



McCONNELL

Post 137 Dispatch!



PROCTOR - DULUTH EST. 1919

VETERANS OF

FOREIGN

WARS



MODEEN

Volume 15, Issue 6

501 3rd Ave, Proctor, MN 55810

Nov 15, 2024

From the Post Commander — Allen Young

Greetings Comrades!

Well fall is here and I am sure winter will be right around the corner. Along with that, we will say our good-bye's to our "snow-birds" wishing them a safe and happy winter. Please stay in touch with the Post and share the warm weather.

Fall brings a time of reflection, where we have come from, where we are and where we are going. Veterans Day just passed and I hope everyone was able to take advantage of some of the "freebies" offered by local businesses. It is just a small portion of the benefits you have earned! Pearl Harbor Day is right around the corner and should always remind us of lessons learned and lessons that should not be forgotten. Thank you to all of our veterans, regardless of which war you bravely served. Thank you for your service to this great country and your continuing dedication to making it better. Many paid the ultimate price, so please remember our comrades that didn't return home by flying your flag on these days. I would also like to personally thank Mr. Bob Woods for his dedication EVERY year to organizing the Pearl Harbor ceremony, Bob you are an amazing person and a huge asset to the Post, Thank you!

I would also like to update you with some exciting news about the new building. We have now taken possession of the property next door and hope to do a quick ribbon cutting and then start the renovations. The building is pretty much empty, so it is a blank slate for us. We will soon be getting together and hopefully come up with a design for the interior.

A few other events in December are the Pearl Harbor Day free luncheon at the Post following the ceremony in downtown Duluth and the Annual Kids Christmas Party (hosted by the Auxiliary), which happens to be very popular, so get your kids registered. PLEASE ... we are always looking for volunteers for these and ALL of our great events, so if you are willing and able, please come down to the Post and get involved! As always please support YOUR new Post home, it really means a lot to see the members although everyone is welcome.

Lastly we are starting the membership drive again so if you are an annual member and would like to become a Lifetime (or know someone that would like to become a Lifetime member), we are going to pay the first \$50.00 of your lifetime membership. What a great incentive!

On behalf of the Post and all the officers, we would like to wish you all a very Merry Christmas and a safe and Happy New Year. As always, wishing you good health, happiness, and success in the coming year!

God Bless America and Happy New Year!

God Bless America!

Allen Young
Post Commander
VFW Post 137



CANTEEN HOURS

- Wed-Thu-Fri 3:00 PM – CLOSE
- Sat 11AM—CLOSE
- Sun (football season) 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!

From the Auxiliary President — Marilyn Nelson

Greetings and Happy Holidays

Happy Thanksgiving—we have much to be thankful for at VFW Post 137. Please reach out to your neighbors, friends and acquaintances. Many people are alone and could use a kind gesture, a kind word and friendship.

The Christmas Party for Kids will be held on December 14, 2024 from noon until 3:00 p.m. There is a sign up sheet here in the newsletter. Please complete and drop off at the Post or call Kathy Toelcke directly (no text available) at 218-206-5108. Attendance is limited to 25 children. Please indicate how many people in your party including all guests for our planning purposes. Lunch will be provided, a visit from Santa and crafts will make for a fun afternoon. The deadline for sign up is November 30, 2024.

The Friday Night Dinner at VFW Post 137 is 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.

The next Post./Auxiliary meeting is December 3rd, 2024 at 7:00 p.m. (House meeting starts at 6:00 p.m.)

Merry Christmas and Happy New Year!

Respectfully,

Marilyn 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*

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*
 PATRIOT INSTRUCTOR — *Vacant*

VFW Post 137 Recognizes Northland Constructors!



Friday Dinner Hours Now Extended!

Starting 1 Aug, we will be serving Friday Dinners an extra 30 minutes. New dinner hours are 5-7:30pm! Come enjoy a great meal and stick around for Karaoke till close!

Now Open!

5 Days a Week!

Wed 3-Close

Thu 3-Close

Fri 3-Close

Sat 11-Close

Football Sundays 11-7 PM

VFW Post 137 is now online!

Check us out at

<https://vfw137.org>.

Information on Post calendar events, bi-monthly newsletters, membership updates, and more!

