.
- The provider will call 1-833-4VETNOW (1-833-483-8669) to confirm you are eligible for the urgent care benefit and prescription medication, if needed.
- If you need help, call 1-866-620-2071.



### 4. Get Urgent Care

- Receive needed care from the provider.
- If you need prescription medication, make sure the provider activates your pharmacy benefits under the VA urgent care benefit.
- VA will pay for a 14-day supply (no refills) of prescription medication for the condition for which you were provided care.
- Prescriptions must be filled by an authorized in-network pharmacy or by VA.
- Find an in-network pharmacy by going to <https://www.va.gov/find-locations> and clicking the link for **VA-approved urgent care locations and pharmacies**.
- If you need help, call 1-866-620-2071.



### 5. Copayments

- You may be charged a copayment, \$30, for using the urgent care benefit.
- Copayments are billed separately by VA. Do not pay a copayment during the visit.
- Copayments depend on your assigned priority group and how many times you use urgent care in a calendar year.



### 6. More Info

- Contact your local VA medical facility
- Visit [www.va.gov/communitycare](https://www.va.gov/communitycare)

## Legislation

By Program Chair Larry Fonder

Greetings Palmer Lake Comrades, Friends, & Family,

The following is an example letter from the District 7 Legislative Chair. He is asking members of the VFW to please use this template to write a letter to their legislator.

Senator Cwodzinski:

The Members of the Hopkins VFW and Auxiliary would like to thank you for co-authoring Senate File 116, the Veterans Restorative Justice Act, in the new session in the Minnesota Legislature. This commonsense bill helps veterans that become involved in the criminal justice system to take responsibility for their actions, get the help they need, and reintegrate into society as productive citizens. It helps keep veteran families together. It saves Minnesota's taxpayers money by ensuring veterans receive care through the VA rather than state and county resources and by reducing incarceration, which we all know is expensive.

Another aspect of this bill that has always been there but not talked about much is the public safety aspect. The recent assault of our Nation's Capitol building has brought this issue out into the forefront. I'd like to share with you a story from National Public Radio, published on 1/21/2021: "Nearly 1 in 5 Defendants in Capitol Riot Cases Served in The Military"

[one in five defendants in capitol riot cases served in the military](#)

NPR found that nearly 20% of those charged have served or are currently serving while veterans comprise only 7% of the population as a whole.

The veteran community is well aware that veterans have and do become radicalized. For instance, the founders of the Hells Angels were disaffected WWII veterans. Any and all options to help prevent veteran radicalization must be utilized. Passing the VRJA is one essential step.

Again, we thank you for co-authoring this vital bill. We would encourage you to write about its progress throughout the legislative process in your monthly newsletters. The more people are aware of this bill and the importance it has for the veteran, his/her family, and that it saves taxpayers money, and is a public safety measure, the better.

If there is anything I or our Post and Auxiliary can do to help on this, or any other veterans issue, please do not hesitate to ask.

Martin Adams

VFW Post #425 Commander

VFW MN District 7 Legislative Officer

612-760-9938 – personal cell

Cc: Tommy Johnson, Post Service Officer

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 Past Dep. Commander Lee ... arts

Well here it is February and our thoughts are beginning to think of spring. With the coming of spring means the coming of Memorial Day and poppies. While we had to cancel last year's distribution we are cautiously optimistic that restrictions may be eased to allow a distribution.

That being said we are beginning preparations so we will be again looking for help. More about that in the coming months. This is a very special year for the VFW Department of Minnesota. It is our 100th anniversary so I would expect we will have an extra special distribution. May God Bless all of you in the frozen tundra and we will have more next month.



## Veteran and Post Activities

By Program Chair Blair Sorvari



### Vets Camp Fishing Event

Palmer Lake VFW will be holding a fishing event on Saturday February 20th at the Veterans Campground on Big Marine Lake. Please see our flyer in this newsletter. We expect the event to start at 10AM and go until 2PM. Prizes and door prizes will be awarded during the event.

### About the Event

We will have 2 person teams. 1st place 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 2:00PM.** No fish can be turned in after that time. **Houses may be prepositioned. NO PREFISHING ALLOWED ON DAY OF EVENT! All participants MUST enter through designated check in area no earlier than 9:30AM. You will be disqualified if you don't check in!**

### About the Canteen

Do to COVID restrictions, there is no potluck this year. Food/snacks/beverages will be available for purchase on the ice. The canteen is a set up bar. You may purchase beer and soda. **You can bring your own liquor as long as it's in a non-descript bottle I.E No Jack Daniels bottle.** There will be limited seating inside the canteen with overflow outside.

