

From the Post Commander — Allen Young

Greetings Comrades!

Greetings everyone! I hope that you are enjoying your new year. As I write this it, is 62 degrees out in March. What a beautiful day! We hope you got out and enjoyed it. I am also hoping that this will continue, looking forward to summer.

I will start with the next following months are probably the busiest and most important time of the year for the Post. It is the time of the year we elect new officers and set the priorities for the upcoming year. We have a lot of important decisions coming up as to the future of the Post and I cannot empathize the importance of volunteers and their impact on the Post.

Now we have a couple of big events in the near future that we want you to be aware of. The first one is Poppy Days on 16-17 May. This is a great event and Poppy sales are our only fundraiser to build the Soldier's Relief account which is used to help veterans and their families when in need. It is our signature event and it is the event we need everyone's help with. We are ALWAYS looking for volunteers to help out for a few hours or a whole day. Please mark your calendars and thank you in all in advance for volunteering your time for this great event.

On May 20th, we will be having our Memorial Service honoring those Post members we lost this year between April 1, 2024 and March 31, 2025. We encourage you to please attend. Invitations are being sent to the families that have lost a Post or Auxiliary member. If you know of someone not on the "Taps" list, please contact the Post so we can get the notices out to the proper people.

The very next week is Memorial Day. The Post celebrates this day by honoring those who died while serving in the United States Armed Forces. We will be holding a ceremony at Forest Hill Cemetery in Woodland at 0900, then quickly transitioning to decorating a trailer and participating in the Memorial Day Parade in West Duluth. Don't forget about free Sloppy Joe's at the Post immediately following the parade! Come celebrate with us!

As the proud Commander of Veterans of Foreign Wars Post 137, McConnell-Modeen, I would personally like to ask for your support of an upcoming building fundraiser. We moved to Proctor from West Duluth, to help expand our outreach in the community and allow positive impacts for many groups and individuals. We recently obtained the building next to the Post which will allow for much needed expansion of the limited space we currently have and add additional parking.

We need your support to make this vision a reality. Every dollar raised brings us one step closer to providing this vital space for veterans and our community. Join us in this mission ... donate today and help us build a future that honors our hero's and uplifts our youth. Your generosity means everything to us and the community we serve. I want to add that we could not have done <u>ANY</u> of this without the incredible generosity of our members and our friends.

We will have to do <u>A LOT</u> of updates to the building to make it our own, so if any members would like to help or support the Post, please feel free to reach out and contact any of the officers. The Post is always looking for thoughts or suggestions to make it a better experience for you. The officers and myself feel the future is bright for VFW Post 137!

Recently, we have been short for volunteer bartenders and cooks so if you would like to help out, or possibly get yourself a part time job, please come down to the Post and help out – even if it's just for a night or two a month. Above all, THANK YOU! The Post gets bigger and better every day and it cannot <u>and</u> would not happen without all of you!

God Bless America! Allen Young Post Commander VFW Post 137



CANTEEN HOURS

- Wed-Thu-Fri 3:00 PM CLOSE
- Sat 11AM—CLOSE
- Open for Private Party's ... Call for Reservations

DJ / KARAOKE

- DJ by VETertainment
- EVERY FRIDAY NIGHT
- 7 to 11 PM
- Let's hear you sing!

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From the Auxiliary President — Marilyn Nelson

Greetings and hope spring has sprung!

Big congratulations go out the our raffle winners from February 2025:

Fishing Bucket	Luke Ratike
Lottery Basket	Sue Woods
50/50	Jeanet Bijold

The drawings for the March 2025 Raffle will include a 50/50 with the drawing on March 28th.

The New Building Fundraiser—Bakeless Bake Sale—is underway. We are asking for your support for renovations and improvements that must be made in our building adjacent to our current main space. Donations can be dropped off or mailed to the Post at the following address: VFW Post 137, 501 Third Avenue, Proctor, MN 55810.

