



McCONNELL

Post 137 Dispatch!



PROCTOR - DULUTH EST. 1919

VETERANS OF FOREIGN WARS



MODEEN

Volume 15, Issue 4

501 3rd Ave, Proctor, MN 55810

July 15, 2024

From the Post Commander — Allen Young

Comrades,

Greetings everyone and we hope that you are out enjoying this summer. The weather was extremely wet there for a while but it looks like it is going to dry out and cooperate for the near future. We have had a busy spring with some really great events. We started with the annual Poppy Days, the Post Memorial Service for members who have passed in the last year, Memorial Day service at Forest Hill Cemetery and West Duluth parade. I would like to thank all the volunteers that made these events so successful!

Now with some exciting building updates: the construction on the outside of the building was completed and we now have a new ramp on the side of the building. We added a concrete landing out front and installed a concrete sidewalk in the back of the building. This was totally completed with volunteers, and I cannot name you ALL but I will name a few key folks. A big "Thank You" to Northland Constructors, Tom Brown, Jody Ruotsalainen and the Blazvic family! Thank you to ALL who volunteered, we appreciate it very much and it looks great! We hopefully will have pavement installed for the parking lot in the near future to make easier access to the building.

The Post is currently only open on Friday's for our traditional fish dinner, but we will be changing the schedule in the near future and hope to open Wednesday thru Saturday from 3-11 with some daily dinner specials. Also, we have been adding a pasta dinner as another option to our Friday Dinners and they are starting to become pretty popular, so as always, I am encouraging you to come join us for a delicious meal on Friday nights. We still have been running with ALL volunteers up to now. We will see if we can keep it up or if we will have to hire which is an option, so you or if you know of someone that would be interested in volunteering or working at the Post, please contact us.

We are becoming much more involved with the local area and there are a few events coming up in the month of August that you can get involved with: Neighborhood Night Out, Hog Head Parade and the Hog Head Festival which will be held in our new backyard Aug 14th-18th. I am going to encourage you all to support the new Post and we want to see you all at the new location.

The VFW National Headquarters has contacted the post AGAIN this year to inform us that our Membership has exceeded 103% for the year! This was not done without the unbelievable efforts of Ralph Talerico and Mark Waserbauer – GREAT job guys and please keep it up!

As always, I want to give a special THANKS to the Combined Honor Guard for all your service during the various Memorial Services. You are a dedicated group of individuals that go above and beyond, so I would personally like to thank you for everything you do for us – God Bless!

Lastly, we have some newly elected officers that have stepped up for the next year, we look forward to working with all of you to move the Post forward in a positive direction along with your new ideas and contributions. We have a lot of important decisions coming up for the future of our Post ... our new building and some of our future plans ... so I encourage everyone to please attend our Post meetings which we hold every 1st Tuesday of each month.

Thank you ALL for your continuing support. The Post would not be such a great SUCESS without you! I am looking forward to seeing all of you at one of our upcoming events and wishing you a safe and a great summer!

CANTEEN HOURS

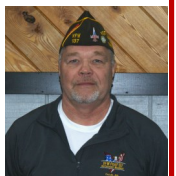
Stop in and see what's going on!

- Friday
4:00 PM – CLOSE
- Open for Private Party's Weekdays ...
Call for Reservations

DJ / KARAOKE

- DJ by VETertainment
- Free admission
- EVERY FRIDAY NIGHT
- Let's hear you sing!
- Come listen to the talent!
- 8 to 11 PM

God Bless America!
Allen Young
Post Commander
VFW Post 137



From the Auxiliary President — Marilyn Nelson

Happy Summer Members,

As we enjoy our warm season with sunny (and hopefully less rainy) days, take joy in our flowers, our lakes, boats and fishing and all other hobbies we follow, please keep in mind the Friday Night Dinner served here at the Post from 5-7 p.m. We can use your support in so many ways, either by stopping in for dinner or grabbing dinner to go on the way to the lake, or by pitching in and serving in the dining room or helping in the kitchen. We all need to work together each day for our Post to remain successful.