### 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](http://WWW.vetscampmn.org)

### **Points of Contact:**

**Palmer Lake VFW: Dave Thompson or Blair Sorvari**



# Americanism and Citizenship

Program Chair Jarrod McReynolds

## Upcoming Holidays Dates

Date		Holiday
Feb 1	Monday	National Freedom Day
Feb 1	Monday	First Day of Black History Month
Feb 2	Tuesday	Groundhog Day
Feb 4	Thursday	Rosa Parks Day
Feb 5	Friday	National Wear Red Day
Feb 7	Sunday	Super Bowl
Feb 12	Friday	Lincoln's Birthday
Feb 14	Sunday	Valentine's Day
Feb 15	Monday	Presidents' Day
Feb 16	Tuesday	Shrove Tuesday/Mardi Gras
Feb 17	Wednesday	Ash Wednesday
Feb 26	Friday	Purim Jewish holiday

## Dates to Note

**Next Aux meeting** February 9th at 6:00 PM at Post and via Zoom

[Join Zoom Meeting](#)

Meeting ID: 852 7320 9602

Passcode: 056403

Dial in by Phone +1 312 626 6799

Meeting ID: 852 7320 9602

Passcode: 056403

**Next Post meeting** February 10th at 1900 at Post and via Zoom

[Join Zoom Meeting](#)

Meeting ID: 895 6318 4205

Passcode: PLVFW

Dial in by Phone +1 312 626 6799

Meeting ID: 895 6318 4205

Passcode: 705340

7th District Meeting 10:00 Sat. Feb. 20, 2021 Post 494 Charles R. Knaeble

Department Convention Brooklyn Park, June 9-12, 2021

National Convention will be in Baltimore, MD July 31-Aug. 5, 2021.

## Canteen Calendar

Club Manager Andrea Moy

Superbowl party!

You can call the bar starting on Monday, or see any bartender

\*All tables must be paid for by Friday 2/5, or they will be released for other customers to reserve.  
There will be a waiting list if you were unable to get a table.

\*You may arrive any time you like after 2pm. Your table will be yours when you get there.

763-560-3720

### Sweethearts Surf & Turf Raffle

Feb 11<sup>th</sup> at 5PM

#### Lobster Tails



#### Ribeyes/Strips/Bacon Wrapped Sirloin



Twenty Five \$50 packages @\$2 per ticket

Each package will consist of 2 tails and 2 to 4 steaks to make \$50 value

# Emergency Transportation (Ambulance)

If you believe your life or health is in danger, call 911 or go to the nearest emergency room (ER) right away. During a medical emergency, Veterans should immediately seek medical care. A medical emergency is an injury, illness or symptom so severe that without immediate treatment, you believe your life or health is in danger.

Veterans **do not** need to check with VA before calling for an ambulance or going to an ER. However, **promptly notifying the nearest VA medical facility** of the emergency care and transportation is very important in VA being able to potentially reimburse costs.

When the nearest VA medical facility is notified of the emergency transportation, more information will be known of the Veterans medical condition, the availability of VA for transfer (if Veteran is stable), and other information to assist them in receiving the necessary medical care.

## VA Payments for Emergency Transportation

VA can pay for emergency transportation provided by a community provider for a Veteran's service-connected condition and nonservice-connected condition, but there are **specific requirements that must be met** before VA can reimburse these costs\*.

### 1. Prior Authorization and/or Prompt Notification.

VA must authorize transportation in advance, but in medical emergencies this may not be reasonable. As a result, promptly notifying the nearest VA medical facility of the emergency transportation can satisfy the prior authorization requirement. VA may be able to consider prompt notification of ambulance transportation, subject to the following requirements (a-c):

- a. Veteran (or someone on their behalf) notifies VA within 72-hours; **and**
- b. A VA or other Federal facility was not reasonably available to the Veteran; **and**



- c. The care the Veteran received was for a medical emergency related to a **service-connected** condition.

### 2. Emergency Transportation for nonservice-connected condition.

Along with the requirements above in 1(a) and 1(b), VA can pay for emergency transportation for a Veteran's nonservice-connected condition, subject to the additional following requirements (a-c):

- a. VA must receive and adjudicate a claim for the emergency care received as part of the emergency transportation (the administrative eligibility for payment of nonservice-connected emergency care can be reviewed [here](#)). If no claim is received for the associated treatment, VA cannot pay for the emergency transportation **unless the following two exceptions are met**:
  - i. Other health insurance or a third party paid for the emergency treatment (leaving no liability for the treatment) excluding the emergency transportation itself; **or**
  - ii. Death occurred during transportation to receive emergency care.

