



PALMER LAKE VFW POST #3915



www.palmerlakevfw.org

NO ONE DOES MORE FOR VETERANS

Keeping our heads up!

By Commander Jarrod McReynolds



Comrades, it has been a hard and trying Month. It started with the untimely death of our Junior Vice President of the Auxiliary Mike "Dex"

Rowberg passing. This was followed by the passing of our sister Post 217 Commander Chuck "Mr. VFW" Quigley.

The news has not gotten better as we have also learned that two of our Post members Andrea Fierst, and Lynn Olkives are also battling cancer. It is in periods such as this, that I am reminded of the power and strength that is found in being a member of an organization that is built on comradeship and togetherness. I ask that everyone take a moment and reach out to each other and make sure that your comrade is doing OK. And please keep Andrea Fierst, and Lynn Olkives and their families in your thoughts and prayers while they battle on.

As of writing this there are only three Fish Fry's remaining. Come on out this Friday and enjoy some of the best all you can eat fish, and sides

that you can get for \$10. All the proceeds go to help the Auxiliary continue with their mission of supporting the Post, Veterans and their families the community and youth activities.

Saturday April 13th Palmer Lake VFW will be hosting the District 7th Convention, where Past Post Commander Scott Hanson should be voted in as the Next District 7 Commander. With that said, the Club will be closed until Noon to the Public, and only Auxiliary and Post members will be allowed inside for the meetings. The Installation of Officers will start in the hall at 12.

The website has been updated to a new platform that should allow us to keep things more up to date. An example is the Community Service Hours Graph as Members enter their hours, the graph will automatically reflect these hours.

We will be having our Memorial day event starting out At Mound Cemetery again this year start at 11. [Click here for more information.](#)

Sign up sheets for Post Clean (Apr 27) and Poppy Days (May 17 - 19) are Posted in the bar. Please sign up.

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Auxiliary News

By President Tracy McReynolds

Spring blessings to all,

We have unfortunately lost 2 great men the past few weeks; Chuck Quigley the Commander of Post#217 and Mike "Dex" Rowberg who was our Jr Vice for the Auxiliary. They were both wonderful men and will be sadly missed.



If you haven't been to a Fish Fry yet please make sure you come on down. We have a great crew frying up Fish and Fries and the world famous DALE coleslaw

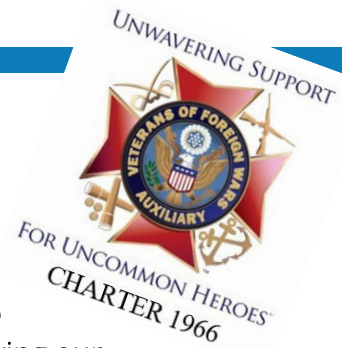


FISH FRY this Friday 5-7 pm and goes until April 19th!

We have Nominations & Elections at our next meeting April 9th at 6:30 pm, I hope to see you there. We are always looking for new faces to come in and join us.

Saturday April 13th we will be hosting the District

Palmer Lake VFW 2817 Brookdale Drive, Brooklyn Park MN 55444
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Meeting at 8:30 am with a joint Memorial service to start. We will be having our meeting immediately following in the Hall here at our Post.



We have Taco Fiesta coming up in May please watch for updates and if you wish to help, reach out and let me know, we are always looking for help.



We have a lot of exciting things happening around the Post so please make sure you are dialed in to their Facebook pages. PLVFWBAR and Palmer Lake VFW Post 3915.

Also in case you hadn't noticed I have decided that it was long overdue for the Auxiliary President to have a Gmail acct. It's Auxiliary.vfw3915@gmail.com if you have any questions, concerns or just want to say hello this is a great way to reach me.

Remember to turn in your [community service hours](#)

Thank you,

Tracy McReynolds, Auxiliary President Palmer Lake VFW Post #3915 Email: Auxiliary.vfw3915@gmail.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 keep the families of Chuck Quigley and Mike Rowberg in your thoughts and prayers.

A memorial and funeral details for Chuck will be passed along as soon as they are finalized.

Please keep Andrea Fierst, and Lynn Olkives and their families in your thoughts and prayers as they battle cancer.

Continue to keep Sally Archambault and her family in your thoughts and prayers as she continues with her battle.