Our humble thanks to Miner's, Inc. for the "Round Up" at the register opportunity in nine different locations in their stores. Miner's also gives us opportunity to hold the Poppy Drive within their organization and they go above and beyond to help our local veteran programs. We are forever grateful.

A warm thank you to Angie Gibbons for all of her work as Auxiliary President, as she now moves on to new challenges. We appreciate all you have done for the Auxiliary.

As we look ahead, ask yourself where can I lend a hand? We will have many opportunities coming up yet this summer and in to the fall—every one is welcome and all extra hands are needed. Please join us!!

Regards,

Marilyn Nelson

Auxiliary President
VFW Post 137
218-940-3316

Round Up & Support
Local Veterans!

28 June through 15 July

At checkout when you "round up" at Super One from 28 Jun-15 Jul, your donations will be split equally between VFW Post 137 & American Legion Post 71. Donations to Post 137 will go directly towards building improvements and veteran support!

VETERANS OF FOREIGN WARS

VFW Post 137
McConnell-Modeen

POST 137
PROCTOR - DULUTH EST. 1919

1 SuperOne
FOODS & LIQUOR

THANK YOU MINER'S, INC.!

I huge shout out to Miner's Inc. and Super One Foods & Liquor for sponsoring VFW Post 137 and American Legion Post 71 in their latest "Round Up!" program. Below was a flyer was posted on our Facebook page. The program ran from 28 Jun through 15 July. Thanks to all who participated and look forward to having this program continue.

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*

AUXILLIARY OFFICERS

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

Memorial Day Ceremony & Parade!

VFW Post and Auxiliary members celebrated Memorial Day. Post & Auxiliary officers presided over the annual Remembrance Ceremony at Forest Hill Cemetery in Woodland (from l to r: Marilyn Nelson, Mark Wasserbauer, Post CC Allen Young and Bruce Johnson). Volunteers decorated a trailer sponsored by Jeff Foster Trucking as they participated in the Memorial Day Parade in West Duluth. VFW member Tom Meadath spoke at the Proctor Memorial Day Observance (not pictured). The day ended w/ a free Sloppy Joe lunch hosted by the Post in Proctor.



SPECIAL THANK YOU TO NORTHLAND CONSTUCTORS & TOM BROWN!

If you know anyone at Northland Constructors, please say "Thank you!" for volunteering their equipment and services for this Post project. Post members Tom Brown, David Blazevic, Ryan Blazevic, Jared Hinks, and Jody Ruotsalainen supplied most of the manpower along with Northland Constructor volunteers. Through Northland's generosity, we were able to remove old, uneven pavement to prep for a new parking lot in front, replace the handicap ramp on the side of the building, and install a sidewalk and dumpster pad. This could not have happened without the generosity of Northland Constructors!



COMMUNITY SERVICE

Hometown Hero Outdoors and Minnesota Assistance Council for Veterans (MACV) recently received VFW donations supporting veteran outreach programs. Receiving donation checks are Dan Davitt (Hometown Hero Outdoors - left) and Jayce Mayberry (MACV - right).



LOCAL SCHOOL CROSSING GUARDS GET NEW BIKES!

VFW Post 137 recently donated four (4) new bikes to local School Crossing Guards programs. Three of the four recipients are pictured below. Thanks also to this year's top contributors: Kelly Barnard (pictured below in VFW cap), Tom Brown, Bob Woods, Dwight (Deacon) Nelson, Allen Young Mark Wasserbauer, Dave Toelcke and Ralph Talerico. Special thanks to Ralph 'Rico' Talerico (pictured below in the gray shirt) for keeping this program going!!! Ralph Talerico has been spearheading this Bike Drive for several years now. The program continues to grow and we are proud to give back to the local community in this way!





TAPS

Please remember in your prayers our fellow members that have passed since our last newsletter.

- Edward V. Ciszewski
- Louis A. Fulda Jr
- William D. Martin

New Friday Night Meal Options

For the last few weeks, we have added alternating pasta meals to our Friday Dinner menu. Chicken Alfredo and Panna Marinara. **Only \$12 a plate!**

Stop in and check it out!