If you are looking to give back and are a dependent or relative of a veteran, we invite you to join the Auxiliary. We are a service based organization providing support for McConnell-Modeen VFW Post 137 and for our community. For information, please call Marilyn Nelson (218-940-3316).

The Friday Night Dinners at VFW Post 137 are always in need of volunteers. If you would like to join our team to have a fun night—give back to the Post and give to our community, please contact Marilyn Nelson at 218-940-3316. We would love to have you!

The next Post./Auxiliary meeting is April 1st, 2025 at 7:00 p.m. (House meeting at 6:00 p.m). Come join us!

Warmest regards,

Respectfully, Marílyn Nelson Auxiliary President VFW Post 137 218-940-3316

POST OFFICERS

COMMANDER — Allen Young SENIOR-VICE — Kevin Beichler JUNIOR-VICE — Jody Ruotsalainen QUARTERMASTER — Mark Wasserbauer ADJUTANT — Mark Wasserbauer JUDGE ADVOCATE — Dwight Nelson CHAPLAIN — Bruce Johnson SURGEON — Will Peterson SERVICE OFFICER — Kevin Beichler 1 YEAR TRUSTEE — Dave Toelcke 2 YEAR TRUSTEE — Chris Olson 3 YEAR TRUSTEE — Jared Hinks GAMBLING MANGER — Jody Ruotsalainen

AUXILLIARY OFFICERS

PRESIDENT — Marilyn Nelson SENIOR VICE — Lorraine Doherty JUNIOR VICE — Darlene Hollatz TREASURER — Terri Frederickson SECRETARY — Kay Wronka CHAPLAIN — Kathy Drummond CONDUCTRESS — Cindy Talerico GUARD — Kathy Drummond 1 YEAR TRUSTEE — Kathy Toelcke 2 YEAR TRUSTEE — Lilly Gibbons 3 YEAR TRUSTEE — Kay Wronka



4 Days a Week!

Wed 3-Close Thu 3-Close Fri 3-Close Sat 11-Close

Post & Auxiliary ELECTIONS

... are being held April 1st during the Post & Auxiliary meetings (7pm). Come make your **(Come** count!



Every Wednesday starting April! Burgers 4-7pm Bingo starts at 5:30!



VFW Post 137 is now online! Check us out at <u>https://vfw137.org</u>. Information on Post calendar events, bi-monthly newsletters, membership updates, and more!

Also see us on Facebook[®]. Search McConnell -Modeen VFW Post 137.

VFW Post 137 McConnell-Modeen Dispatch!

TAPS \$13 Lent Please remember in your prayers our fellow members that have passed since our last newsletter. Jeffrey Waller (Feb) EVERY FRIDAY STARTING NATIONAL HOME Scan and share our mission with your friends and family at vfwnationalhome.org **BE OUR GUEST Friday Dinner Special Chicken Strip Basket** Fish Fry Basket **Butterfly Shrimp Basket** Only **\$15.00** "The Best Value in Town!" Friday Night DJ / Karaoke

From 7:30 - 11 PM

VFW POST 137

501 3rd Ave, Proctor – 218-727-1912

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7 MARCH THROUGH GOOD FRIDAY

WELCOME!

Please welcome our newest members to Post 137!

- Nathan Aysta (Feb)
- **Barry Fernholz (Mar)**

Your choice of

Includes: Fries, Roll, Coleslaw, and Coffee served from 5-7:30 pm

By VETertainment

Friday Night Pasta Options!

We now will have both Chicken Alfredo and Penna Pasta Marinara available each Fridav. Only \$12 a plate!