Oh Lord,

Please help all of our Vets in need and keep all of our loved ones and families safe over the coming year. Amen

Community Service

Senior Vice Jim Williams



Serving Community and Veterans,

As it starts to get warmer outside, members will start to get more involved in helping others. Please make sure that you fill out a community service report, it only takes a minute, but the collection of these hours is vital for our reports that are sent to Department and then on to National. If you are not

sure what can be reported check out the Community Service page for more information.

The website has been updated, and with these updates the Donation and Community service Volunteers Hours and Donations Table are LIVE! This means has Community Service entries are made the Graph will grow based on that information. Let's see how many hours we can get this year.

Lee Whitcraft a Life member of our Post completed the full 10 miles of the Nearly

Naked Ruck March this month at the age of 71.5 years young. Great job!!!! He is likely the oldest of the 360 that participated this year, and this is his 3rd straight year completing it. The Nearly naked ruck march raised about \$42,000 to support the 23rd Veteran RECON program.



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.

Learn More

Senior-Vice Commander Jim Williams at palmerlake.srvce@gmail.com.



Membership

Junior Vice Jonell Wilson



While we have reached above 100% this year, there are always other opportunities to increase our numbers.

In April we will be again helping out at the Joint Retirement Seminar at NHCC. It is a great opportunity to great service members getting ready to retire.

This July Palmer Lake VFW will be taking our membership drive to CONvergence. Janet and Aaron Schaak are leading this effort and we hope that it will be fruitful to reaching new members. If you are interested in assisting please reach out to Janet or Aaron for more information on how you can assist.

Youth Activities

Program Chair Janet Schaak

If you are a scout master, or know someone who is a scout master please get in touch with the Post commander at palmerlake.vfw3915@gmail.com. The Auxiliary Youth activities chair would like to get in touch with you about some of the programs that VFW/Auxiliary has to offer.



Honor Guard

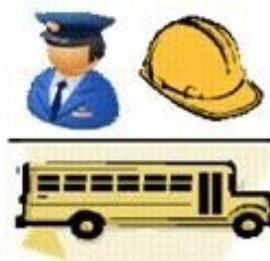
Honor Guard Commander Robert Hystad



The Honor guard is getting ready to open up youth baseball on the 27th of April, and will be presenting colors during the 7th District Convention at Palmer Lake VFW. This all will be followed up with their presentation at the Joint Memorial Day ceremony.

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.

Veterans' Issues

By Post Service Officer Jeff Jarosz



My Health, My Care: 24/7 ^{Online} Access to VA

What is My healthvet?

My healthvet allows a person access to their VA Personal Health Record. My healthvet is designed for Veterans, Service members, their caregivers and others who require the information, to maintain the records. My healthvet can be used wherever there is a computer with Internet access. My healthvet can be accessed at home or through public access from a library or Internet cafe. Veterans may have access to the computers at the

local VA Medical Center. For any assistance VA can contact the My healthvet Coordinator at your local VA Medical Center for any questions or queries.

My healthvet benefits

My healthvet can provide you information for a better understanding about your health status. This is help you to monitor your health and try to work on things to improve your health. After seeing the tools on My healthvet, you become a more active partner with your health care team. You can work hand in hand with your health care team and sharing your information may help them better understand your personal health care needs. A major benefit of this to you will be in knowing and in understanding your health information in your My healthvet account – anytime and anywhere you have Internet access. This information will be available to you at your convenience, 24/7.

My healthvet offers you few suggestions and tools that will assist in partnering with the health care team, so together you may work to manage your health. You find useful resources when you need them. The support tools in the My healthvet page help to enrich your experience with My healthvet and are designed in such a way that they assist you make informed decisions.

You can access your VA medical records on-line through the My healthvet website. Together with VA medical records, you can access prescription refill information and also these records can be helpful if the original records are lost in any disaster.

Following are the benefits of My healthvet:

1. You can keep a personal health journal for things like medications, allergies, military health history, medical events, and tests.
2. Record contacts and insurance.
3. Track vitals and readings.
4. Print a wallet ID card with your information.
5. Set and track personal goals.
6. You can access the Veterans Health Library.