VOLUNTEERS WANTED!

As we move towards having the Post open more during the week, we are looking for volunteers interested to help out with the following areas. If you are interested in volunteering, please email us at postvfw137@gmail.com or 218-727-1912.

- Evening Bartenders (Wed, Thu and Sat)
 - Kitchen/Bar Manager
 - Club Cleaning



VETERAN RESILIENCE PROJECT

EMDR THERAPY FOR VETERANS, MILITARY SERVICE MEMBERS, & THEIR SPOUSES

Veteran Resilience Project (VRP) is a Minnesota nonprofit whose goal is for Veterans, Military Service Members, and their Spouses to experience healing and to move forward living their lives to the fullest. We do this by:

- Serving Veterans/Military Members/Spouses with **PTSD, Trauma, and other mental health symptoms**
- Coordinating access to free **EMDR Therapy (Eye Movement Desensitization and Reprocessing)** - an extensively studied and effective treatment

OUR THERAPIST NETWORK

- Statewide network of highly qualified therapists in MN
- All therapists are extensively trained in Trauma and EMDR
- All trained through VRP on understanding military culture and supporting Veterans.

- **EFFECTIVE TREATMENT FOR TRAUMA & PTSD**
- **12 EMDR THERAPY SESSIONS AT NO COST**
- **STATEWIDE NETWORK OF EMDR THERAPISTS**
- **IN-PERSON OR TELEHEALTH OPTIONS**

visit us online or request more info:



Supported in part by MDVA:
<https://mn.gov/mdva>

LEARN MORE OR GET STARTED TODAY:

- 📞 763-358-2275
- ✉ info@veteranresilience.org
- 🌐 www.veteranresilienceproject.org

BE OUR GUEST

Friday Dinner Special

Your choice of

- Chicken Strip Basket
- Fish Fry Basket
- Butterfly Shrimp Basket

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

Only \$15.00

"The Best Value in Town!"

Friday Night DJ / Karaoke

By VETertainment

From 7:30 – 11 PM

VFW POST 137

501 3rd Ave, Proctor – 218-727-1912

LEGISLATIVE INITIATIVES

VFW priorities are:

- HR 1139/S.740 (Guard VA Benefits Act)
- HR 4157/S.928 (Not Just a Number Act)
- HR 3933/S.2888 (TAP Promotion Act)
- HR 1282/S.344 (Major Richard Star Act)

Other veteran legislation we are tracking:

- HR 8336 (Amending Title 10 USC to establish a counseling pathway in the Transition Assistance Program for members of the reserve components of the Armed Services)
- HR 5995 (Federal Retirement Fairness Act)
- HR 2537 (BAH Restoration Act)
- HR 8088/S. 4166 (To authorize reimbursement to applicants nfor uniformed military service for co-payments of medical appointments required as part of the Military Entrance Processing Station (MEPS) process)
- S. 4116 (A bill to amend Title 10 USC to allow members of the Selected Reserve and National Guard holding employment within the Federal Government the choice between military and civilian healthcare plans)
- HR 1301 (Federal Employees Civil Relief Act)
- HR 5492 (Veteran Families Health Services Act of 2023)
- S. 4650 (A bill to establish a rental assistance program for low-income veteran families)



PROCTOR - DULUTH - EST. 1919

Veterans of Foreign Wars



Come visit us at our new Post home

Open on Fridays —> 4-11 pm

501 3rd Ave

Proctor, MN

Karaoke, Camaraderie and
Cocktails!

Serving Friday Dinners from 5-7!!!



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.

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



UPCOMING EVENTS!!!!

Mark Your Calendars!

- ⇒ House/Post/Auxiliary Mtgs — 2 Jul
- ⇒ 4th of July — CLOSED
- ⇒ Private Party — 13 Jul
- ⇒ BMWED Union Mtg — 22 Jul
- ⇒ Proctor Night Out — 6 Aug
- ⇒ House/Post/Auxiliary Mtgs — 8 Aug
- ⇒ Private Party — 10 Aug
- ⇒ Proctor Hog Head Days — 14-17 Aug
- ⇒ MACV Mtg — 29 Aug
- ⇒ House/Post/Auxiliary Mtgs — 3 Sep
- ⇒ POW/MIA Ceremony (Lakewalk) — 20 Sep
- ⇒ Spaghetti Dinner Fundraiser — 26 Sep
- ⇒ House/Post/Auxiliary Mtgs — 1 Oct



Every Friday Night
from 8-11pm!