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VFW Presents 2025 Legislative Priorities — VFW National Legislative Team met in Washinton D.C. last month to advocate for the their 2025 legislative initiatives. These are the VFW's priorities:

- ⇒ **Budget** To fully fund programs for veterans, service members, and their families, Congress must:
 - Ensure sufficient, timely appropriations and proper budget oversight for VA.
 - Authorize VA to receive reimbursements from TRICARE and Medicare.
 - Never reduce one veteran's benefits to pay for another.
 - Modernize and reform VA and DOD programs that do not meet the needs of service members, veterans, and families.
- ⇒ **Disability Assistance & Memorial Affairs** To ensure veterans & their survivors have timely access to earned benefits, Congress and VA must:
 - Crack down on unaccredited claims consultants known as Claim Sharks.
 - Study all toxic and environmental exposures, and implement programs to ensure health care and benefits are provided to all exposed service members and veterans.
 - Properly oversee and update the modernized appeals process, digital claims processing, and antiquated examination process.
 - Increase Dependency and Indemnity Compensation, burial allowances, and other benefits for survivors.
 - Improve the accuracy of disability compensation claims related to military sexual trauma.
 - Ensure that earned VA benefits are never unjustly reduced.

Education, Employment, & Transition Assistance — To ensure veterans succeed after leaving military service, Congress, VA, DOD, and DOL must:

- Improve education benefits through modernized online student housing allowances, child care stipends, parity for Guard and Reserve members, and elimination of delimiting dates.
- Enhance outreach and counseling to veterans eligible for the Veteran Readiness and Employment program.
- Ensure parity of VA and DOD education programs with other federal programs.
- Expand small business, hiring preference, tax incentives, and entrepreneurship resources for veterans and military spouses.
- Increase funding for HUD-VASH vouchers, grant and per diem payments, and pilot programs to combat veteran homelessness.
- Conduct oversight of VA's Transition Assistance Program to ensure compliance with the law, and require the inclusion of accredited claims representatives.
- Eliminate red tape preventing effective use of education and employment benefits.
- ⇒ **Heath Care** To ensure service members and veterans receive timely access to high-quality health care without increasing cost shares, Congress, VA, and DOD must:
 - Eliminate service member and veteran suicide.
 - Reform the dysfunctional community care program at VA.
 - Strengthen care and research for mental health and traumatic brain injuries.
 - Research the efficacy of plant-based alternative therapies for PTSD.
 - Improve oversight of Vet Centers to ensure adequate staffing, resources, and funding.
 - Enhance programs and services for women and underserved veterans.
 - Preserve the integrity of TRICARE.
 - Properly implement VA and DOD health IT systems.
 - Expand nursing home eligibility and long-term care options.
 - Modernize care for veterans outside of the United States.
- ⇒ National Security, Foreign Affairs and POW/MIA To fully support the all-volunteer force, protect our nation's citizens, and defend American interests around the world, Congress and DOD must:
 - Ensure DPAA is fully funded to perform its personnel recovery mission.
 - Deter threats to our national security by supporting our allies in Ukraine, Israel, Korea, and Taiwan.
 - Ensure all service members who served in harm's way, to include foreign nationals, translators, and allies receive the recognition, care, and benefits they may have earned.

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⇒ Military Readiness — To maintain a quality, comprehensive benefits and retirement package that is the backbone for preserving the all-volunteer force, Congress and DOD must:

- Enhance quality of life and health care programs that allow service members to focus on the mission.
- Ensure equity of benefits for Reserve Component service members.
- End the military retirement pay and VA disability compensation offset.
- Provide benefits enrollment for all transitioning service members.
- Eliminate sexual assault and harassment from the military.
- Increase military base pay comparability with private sector wages.
- Ensure that military housing and work spaces are safe and modern.
- Eliminate food insecurity in the military.

