

ISSUE #44 | AUGUST 2019

VETERANS VOICE

THE OFFICIAL NEWS OF NEW RICHMOND / ST. CROIX COUNTY VETERANS MEMORIAL POST 10818



**VFW POST 10818'S FIRST
"ALL-AMERICAN" TEAM OF
OIF/OEF VETERANS!**

**POST 10818 WINS 10TH
CONSECUTIVE NATIONAL OUTSTANDING
COMMUNITY SERVICE AWARD**

**CITIZENS OF NEW RICHMOND SENDS OFF
THE 128TH INFANTRY, BRAVO CO. FOR
DEPLOYMENT (PG 10)**

*VFW National Commander B.J. Lawrence congratulates VFW Post 10818
Commander Ron Ramos on earning the "All-American" Commander title*

VFW

VETERANS OF FOREIGN WARS.

OUR MISSION

TO FOSTER CAMARADERIE AMONG UNITED STATES VETERANS OF OVERSEAS CONFLICTS. TO SERVE OUR VETERANS, THE MILITARY AND OUR COMMUNITIES. TO ADVOCATE ON BEHALF OF ALL VETERANS.

OUR VISION

ENSURE THAT VETERANS ARE RESPECTED FOR THEIR SERVICE, ALWAYS RECEIVE THEIR EARNED ENTITLEMENTS, AND ARE RECOGNIZED FOR THE SACRIFICES THEY AND THEIR LOVED ONES HAVE MADE ON BEHALF OF THIS GREAT COUNTRY.

The VFW is a dynamic United States combat veterans organization that serves, advocates and fosters camaraderie for ALL veterans, service members, their families and our community. The VFW harnesses its recognized authority, experience and resources to deliver comprehensive financial, educational, health and well-being programs and services at every stage of the veteran's military and civilian life.

ADDRESS

310 W N SHORE DRIVE
NEW RICHMOND, WI 54017
PHONE: 715-246-0226
EMAIL: ADMIN@VFWPOST10818.ORG

HOURS

MONDAY 9:00AM - 12:00PM
FRIDAY 9:00AM - 12:00PM

PUBLICATION AWARDS

- 1st Place 2019 Wisconsin VFW Publications Contest
- 1st Place 2019 National VFW Publications Contest
- 1st Place 2018 Wisconsin VFW Publications Contest
- 3rd Place 2018 National VFW Publications Contest
- 1st Place 2017 Wisconsin VFW Publications Contest
- 2nd Place 2017 National VFW Publications Contest

ALL-STATE POST

2018-2019	2011-2012
2017-2018	2007-2008
2015-2016	2004-2005
2014-2015	2002-2003
2013-2014	2000-2001
2012-2013	1998-1999

ALL-AMERICAN POST

2018-2019	2012-2013
2015-2016	2011-2012
2014-2015	1998-1999
2013-2014	

MONTHLY MEETINGS

Every month our Post has a monthly membership meeting. This meeting is for YOU, our members, to find out the latest and greatest of what your officers are doing, volunteer opportunities, voice your concern about veterans issues, vote on new projects and ideas, and to tell us what you want out of your membership and the VFW. Share your ideas on how to improve your Post and get the most out of your membership. It is also a great opportunity to connect with friends and meet other veterans with similar goals.

When: 3rd Tuesday of every month

Time: 6 PM - Social Hour 7 PM - Meeting starts

Location: New Richmond Civic Center - 156 East 1st St, New Richmond, WI 54017
(located in the downstairs of the Civic Center)



VETERANS OF FOREIGN WARS.