This can be a source for a variety of health information and resources that are needed by you. You also have a My healthvet (MHV) Community, there you can find links to Veteran-related news and events, volunteer opportunities, VA benefits, and more; to enroll in My healthvet see the next page for more information.

The Veterans Health Administration (VHA) provides a broad spectrum of medical, surgical, and rehabilitative care to veterans. Our goal is to share information about these benefits and services to make it as easy as possible for you to receive the care you need.

For assistance or questions or queries regarding Health Care Benefits, you can visit VA website page. You can also refer if you want to know about my [metropcs payment](#) | [metro pcs bill pay](#)

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 or 763-434-9708

Jeff Jarosz

Post Service Officer

Service Officer VETERAN'S ISSUES (Continued)

By Post Service Officer Jeff Jarosz

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.

Dates for the legal clinics in Anoka for 2019 are:

Thursday, June 13 from 9 AM-3 PM

Thursday, September 5 from 9 AM-3 PM

Thursday, December 5 from 9 AM- 3PM

Anoka County Government Center - Room 237

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.

TRICARE

Sign up for TRICARE email updates [Click here](#)

The TRICARE Pharmacy Program provides you the same prescription drug coverage with most TRICARE health plans. Prescription drugs fall into four tiers: generic formulary drugs, brand-name formulary drugs, non-formulary drugs, and non-covered drugs. Your costs will vary depending on your drug category.

Read the [full article here](#)

It's a new year, which means it may be time to replace the old with the new. Do you have old or outdated TRICARE brochures or handbooks laying around? If so, now is a great time to check out the new 2019 TRICARE benefit resources. TRICARE publishes handbooks, newsletters, brochures, fact sheets, and more. Visit TRICARE Publications to get started.

Read the [full article here](#).

MyHealththeVet

With "My HealththeVet" you can schedule appointments, have a secure message with your doctor or nurse, order your prescriptions and just about anything else you might need from the VA. Complete this form to create your account. For some security reasons and for your protection, this form will time out in 30 minutes. Please review the form and gather materials needed to complete it within 30 minutes.

To register: [Click here](#)

Anoka County Veterans Advocate

Attached is the Anoka County Veterans Advocate link that has some very interesting information for all veterans. [Click Here](#) This month is an update on the blue water legislation

Poppy Program

Program Chair Lynn Olkives

The Cootie Corner

By Seam Squirrel Terry Wagner



POPPY UPDATE:

THE POPPIES ARE IN! We are still waiting on the Poppy Cards, but I am told that our wonderful Auxiliary will be watching for them and will assemble the Poppy Cards for distribution.

POPPY CARDS DISTRIBUTION DATES: April 19-28, 2019

AFTER THIS DATE CARDS MAY BE DISTRIBUTED UP TO POPPY DAY

BUDDY POPPY DAY DISTRIBUTION DATES: May 16 - 18, 2019

Our goal is to distribute poppies at, at least, three locations for three days over the third weekend in May. Look for the volunteer sign-up sheets at the Post starting in April.

The poppy is a symbol of the memory of those who have given their lives for their country and a symbol of concern and compassion for those who are disabled. "Honor The Dead By Helping The Living."

Link to the [Buddy Poppy Page](#)



Our pup tent continues to make our monthly nursing home visits, bringing a brief period of enjoyment to the residents. The warm feeling you get when visiting and

see the smiles on the faces makes the cold outside a little less cold. I invite anyone to join us at least once.



To contact me:

E-mail at wagnerterry@comcast.net

Or phone at 612-581-2719

Terry E. Wagner

Seam Squirrel PT (Sticktites) #66

Keep them smiling in their beds of white.

Legislation

By Program Chair Larry Fonder

Greetings Palmer Lake Comrades, Friends, and Family!

By my estimate more than 500 Veterans and supporters gathered for the 2019 Vets on the Hill rally at the state capitol on March 20th! And I am proud to report Palmer Lake VFW along with comrades from the Osseo/Maple Grove American



Members from Palmer Lake VFW, Osseo/Maple Grove American Legion, and Auxiliary at the 2019 Vets on the Hill Rally at the MN State Capitol

Legion took part to represent our community.

Participants lined three tiers of the capitol's rotunda and provided a vivid visualization of voting veterans to Minnesota lawmakers and leaders. Governor Tim Walz committed to eliminating veteran homelessness and declared Minnesota will keep its promise to veterans. Let's hold him to it.