OTHER VETERAN LEGISLATIVE INITIATIVES in the 119th Congress

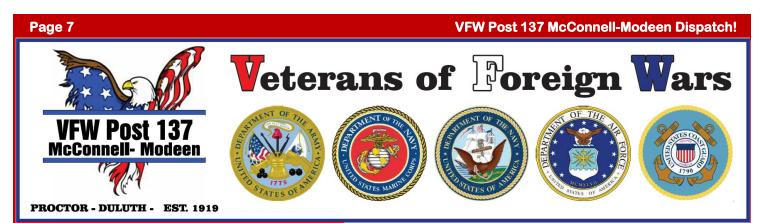
- HR 136 Veteran Overmedication and Suicide Prevention Act of 2025
- HR 210 Dental Care for Veterans Act
- HR 224 Disabled Veterans Housing Support Act
- HR 244 Veterans' True Choice Act of 2025
- HR 303 Retired Pay Restoration Act
- HR 327 Valor Earned Not Stolen Act of 2025
- HR 333 Disabled Veterans Tax Termination Act
- HR 585 Supporting Veteran Families in Need Act
- HR 668/S. 506 Coordinating Care for Senior Veterans and Wounded Warriors Act
- HR 683 Combat Veterans Pre-Enrollment Act of 2025
- HR 740 Veterans' ACCESS Act of 2025
- HR 873 To amend title 10, United States Code, to modify the rate of pay for care or services provided under the TRICARE program based on the location at which such care or services were provided.
- HR 877 Deliver for Veterans Act
- HR 965 Housing Unhoused Disabled Veterans Act
- HR 1411 No Veteran Should Go Hungry Act of 2025
- HR 1423/S. 649 Guard and Reserve GI Bill Parity Act of 2025
- HR 1699 TOTAL Care Act
- HR 1732 Guard VA Benefits Act
- HR 1824 Supporting Disabled National Guardsmen Act
- HR 1845 Amending Title 10 USC to establish a counseling pathway in the Transition Assistance Program, a presentation that promotes the benefits available to veterans under laws administered by the Secretary of Veterans Affairs, and for other purposes.
- HR 2102/S. 1032 To amend title 10, United States Code, to provide for concurrent receipt of veterans' disability compensation and retired pay for disability retirees with combat-related disabilities, and for other purposes.
- **HR 2195** To amend the Food and Nutrition Act of 2008 to expand the eligibility of disabled veterans to receive supplemental nutrition assistance program benefits.
- S. 275 Veterans' Assuring Critical Care Expansions to Support Servicemembers (ACCESS) Act of 2025
- S. 524 Coast Guard Authorization Act of 2025
- S. 668 SAFE STEPS for Veterans Act of 2025
- S. 878 A bill to amend the Combat-Injured Veterans Tax Fairness Act of 2016 to apply to members of the Coast Guard when the Coast Guard is not operating as a service in the Department of the Navy, and for other purposes.

Important TRICARE Communication Update

TRICARE is moving to a new email platform. In the coming weeks, we'll start sending emails from <u>tricare@news.dha.mil</u>. Your existing TRICARE GovDelivery subscription may not transfer automatically to the new platform.

Here's how to keep receiving important TRICARE news and information from us:

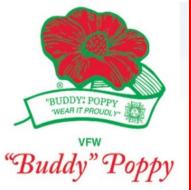
- Add <u>tricare@news.dha.mil</u> to your address book or safe sender list.
- Re-subscribe through our new email platform. A link to re-subscribe will be available on tricare.mil/subscriptions soon.



*** POPPY DRIVE UPDATE ***

There will be a planning meeting for the Poppy Drive on 22 April at the Post. Volunteers will be needed to help put bags together for all the collection sites. We are also looking for volunteers to sign up for the collection sites at the various local Super One Food Stores. It's never too late to volunteer. Please call the Post (218-727-1912) for more details if you are able to work at a collection site. The dates for collection are May 16-17. Your help is greatly needed and much appreciated. The money raised

for Poppy's help supplement our Soldier's Relief Fund, our sole source to help veterans in need. Please call Marilyn Nelson (218-940-3316) for more details.