If VA cannot pay for emergency care outside of the above two exceptions, then it generally cannot pay for the associated emergency transportation.



# VA MISSION Act

Your Care is Our Mission

## Urgent Care & Same-Day Services

The Care and Services You Need – When and Where You Need Them

### VA now offers urgent care at the VA or participating urgent care clinics closer to home

*If you have a minor injury or illness, such as a cough, cold, earache, skin irritation, or other condition that is not life-threatening, you now have more choices about when and where you receive urgent care services.*

#### Urgent Care Services

In addition to the urgent care and walk-in services already available at many VA medical centers (VAMCs) and Community-Based Outpatient Clinics (CBOCs), you now have the option to use VA's new urgent care benefit to be seen at an urgent care clinic within VA's contracted network for covered services. You can take advantage of this benefit, which does not require preauthorization, if you are enrolled in VA health care and have received care from a VA or a VA-authorized community provider in the last two years.

#### Same-Day Services at Your VA

VA also offers Same-Day Services for primary care and mental health at all VAMCs and CBOCs if you have concerns that need to be addressed before your next appointment. Same-day services at your VA could include a face-to-face or virtual appointment, phone call, or secure messaging to answer your health concerns or refill a prescription. You may also be able to schedule a future appointment if appropriate.

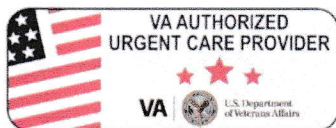
If you call after business hours to request general primary care, your concern will be addressed the next business day. However, if you require mental health services, you will receive immediate attention. Visit

[www.VA.gov/SameDayServices](http://www.VA.gov/SameDayServices) to learn more.

#### Getting Care at Urgent Care Clinics in Your Community

To find a participating urgent care clinic or provider, use VA's online facility locator

page at [www.VA.gov/Find-Locations](http://www.VA.gov/Find-Locations) and click the link for [VA-approved urgent care locations and pharmacies](#).



#### If you need a prescription:

VA will pay for prescriptions from your urgent care visit for a maximum supply of 14 days. The prescription can be filled at a VA pharmacy, a contracted VA pharmacy, or a non-contracted pharmacy.

If you use a non-contracted pharmacy, you will have to pay for it up-front and submit a claim for reimbursement to your local VA medical facility. For more than a 14-day supply of prescription medication, it must be sent to VA to be filled. VA copayments for prescriptions may apply.

#### If you choose to visit a non-VA urgent care clinic:

- You **must** be enrolled in VA healthcare **and** have received care from a VA or VA-authorized community provider in the last 24 months.
- You **must** tell clinic staff that you would like to use your VA urgent care benefit and confirm that they are part of VA's network. **If the clinic is not a part of VA's contracted network, you will be responsible for the bill.**
- You will not have to pay anything at the time of the visit. If you owe a copayment, VA will send you a bill. Copayments are \$30 and depend on your assigned priority group and the number of urgent care visits you have used.

#### Need a Flu Shot?

**Check with your community urgent care clinic to see if they offer flu shots at no-cost under this new benefit. You may also receive a free flu shot at your local Walgreens pharmacy.**



Choose **VA**

**Need Help?** If you need assistance using the VA urgent care benefit, call 1-833-4VETNOW (1-833-483-8669) or your local VA. For more information on VA urgent care benefits, visit [VA.gov/CommunityCare](http://VA.gov/CommunityCare) or call your local VA facility.



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## **Points of Contact:**

**Palmer Lake VFW: Dave Thompson or Blair Sorvari**

**3rd Annual Vet's Fishing Event on Big Marine Lake**

**20 February 2021 10AM-2PM**

**Registration Form**

Name	email	phone (optional)

**Deadline for registration is 12 February 2021!**

**\$30 non-refundable entry fee must accompany this form.**

**\$40 after 12 February**

**Make checks payable to Dave Thompson.**

Print clearly and return to Palmer Lake VFW

1<sup>st</sup> place prizes awarded for:

- 1) 7 best Sunnies per team (total weight)
- 2) 7 Best Crappies per team (total weight)
- 3) Largest Walleye (inches)
- 4) Largest Northern Pike (inches)

**You MUST be in line with your fish by 2PM! No entries will be allowed after 2PM! No bringing fish to the line after 2PM, you will be disqualified.**

You must abide by Minnesota fishing regulations.

Have Fun!

Must be present to win.