As predicted in the January 2019 newsletter, extending the homestead tax exclusion for surviving spouses was a front and center priority for the rally. The 2018 bills have been reintroduced as HF 204 and HF 205. Currently a veteran rated as 100% permanent and total disabled can exclude \$300,000.00 from the market value of his/her home when paying homestead taxes, and a

surviving spouse can continue this benefit for eight years following the veteran's death. HF 204 and 205 propose to eliminate the eight year limit and expand the law in order to prevent surviving spouses from being taxed out of their homes.

The 2018 bills were expected to pass last year as part of the omnibus tax bill, however, literally at the last hour, the bills were dropped from the omnibus bill without allowing veterans present at the hearing to voice an argument. To avoid a repeat in 2019, we must make our voices heard – we must contact our state representatives to voice our support for HF 204 and HF 205 – and we must remain adamant the bills stand independent and not be incorporated into the omnibus tax bill.

I wish to express my thanks to Trent Dilks, Legislative Chair, Disabled American Veterans – Minnesota, for his logistical support and tireless effort orchestrating the rally.

Finally, thank you to all who attended.

Respectfully,

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 7 pm 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

One of the many Bingo/Bargo players?



Tuesday (5:00) and **Saturday** (3:30) – Meat Raffles

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

PLEASE NOTE: No cribbage on Sat April 13th. Club closed to public until noon.

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 11:30 am - Draw for partners - Games start Noon.



Do not forget

Electronic pull tabs. There are now 5 machines, so less waiting.

Veteran and Post Activities

By Program Chair Blair Sorvari

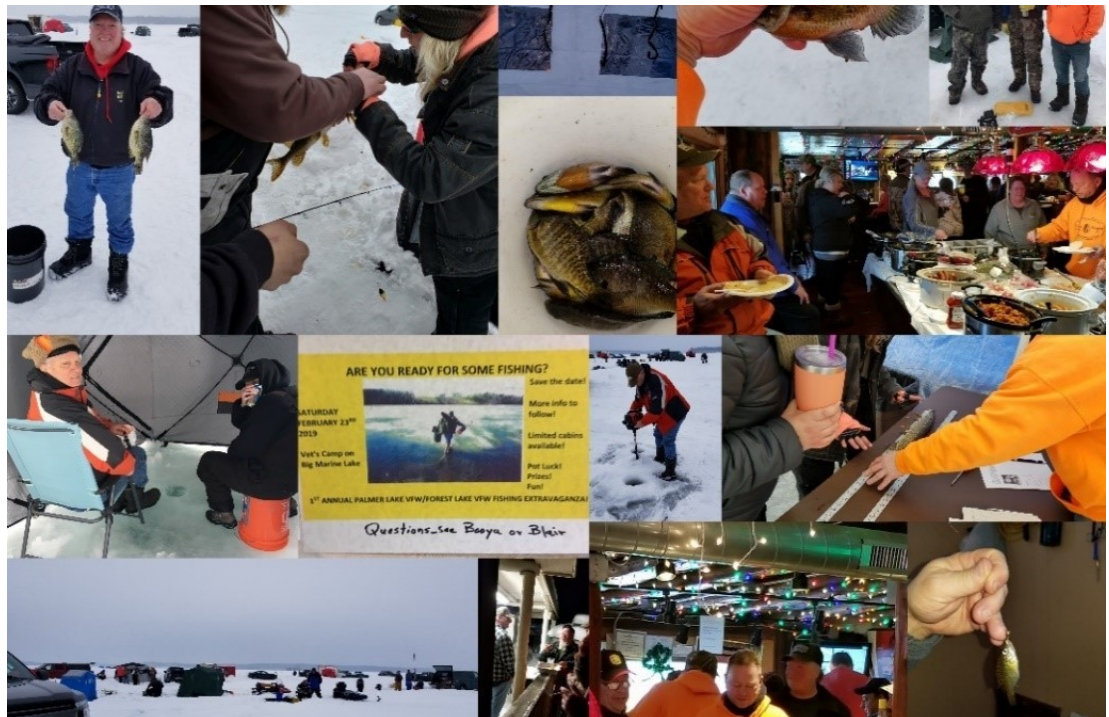
The Big Marine fishing event at the Veteran's Rest Camp was a lot of fun. Of the 30 (2 person) teams, 25 teams participated. The weekend event started on Friday when several fishermen fished for supper. After dark fish were filleted and fried at the cantina. Hali provided ham sandwiches and a big taco pasta salad. Thanks Hali. Cribbage, Left, right, center and pool were played until the wee hours.