CHAPLAIN'S CORNER

The Golden Rule

Most of us have probably heard of the Golden Rule. It is found in the gospel of Matthew, which is the first book of the New Testament. When Jesus began his ministry, he delivered a lengthy teaching that's referred to as The Sermon on the Mount. He delivered this teaching while seated with his disciples on a hillside. Arrayed in front of him was a huge crowd of people. Jesus delivered this message to them: we should love and care for others and live a moral life. Jesus taught that people should be kind and forgiving, and that they should live in right relationship with others. At one point in this lengthy sermon, Jesus says "So in everything, do to others what you would have them do to you." Jesus knew the human heart and it's selfishness. He describes the human heart as being innately evil. Jesus' Golden Rule gives us a standard by which naturally selfish people can guage their actions: actively treat others the way they themselves like to be treated. Do you want to be shown respect? Then respect others. Do you crave a kind word? Then speak words of kindness to others. This is a teaching that we can all benefit from by applying it to our lives in the way we treat and interact with others. I suggest that we ask God to help us live by the Golden Rule. It is an excellent way to live in these troubled and tumultuous times.

> Comrade Bruce Johnson Post Chaplain



Buddy Poppy Order Form

Checks payable to: VFW Post 137 McConnell-Modeen

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Amount:______

Inscription:_____

Send check and form t	:0:

In memory of (circle one) Y N

VFW Post 137 Poppy Drive 501 3rd Ave Proctor, MN 55810

VFW Post 137 McConnell-Modeen Dispatch!

BOOK A PRIVATE PARTY!



Are you looking for a place to hold your next private party! Why not Post 137? We offer affordable pricing, a stocked Cash Bar and full kitchen service. Contact Allen Young (218-591-8733) or Post 137 (218-727-1912) to make reservations. Most days are available.



Starting in April, Meat Raffle <u>EVERY</u> Friday! Raffles begin at 5PM

Faciliated by PAHA (Proctor Amateur Hockey Assocation)

MICHAUD

DISTRIBUTING, INC. SUPERIOR

Bernick's

Come down and check out our rotating selection of local Craft & seasonal beers!





Every Friday Night from 7-11pm!



10 OFF A SOBER RIDE HOME TO A RESIDENCE





THIS PROGRAM IS PROUDLY BROUGHT TO YOU BY OUR SPONSORS

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	MCC	ONNELL-	MODEE	N VFW PO	ST 137	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
501 3 rd Ave, Pro (218) 7	cConnell-Modeen octor, MN 55810 27-1912 <u>137@gmail.com</u>					OPEN 1130-11PM
2	3 Yellow Ribbon Mtg 5:30 PM	4 House Mtg – 6PM Post & Aux Mtg – 7PM	DPEN 3-CLOSE Burger Night 5-7pm	6 OPEN 3-CLOSE Open Cribbage – 6PM	7 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	8 OPEN 1130-11PM
9 Daylight Savings	10	11 TPWA Mtg – 7PM	12 OPEN 3-CLOSE BINGO 5:30 Burger Night 5-7pm	13 OPEN 3-CLOSE Open Cribbage – 6PM	14 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	15 OPEN 1130-11PM
16	17 AL Post 28 Mtg – 5-7:30pm	18 Post Construction Mtg 5:30PM	19 OPEN 3-CLOSE Burger Night 5-7pm	20 OPEN 3-CLOSE Open Cribbage – 6PM	21 MEAT RAFFLE – 5PM Friday Night Dinner 5—7 PM Karaoke 7 —11PM	22 OPEN 1130-11PM
23	24	25	26 OPEN 3-CLOSE Burger Night 5-7pm	27 OPEN 3-CLOSE Open Cribbage – 6PM	28 Friday Night Dinner 5—7 PM Karaoke 7 —11PM Vietnam Veterans Day	29 OPEN 1130-11PM
30	31					
		Ap	oril	202	25	
				VFW PO	ST 137	
Sunday	Monday	Tuesday	Wednesday	Thursday 2 3	Friday 4	Saturday 5
		House Mtg – 6PM Post & Aux Mtg – 7PM ** Election of Officers **	OPEN 3-CLOSE Burger Night 5-7pm BINGO 5:30	OPEN 3-CLOSE Open Cribbage – 6PM	Friday Night Dinner 5—7 PM Karaoke 7 —11PM MEAT RAFFLE – 5PM	OPEN 1130-11PM Olson Retirement Party 5-close (Open to Public)
6 Airage Team Dinner -SPM	7	8 TPWA Mtg – 7PM	OPEN 3-CLOSE Burger Night 5-7pm BINGO 5:30	9 10 OPEN 3-CLOSE Open Cribbage – 6PM	11 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	12 OPEN 1130-11PM
13	14 MACV TRNG SESSION 10-2PM			6 17 OPEN 3-CLOSE Open Cribbage – 6PM	MEAT RAFFLE – SPM 18 GOOD FRIDAY Friday Night Dinner 5—7 PM Karaoke 7 —11PM MEAT RAFFLE – SPM	19 OPEN 1130-11PM
20 Hoppy Laster	21 TCU Union Mtg 5-7PM	22 Poppy Młg – 6PM	2 OPEN 3-CLOSE Burger Night 5-7pm BINGO 5:30	3 24 OPEN 3-CLOSE Open Cribbage – 6PM	25 Friday Night Dinner 5—7 PM Karaoke 7 —11PM MEAT RAFFLE – 5PM	26 PRIVATE PARTY (Shower) 11-2PM OPEN TO PUBLIC 4-11PM
27 PRIVATE PARTY (MONTY) 5-9PM	28	29	3 OPEN 3-CLOSE BURGER Night 4-7PM BINGO 5:30		501 3 rd Ave, P (218)	cConnell-Modeen octor, MN 55810 727-1912 v137@gmail.com