Post 10818

VFW Veterans Voice magazine is the official publication of the VETERANS OF FOREIGN WARS OF THE UNITED STATES POST 10818

OUR OFFICERS

Commander Ron Ramos 715-928-3606	Chaplain Mel Zehm 715-796-2915
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Sr Vice Cmr Russ Donaghue 715-222-2659	Judge Advocate Dave Green 651-247-1801
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Jr Vice Cmr Jasen Pomroy 715-377-6307	Surgeon Bruce Taylor 651-253-4160
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Quartermaster Mitch Cline 651-492-9634	Adjutant Ron Ramos 715-928-3606
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Service Officer
Bruce Taylor
651-253-4160

SUBMISSIONS

Submissions for the VFW Veterans Voice may be submitted by email to: admin@vfwpost10818.org no later than the 25th of the month. If pictures are included, please provide names of all in the photo.

CONTACT THE COMMANDER

You can contact me by email at: commander@vfwpost10818.org or by cell phone at: 715-928-3606. If calling during the day, you may have to leave a voicemail as I do not have my phone while working. You can also text. I will try to answer as soon as I can after work.

VFW OBJECTIVES

To ensure national security through maximum military strength.
To speed the rehabilitation of the nation's disabled and needy veterans.
To assist the widows and orphans and the dependents of disabled and needy veterans.
To promote Americanism through education in patriotism and constructive service to the communities in which we live.

ADDRESS CHANGE

Whenever you move or have a change of address, please drop us a line at 715.246.0226 or shoot us an email at admin@vfwpost10818.org. Every time we get a Post magazine returned by the U.S. Postal Service because NO change of address was filed, the Post gets charged for the return postage. If you would prefer to receive your magazine by e-mail, let us know and we can get you on our e-mail distribution list. Please help us - we don't want to waste money.



COMMAND POST ★ FROM THE ALL-AMERICAN COMMANDER



**COMMANDER
RON RAMOS**

Where did July go!?! It was undoubtedly the busiest month I have witnessed as a member of our Post. Thank you to everyone who volunteered countless man-hours to our events.

Fun Fest this year was fantastic. With excellent weather for the first time in a few years, we had great crowds all weekend. While Fun Fest was going on, I attended the VFW Department of WI Council of Administration and gave a class on social media and its impact on the Post. It was an excellent eye-opener for how things are planned and operated at the state level.

Our Post and community sent off our adopted unit, 1st Battalion, 128th Infantry, Bravo Company for pre-deployment training and then their yearlong deployment to Afghanistan in support of Operation Freedom Sentinel. There was a formal send-off for the troops and their families at the University of Wisconsin - Stout. The community of New Richmond, our Post, and American Legion Post 80 lined up Knowles Ave as they departed by bus. We wish Captain Stoffa and the troops of Bravo Company and the entire 128th Infantry a safe deployment and return home.

The 120th National Convention kicked off on July 20th in Orlando, Florida. In attendance were your Quartermaster Mitch Cline, Senior Vice Commander Russ Donaghue, and myself. We received many accolades and awards on behalf of the Post to include the coveted All-American designation.

I want to congratulate every member of our Post and Auxiliary for their spectacular work in regards to community service. We ended our year with over 12,000 hours of service, which earned our Post the National Outstanding Community Service Award. This award is our TENTH consecutive National Outstanding Community Service Award. That achievement is made possible due to your hard work and dedication to service. **THANK YOU!**

We are starting to plan this current 2019-2020 year. There are many changes to programs this year. Voice of Democracy and Patriots Pen both have the same themes this year: What Makes America Great? We will start promoting these scholarships in full force. If you know of any students that may benefit from these competitions, please pass along the information and application. Applications can be

found on our website or by stopping by our Post. As a reminder, home-schooled students DO qualify to participate in the Voice of Democracy and Patriot Pen programs. The Teacher of the Year program will now have three winners to submit from each Post. One recipient at each level. Again, if you know of an outstanding & deserving teacher from elementary, middle school, and high school, please download the application and nominate them. We want a recipient in all three grade levels.