During the contest on Saturday, the fishing was slow. No walleyes or crappies were turned in at the end of the contest. The Sun Fish contest was won by Kerry Charlet and grandson T.J. Procter, of their 7 caught, the largest weighed 3.2 Lbs. They received \$200.00. Darrin Johnson and Jim Stellmauch won the Northern Pike contest with a 23" fish. They also received \$200.00.

After the weigh-in, a monster potluck meal was held at the Cantina. Several non-fisher people spent the day warming up the crock pots and organizing all the food. Approximately 60 people from Palmer Lake VFW were in attendance. Thanks to all that brought food and had it hot when needed. Door prizes were announced during the meal.

Special thanks to the following people:

Doug and Marcia Holey for donating money for door prizes, The Post Auxiliary for donating money for prizes and snow plowing. The Forest Lake VFW for provided the hospitality tent. J.R.'s Fishing Tackle of Brooklyn Park for matching dollar for dollar the door prizes. And a huge thank-you the staff at the Vet's Camp. The winterized cabins were simply



awesome as was snow removal. We received first class treatment during the entire event. The Cantina bar tenders were fun and efficient. We had such a good time. Thanks to all that shared this event.

NEXT YEAR. Blair and I were asked to organize this event for next year. We have made reservations for Feb. 21 -24, 2020. The contest portion will be held on Saturday the 22nd. Suggestions are appreciated.

A suggestion has been made to hold another outside winter event, maybe closer to home. "Golf on Ice" has been suggested. If anyone has knowledge/experience of how to run Golf on Ice, please contact Booya.

Americanism and Citizenship

Program Chair George Hunt

Upcoming Holidays/Dates

April 1 – April Fool's Day

April 6 – Army day

April 9 – National Former POW Recognition Day

April 11 – Persian Gulf War Official Cease Fire (1991)

April 14 – Palm Sunday

April 15 – Income Tax Day (Everyone's favorite day)

April 19 – Good Friday and Passover Begins

April 21 – Easter Sunday

April 22 – Earth Day

April 24 – Administrative Professionals Day

April 26 – Arbor Day

April 28 – Orthodox Easter



Easter is the most important holiday on the Christian calendar – and has been regularly observed from the earliest days of the Church.

Easter is a “movable feast” and does not have a fixed date; however, it is always on a Sunday.

Would you believe Easter is related to the full moon? Specifically, Easter is celebrated on the first Sunday after the paschal full Moon on or just after the vernal equinox.

For simplicity, the equinox is considered to be March 21(a fixed spring date set by the Church). The paschal full Moon always falls on the 14th day of a lunar month.

Easter always falls on a Sunday between March 22 and April 25.

What Folklore is Associated with Easter?

Eggs, traditionally forbidden during Lent, symbolize new life.

Bunny, recall the hare, the Egyptian symbol of fertility.

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. Send an email to the newsletter editor at editor.palmerlakepost3915@gmail.com with an article 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

April is from the Latin word aperio, "to open" (bud) because plants begin to grow during this month.

Next Aux meeting April 9th at 1830

Next Post meeting April 10th at 1900

NEXT District Convention April 13th @ Palmer Lake VFW 0830 Joint Memorial Session