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4	5 Yellow Ribbon Mtg 5:30 PM	6 House Mtg – 6PM Post & Aux Mtg – 7PM	7 OPEN 3-CLOSE Burger Night 5-7pm	8 3-CLOSE	9 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	OPEN 1130-11PM
		Installation of Officers	BINGO 5:30	Open Cribbage – 6PM	MEAT RAFFLE – 5PM	
S Mother's	12	13 TPWA Mtg - 7PM	14 OPEN 3-CLOSE Burger Night 5-7pm BINGO 5:30	15 3-CLOSE Open Cribbage – 6PM	16 Friday Night Dinner 5—7 PM Karaoke 7 —11PM MEAT RAFFLE – 5PM Poppy Days	OPEN 1130-11PM
18	19 MACV TRNG SESSION 7-5 PM	20 MEMORIAL SERVICE 6 PM	21 OPEN 3-CLOSE Burger Night 5-7pm BINGO 5:30	22 3-CLOSE Open Cribbage – 6PM	23 Friday Night Dinner 5—7 PM Karaoke 7 —11PM MEAT RAFFLE – 5PM	OPEN 1130-11PM
25	26 FOREST HILL CEMETARY - 7AM MEMORIAL PARADE - 10AM Sloppy Joe's after Parade @ Post Methodial	27	28 OPEN 3-CLOSE Burger Night 5-7pm BINGO 5:30	29 OPEN 3-CLOSE Open Cribbage – 6PM	30 Friday Night Dinner 5—7 PM Karaoke 7 —11PM MEAT RAFFLE – 5PM	OPEN 1130-11PM
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8	9	10 TPWA Mtg – 7PM	OPEN 3-CLOSE BINGO 5:30 Burger Night 5-7pm	OPEN 3-CLOSE Open Cribbage – 6PA	Friday Night Dinne 5—7 PM	OPEN
Happy Father's Day!	16	17	OPEN 3-CLOSE BINGO 5:30 Burger Night 5-7pm	OPEN 3-CLOSE Open Cribbage – 6PA	Friday Night Dinner 14 5—7 PM Karaoke 7—11PM	OPEN 1130-11PM
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