Our membership drive will be going into over-drive once again. Our goal this year will be 110%. If my Marine Corps math is correct, that'll place our membership at 462 members! If you know of anyone that may qualify for the Veterans of Foreign Wars, please sign them up, bring them to a meeting, or just send them our way. One of our primary goals in membership this year will be to work on our retention. We currently have over 100 annual members. If your membership is due to expire between now and December, please submit your renewals. You can renew online or with our Quartermaster. If you are a life member, have you ever considered upgrading to a Legacy Life Member? Legacy Life membership enables VFW Life members to leave a lasting impression on our great organization. When you become a Legacy Life member, you are helping us strengthen the VFW - where **NO ONE DOES MORE FOR VETERANS**. Three prestigious levels of Legacy Life membership are available: Gold, Silver, and Bronze. Each level offers generous benefits reserved exclusively for Legacy Life members. Once your Legacy Life membership begins, an annual endowment in your name will be made to your Post, Department, and the organization. You will feel confident knowing your contributions to our organization are not only helping today's veterans but the veterans of tomorrow.

Your 2019-2020 officers and committee chairs will be making lots of phone calls for volunteers. Our volunteer pool has dropped drastically in recent years. We need volunteers to step up and work events and take over as chairpersons for some events. As Commander, I've done my best to chair and learn how to conduct as many events as I can, but I cannot do it all. With work and school, I am not left with much time to effectively run and coordinate all of these events. If you are willing to assist, please contact me. You will not be doing this along as there is a lot of knowledge in our Post. Past chairs will help you with the event. If you want to volunteer, please let us know.

I can't thank everyone enough for the very successful year we've had. Let's duplicate that success and go even farther with the VFW mission. If you have any ideas to better the Post, fundraise, etc... we'd like to hear them!

Member Incentives

	Bronze \$400	Silver \$800	Gold \$1200
Plated Engraved Legacy Life Card	●	●	●
Lapel Pin	●	●	●
Hat Pin	●	●	●
Distinctive VFW Store Line for Legacy Life members	●	●	●
Framed Legacy Life membership Certificate	●	●	●
Member Recognition on Internet & Convention Program	●	●	●
Special Legacy Life Plaque	●	●	●
Hat Patch	●	●	●
Personalized Brick at Centennial Plaza	●	●	●
VFW Store Discounts (for personal use only) *	5%	10%	15%
Increased Level of No-Cost AD&D Insurance *	\$2000	\$3500	\$5000
Annual Endowment: Post	\$6	\$12	\$18
Annual Endowment: Department	\$6	\$12	\$18

LEAVE YOUR LEGACY



As a Legacy Life member, future generations will know you not only for the sacrifices you made as a veteran but for the contributions you made as a member.

THAT'S A LEGACY TO BE PROUD OF.

* does not apply to Memorial Life Legacy Membership

TEAMING UP FOR THE RIGHT CAUSE

I hope that everyone who reads this article has had a fantastic summer whether it is working outdoors, making memories with family and friends, or just enjoying some nice weather. It has been another hectic summer for our family between work, family events, birthday parties, funerals, and other activities. Life can get awfully busy and it seems like time flies by at the blink of an eye. Sometimes, we need to step back and reevaluate how we are spending the precious time the Lord gives us. I enjoy volunteering my time for our church, serving local veterans for the VFW post, and engaging in both a mentorship and leader role with my window cleaning business. Although I like to stay busy, I sometimes need to take a step back and reset my priorities. The past few years, I have done that by eliminating some of the adult serving opportunities at church and choosing volunteer activities that include our family and children such as leading AWANA, teaching youth classes at church, and coaching my son's baseball team.