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



KIDS CHRISTMAS PARTY

The annual Children's Christmas Party will be held on Saturday, December 14th from 12 (Noon) to 3:00 PM. Kids must be 12 or under. There will be a limit of 25 to sign-up for the party. Names must be in no later than Nov 30th. You can leave the slips at the bar or call Kathy T. (218-206-5108) to confirm.



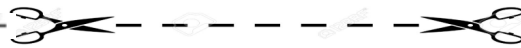
NAME OF EACH CHILD: _____

AGE _____ BOY/GIRL _____
AGE _____ BOY/GIRL _____
AGE _____ BOY/GIRL _____

TOTAL ATTENDING (including adults): _____

PARENT/GUARDIAN'S NAME AND PHONE NUMBER: _____

GIFT IDEA FOR CHILD OR CHILDREN _____



CHAPLAIN'S CORNER

It's November and for most of us, we make plans for the 4th Thursday of the month and the celebrations we will have. Often it means a nice turkey dinner and all the fixings, including a slice of pumpkin pie. You may well be with family, possibly including grandkids, and maybe you'll play some board games, watch a little football, and pause from all the busyness of daily life. Beyond all of that, it's important to give thanks that we live in America, the land of the free, because of the brave. Reflect on the blessings of liberty that are ours including the right to vote, freedom of speech and religion, the right to hunt and fish and enjoy the beauty of creation. Be thankful for your health, your income, the marvels of technology, your car, your warm home, and your friends and neighbors. We are truly blessed to live in America. Let's give thanks with grateful hearts.

Comrade Bruce Johnson, Post Chaplain

Parking Lot Upgrades!

Thanks to Northland Constructors and Sinnott Blacktopping for paving our Post parking lot. Parking spot lines and handicap markings were painted last week (not pictured).



COMMUNITY SERVICE

Donations Awarded



Commander Allen Young presented Chad Daniels, Duluth Warriors Hockey, a check for \$1000 for their hockey program. The Duluth Warriors volunteered at Post 137 during Hoghead 2024.

Commander Allen Young and Quartermaster Mark Wasserbauer presented two checks for \$350 each to the Proctor Police and Fire Departments. These donations were a direct result from the proceeds taken in during the Post's September 11th Observance Dinner. Accepting for the Proctor Fire Department was Mayor Chad Ward and accepting for the Proctor Police Department was Chief Kent Gaidis.

Mirage Team Dinner



VFW Post 137 is sponsoring the Proctor-Hermantown Mirage Girls Hockey Team for the second year as part of our community outreach program. To kick off the 2024-2025 season, the team held it's team dinner at the Post prior to their first game of the season.





TAPS

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

- William D. Martin (Jul)
- John T. Bucholz (Jul)
- Louis A. Fulda Jr (Jul)
- Donald S. Bodenner (Aug)
- Bernard E. Lee (Aug)
- Glenn R. Olson (Aug)



Bringing our Veterans all the way home



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 **PTS(D), Trauma, and other mental health symptoms**
- Coordinating access to free **EMDR Therapy (Eye Movement Desensitization and Reprocessing)** - an extensively studied and effective treatment

- **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:



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.



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

LEARN MORE OR GET STARTED TODAY:

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



Scan and share our mission with your friends and family at vfnationalhome.org

New Friday Night Meal Options!

We now have added alternating pasta meals to our Friday Dinner menu. Chicken Alfredo or Penna Pasta Marinara. **Only \$12 a plate!**



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 5-7:30 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

Changes Coming to VA Secure Sign In:

VA has issued changes for signing into your VA.gov or My HealtheVet accounts. Currently, there are four ways to sign in to your VA accounts: LOGIN.GOV, ID.ME, My HealtheVet, and DS Logon. Both My HealtheVet and DS Logon will be discontinued for accessing VA accounts. My HealtheVet sign in will be available until Jan. 31, 2025. Veterans, family members, caregivers, and survivors with VA accounts are encouraged to transition how they sign in to access these accounts prior to that date.