Next Hospital Visit April 16th at 1900 meet at the post at 1830

Poppy Card Distribution April 19-28

Post Spring Cleanup April 27th

Blood Drive May 13

Buddy Poppy Day Distribution: May 16 - 18

Contact Us

Commander palmerlake.vfw3915@gmail.com

Auxiliary President Auxiliary.vfw3915@gmail.com

Newsletter information editor.palmerlakepost3915@gmail.com

Club Manager clubmanager.vfw3915@gmail.com

Lawn Care Team davthomp07@gmail.com

APRIL BAR CALENDAR

By Club Manager Andera Moy

A P R I L						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DOMESTIC BTLS \$2.50 ALL DAY MEMBERS 5:30 DRAWING PM TEXAS HOLD'EM 7PM	1 DOMESTIC BTLS \$2.50 8PM-10PM GUEST 5:30 DRAWING PM MEAT RAFFLE 5PM	2 AUXILARY DRAWING 5:30 PM TACOS-ALL DAY BINGO 6:30 PM	3 DOMESTIC BTLs + RAIL DRINKS \$2.50 4:30PM-7PM OPEN JAM NIGHT 7PM-10PM	4 BARGO 5 DJ JEFF 7:30PM-12:30AM FISH FRY 5PM-7PM	5 BLOODYS + SCREWDRIVERS 6 10AM-6PM CRABCAKE 11:30AM MEAT RAFFLE 3:30PM KARAOKE 7:30PM
BLOODYS +SCREWDRIVERS \$3.50 10AM-5PM	DOMESTIC BTLS \$2.50 ALL DAY MEMBERS 5:30 DRAWING PM TEXAS HOLD'EM 7PM	8 DOMESTIC BTLS \$2.50 8PM-10PM GUEST 5:30 DRAWING PM MEAT RAFFLE 5PM	9 AUXILARY DRAWING 5:30 PM TACOS-ALL DAY BINGO 6:30 PM	10 DOMESTIC BTLs + RAIL DRINKS \$2.50 4:30PM-7PM KARAOKE W/JOSH 7:30 PM	11 BARGO 12 DJ JEFF 9:30PM-12:30AM FISH FRY 5PM-7PM	12 BLOODYS + SCREWDRIVERS 13 12PM-6PM CLUB OPENS 2NOON MEAT RAFFLE 3:30PM LIVE MUSIC 7PM
BLOODYS +SCREWDRIVERS \$3.50 10AM-5PM	DOMESTIC BTLS \$2.50 ALL DAY MEMBERS 5:30 DRAWING PM TEXAS HOLD'EM 7PM	15 DOMESTIC BTLS \$2.50 8PM-10PM GUEST 5:30 DRAWING PM MEAT RAFFLE 5PM	16 AUXILARY DRAWING 5:30PM TACOS-ALL DAY BINGO 6:30 PM	17 DOMESTIC BTLs + RAIL DRINKS \$2.50 4:30PM-7PM OPEN JAM NIGHT 7PM-10PM	18 BARGO 19 DJ JEFF 9:30PM-12:30AM FISH FRY 5PM-7PM	19 BLOODYS + SCREWDRIVERS 20 10AM-6PM CRABCAKE 11:30AM MEAT RAFFLE 3:30PM KARAOKE 7:30PM
BLOODYS + SCREWDRIVERS \$3.50 10AM-5PM EASTER SUNDAY!	DOMESTIC BTLS \$2.50 ALL DAY MEMBERS 5:30 DRAWING PM TEXAS HOLD'EM 7PM	22 DOMESTIC BTLS \$2.50 8PM-10PM GUEST 5:30 DRAWING PM MEAT RAFFLE 5PM HORSESHOES 6PM	23 AUXILARY DRAWING 5:30PM TACOS-ALL DAY BINGO 6:30 PM	24 DOMESTIC BTLs + RAIL DRINKS \$2.50 4:30PM-7PM KARAOKE W/JOSH 7:30 PM	25 BARGO 26 DJ JEFF 9:30PM-12:30AM Burger Night 5PM-7PM	26 BLOODYS + SCREWDRIVERS 27 10AM-6PM MEAT RAFFLE 3:30PM KARAOKE 7:30PM
BLOODYS + SCREWDRIVERS \$3.50 10AM-5PM	DOMESTIC BTLS \$2.50 ALL DAY MEMBERS 5:30 DRAWING PM TEXAS HOLD'EM 7PM	29 DOMESTIC BTLS \$2.50 8PM-10PM GUEST 5:30 DRAWING PM MEAT RAFFLE 5PM HORSESHOES 6PM	30			

General News and Information

Easter Hame Raffle Tuesday Apr 16th 5PM until GONE! \$25 hams All tickets are only \$1

3rd Anual Suicide Awarness 5K will be September 21st More info to come.

\$3 Burger Nights starts April 26th

Tuesday Horseshoes are starting up again. \$6 and play starts at 6 PM