TWIN PORTS JOYRIDE

GOOD TIMES DELIVERED

\$7 OFF A SOBER RIDE TO A RESIDENCE

Provided by your choice of these companies:






July 2024



VFW POST 137 MCCONNELL-MODEEEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bldg. address: 501 3 rd Ave. Proctor, MN, 55810	1	2 House Mtg – 6PM Post & Aux Mtg – 7PM	3	4 	5 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	6
	7	8 TPWA Mtg – 7PM	9	10	11	12 Friday Night Dinner 5—7 PM Karaoke 7 —11PM
14	15	16	17	18	19 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	20
21	22 BMWED Union Mtg 5-9 PM	23	24	25	26 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	27
28	29	30	31	VFW Post 137 - McConnell-Modeen 501 3 rd Ave, Proctor, MN 55810 (218) 727-1912 Email: postvfw137@gmail.com		



August 2024



VFW POST 137 MCCONNELL-MODEEEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VFW Post 137 - McConnell-Modeen 501 3 rd Ave, Proctor, MN 55810 (218) 727-1912 Email: postvfw137@gmail.com				1	2 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	3
4 	5 Yellow Ribbon Mtg 5:30 PM	6 Proctor Night Out – 5pm	7	8 House Mtg – 6PM Post & Aux Mtg – 7PM	9 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	10 PRIVATE PARTY 5-9 PM
11	12 DRAM Trng 6-7PM (tent)	13 TPWA Mtg – 7PM	14 OPEN 12 (noon) -11 PM	15 OPEN 4-11 PM	16 OPEN – Friday 1500-0200	17 OPEN 1100-0200
						
18 Post Cleanup 11AM Start	19	20	21	22	23 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	24
25	26	27	28	29 MACV Mtg 9-5PM	30 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	31



September 2024



VFW POST 137 MCCONNELL-MODEEEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 House Mtg – 6PM Post & Aux Mtg – 7PM	4	5	6 Friday Night Dinner 5–7 PM Karaoke 7 –11PM	7
8 Yellow Ribbon Mtg 5:30 PM	9	10 TPWA Mtg - 7PM	11 	12	13 Friday Night Dinner 5–7 PM Karaoke 7 –11PM	14
15	16	17 	18	19	20 Friday Night Dinner 5–7 PM Karaoke 7 –11PM POW/MIA Ceremony - (Lake walk) 6pm 	21 Cruise For Cancer All Day
22 Post 28 AML Mtg 5:30-7:30PM	23	24	25	26 Spaghetti Dinner 11-7 PM	27 Friday Night Dinner 5–7 PM Karaoke 7 –11PM	28
29  VFW Birthday	30				VFW Post 137 - McConnell-Modeen 501 3 rd Ave, Proctor, MN 55810 (218) 727-1912 Email: postvfw137@gmail.com	



October 2024



VFW POST 137 MCCONNELL-MODEEEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 House Mtg – 6PM Post & Aux Mtg – 7PM	2	3	4 Friday Night Dinner 5–7 PM Karaoke 7 –11PM	5
6 Yellow Ribbon Mtg 5:30 PM	7	8 TPWA Mtg - 7PM	9	10	11 Friday Night Dinner 5–7 PM Karaoke 7 –11PM	12
13 	14	15	16	17	18 Friday Night Dinner 5–7 PM Karaoke 7 –11PM	19
20	21	22	23	24	25 Friday Night Dinner 5–7 PM Karaoke 7 –11PM	26
27	28	29	30	31 	VFW Post 137 - McConnell-Modeen 501 3 rd Ave, Proctor, MN 55810 (218) 727-1912 Email: postvfw137@gmail.com	