TRICARE Open Enrollment Now: Veterans have until Dec. 10 to take advantage of TRICARE's open enrollment season. The health care provider is bringing important updates to beneficiary enrollment and premium payments. Starting on Jan. 1, 2025, TriWest Healthcare Alliance will take over as the new regional contractor for the TRICARE West Region. Payments currently made through military allotments will be automatically transferred to TriWest, but it's crucial for affected veterans to set up their recurring monthly payments directly with TriWest before the new year. Failing to do so may result in disenrollment from their TRICARE health plan. Notably, the TRICARE West Region will now encompass 26 states (click on [West Region | TRICARE](#)), an increase of six from the previous coverage. Be sure to check your state's status and find out more details.

LEGISLATIVE INITIATIVES

VFW priorities are:

HR 1139/S.740 (Guard VA Benefits Act) 5/1
 HR 4157/S.928 (Not Just a Number Act) 4/1
 HR 3933/S.2888 (TAP Promotion Act) 2/0
 HR 1282/S.344 (Major Richard Star Act) 7/2

VFW Call to Action:

HR 8371 — Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act

Other veteran legislation we are tracking:

HR 333 — Disabled Veterans Tax Termination Act
 HR 984 — Commitment to Veteran Support and Outreach Act
 HR 1301 — Federal Employees Civil Relief Act
 HR 2537 — BAH Restoration Act
 HR 5492 — Veteran Families Health Services Act of 2023
 HR 5995 — Federal Retirement Fairness Act
 HR 8088/S. 4166 — To authorize reimbursement to applicants for uniformed military service for co-payments of medical appointments required as part of the Military Entrance Processing Station (MEPS) process
 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 9188 — Gold Star and Surviving Spouse Career Services Act
 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
 S. 4437 — Coordinating Care for Senior Veterans and Wounded Warriors Act
 S. 4650 — Housing for All Veterans Act (establish rental assistance program for low-income veteran families)
 S. 4891 — A bill to amend title 10, United States Code, to direct the Secretary of Defense to limit copayments for outpatient visits for mental health or behavioral health under the TRICARE program, and for other purposes)
 HR 7543 — Guard and Reserve GI Bill Parity Act of 2024
 HR 8312 — Combat Veterans Pre-Enrollment Act of 2024



PROCTOR - DULUTH - EST. 1919

Veterans of Foreign Wars



Come visit our new Post home

Open Wed - Fri ... 3—close

Sat 11AM—close

Sun (football season) 11AM—7PM

501 3rd Ave

Proctor, MN

Karaoke, Camaraderie and
Cocktails!

Serving Friday Dinners from 5-7:30!!!



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 & seasonal beers!



UPCOMING EVENTS!!!!

Mark Your Calendars!

- ⇒ House/Post/Auxiliary Mtgs — 5 Nov (6-9pm)
- ⇒ House/Post/Auxiliary Mtgs — 3 Dec (6-9pm)
- ⇒ Peal Harbor Day — 7 Dec (noon-2pm)
- ⇒ Private Party — 7 Dec (5-11pm)
- ⇒ Kids Christmas Party — 14 Dec (noon-3pm)
- ⇒ Private Party — 4 Jan (4-11pm)
- ⇒ House/Post/Auxiliary Mtgs — 7 Jan (6-9pm)
- ⇒ Private Party — 1 Feb (5-11pm)
- ⇒ House/Post/Auxiliary Mtgs — 4 Feb (6-9pm)



Every Friday Night
from 7-11pm!

JOYRIDE

\$10 OFF A SOBER RIDE HOME TO A RESIDENCE



MICHAUD
DISTRIBUTING, INC.



THIS PROGRAM IS PROUDLY BROUGHT TO YOU BY OUR SPONSORS



November 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					Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	OPEN 1130-11PM
3 SUNDAY FOOTBALL 11-7PM COLTS vs VIKES @ 7pm	4 Yellow Ribbon Mtg 5:30 PM	5 House Mtg – 6PM Post & Aux Mtg – 7PM ELECTION DAY	6 OPEN 3-Close	7 OPEN 3-Close Mirage Dinner 5-7pm	8 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	9 OPEN 1130-11PM
10 SUNDAY FOOTBALL 11-7PM VIKES vs JAGS @ 12 US Marine Birthday	11 VETERANS DAY 	12	13 OPEN 3-Close	14 OPEN 3-Close	15 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	16 OPEN 1130-11PM
17 SUNDAY FOOTBALL 11-7PM VIKES vs TITANS @ 12	18	19	20 OPEN 3-Close	21 OPEN 3-Close	22 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	23 OPEN 1130-11PM
24 SUNDAY FOOTBALL 11-7PM VIKES vs BEARS @ 12	25	26	27 OPEN 3-Close	28 CLOSED 	29 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	30 OPEN 1130-11PM Xmas Decorations



December 2024



VFW POST 137 MCCONNELL-MODEEEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SUNDAY FOOTBALL 11-7PM CARDS vs VIKES @ 12	2	3 House Mtg – 6PM Post & Aux Mtg – 7PM	4 OPEN 3-CLOSE	5 OPEN 3-CLOSE	6 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	7 OPEN 1130-4PM Pearl Harbor Day Ceremony @ DECC – 1100 - Free Sloppy Joe's – 12-2PM CLSD for PRIVATE PARTY 5-11PM
8 SUNDAY FOOTBALL 11-7PM FALCONS vs VIKES @ 12	9	10 TPWA Mtg – 7PM	11 OPEN 3-CLOSE	12 OPEN 3-CLOSE	13 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	14 Kids Christmas Party 12-3 PM (CLOSED to public) OPEN 3-11PM
15 SUNDAY FOOTBALL 11-7PM	16 BEARS vs VIKES @ 7PM	17	18 OPEN 3-CLOSE	19 OPEN 3-CLOSE	20 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	21 OPEN 1130-11PM
22 SUNDAY FOOTBALL 11-7PM VIKES vs SEAHAWKS @ 3	23	24	25 CLOSED 	26 OPEN 3-CLOSE	27 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	28 OPEN 1130-11PM
29 SUNDAY FOOTBALL 11-7PM PACKERS vs VIKES @ 12	30	31	1 CLOSED 	2	VFW Post 137 - McConnell-Modeen 501 3 rd Ave, Proctor, MN 55810 (218) 727-1912 Email: postvfw137@gmail.com	



January 2025



MCCONNELL-MODEEEN VFW POST 137

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 CLOSED <i>New Year's Day</i>	2 OPEN 3-CLOSE	3 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	4 OPEN 1130-3PM CLSD for PRIVATE PARTY 4-11PM
5	6 Yellow Ribbon Mtg 5:30-7:30pm	7 House Mtg – 6PM Post & Aux Mtg – 7PM	8 OPEN 3-CLOSE	9 OPEN 3-CLOSE	10 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	11 OPEN 1130-11PM NFL Wildcard Games
12 SUNDAY FOOTBALL 11-7PM NFL Wildcard Games	13 TCU Union 5-8PM	14 TPWA Mtg – 7PM	15 OPEN 3-CLOSE	16 OPEN 3-CLOSE	17 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	18 OPEN 1130-11PM NFL Divisional Games
19 SUNDAY FOOTBALL 11-7PM NFL Divisional Games	20 	21	22 OPEN 3-CLOSE	23 OPEN 3-CLOSE	24 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	25 OPEN 1130-11PM
26 SUNDAY FOOTBALL 11-7PM NFL Championship Games	27	28	29 OPEN 3-CLOSE	30 OPEN 3-CLOSE	31 Friday Night Dinner 5—7:30 PM Karaoke 7 —11PM	



February 2025



MCCONNELL-MODEEEN VFW POST 137

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 OPEN 1130-3PM CLSD for PRIVATE PARTY 5-11PM
2	3 Yellow Ribbon Mtg 5:30 PM	4 House Mtg – 6PM Post & Aux Mtg – 7PM	5 OPEN 3-CLOSE	6 OPEN 3-CLOSE	7 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	8 OPEN 1130-11PM
9 SUPER BOWL 3-11PM	10	11 TPWA Mtg – 7PM	12 OPEN 3-CLOSE	13 OPEN 3-CLOSE	14 Happy Valentine's Day Friday Night Dinner 5—7 PM Karaoke 7 —11PM	15 OPEN 1130-11PM
16	17 	18	19 OPEN 3-CLOSE	20 OPEN 3-CLOSE	21 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	22 OPEN 1130-11PM PAHA Event 7PM-close
23	24	25	26 OPEN 3-CLOSE	27 OPEN 3-CLOSE	28 Friday Night Dinner 5—7 PM Karaoke 7 —11PM	