I just completed my second season of coaching baseball for middle school players. I enjoy coaching and participating in sports activities because I believe strongly that team involvement fosters a camaraderie that mirrors the relationships I experienced when serving in the military. There is something special in engaging in a brotherhood where you depend on each other to win the game (in sports) and lay your life on the line for another soldier (in the military). Jesus gives a perfect example of brotherhood and friendship. John 15:13 says, "Greater love has no one than this: to lay down one's life for one's friends." Then, Jesus tells his disciples in verses 15-17, "No longer do I call you servants... but I call you friends... You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide... These things I command you, so that you love one another." This passage had a two-fold message in that Jesus was preparing His "friends" for His crucifixion and death as well as asking them to join His "team." Jesus was willing to lay down His life to rescue his "friends" from eternal punishment of their sins and commission them to "coach" other team players to be of service for God's "team." This idea is true for all of us today as we are called to join the "team" of eternity in honor of our "friend" and "coach", Jesus. Now, it is our turn to do the same for our fellow brothers and sisters in Christ!

Serving and volunteering your time is a great way to show your friendship and care for each other. Our post sets a great example of service and help for our local veterans. Thank you for all the sacrifices you have made as soldiers to serve our fine country and for the service you continue to do to help others for a worthy cause. Whatever "team" you join, remember that it ultimately gives glory to our willing servant Jesus, who will one day tell you "Well done good and faithful servant." May the weeks ahead be a blessing to you all and your families.

VETERANS & FAMILIES IN NEED & ON SICK CALL

- John Heulling

If you would like a name added or removed from the list, please let me know.



Please remember to pray for our comrades & their families & any we may have missed.



Almighty God, we, Your servants, turn to You for the continuance of Your blessings upon us. You who have spared us veterans from the grasp of our enemies, grant us the full understanding of Your precious comfort. We thank You for the privileges of life and the blessings we enjoy through Your graciousness in our country, the land in which we are given freedom of speech, religion and the pursuit of happiness. Assist us to know You better and the wisdom to acknowledge You as the God of the universe and our ideal. In Your mercy, may we the living find our peace. Grant us from above, this day, the challenge of high endeavor, the beauty of a humble spirit, the steadfast courage and will, without exertion, to continue to glorify You; to praise You, and to love You to the end of time.



There's another way to support the Veterans of foreign Wars of the U.S.

DONATE YOUR CAR!

Donate your car, truck, or van to the VFW and your generous donation will qualify for a tax deduction.



Get started on your vehicle donation!

715.246.0226 or 651.247.1801

WE MAKE DONATING YOUR VEHICLE EASY!



Call us at 715.246.0226 or 651.247.1801



Schedule your convenient and free pick up.



Receive a tax receipt for your generous donation.

Stress and Anxiety: How About Health?

Everyone experiences stress to some degree. The way you respond to stress, however, makes a big difference to your overall well-being. Sometimes, the best way to manage your stress involves changing your situation. At other times, the best strategy involves changing the way you respond to the situation. Developing a clear understanding of how stress impacts your physical and mental health is important. It's also important to recognize how your mental and physical health affects your stress level.

Stress can be defined as any type of change that causes physical, emotional or psychological strain. However, not all types of stress are harmful or even negative. Here are the different types of stress:

Eustress: This type of stress is fun and exciting. It's known as a positive type of stress that can keep you energized. It's associated with surges of adrenaline, such as when you are skiing or racing to meet a deadline.

Acute stress: A very short-term type of stress that can either be positive or more distressing. This is the type of stress we most often encounter in day-to-day life.

Episodic acute stress: Acute stress that seems to run rampant and be a way of life, creating a life of relative chaos.

Chronic stress: Stress that seems never-ending and inescapable, like the stress of a bad marriage or an extremely taxing job. Chronic stress can also stem from traumatic experiences and childhood trauma.

Stress can trigger the body's response to a perceived threat or danger, known as the fight-or-flight response. During this reaction, certain hormones like adrenaline and cortisol are released. This speeds the heart rate, slows digestion, shunts blood flow to major muscle groups, and changes various other autonomic nervous functions, giving the body a burst of energy and strength. Originally named for its ability to enable us to physically fight or run away when faced with danger, it's now activated in situations where neither response is appropriate—like in traffic or during a stressful day at work. When the perceived threat is gone, systems are designed to return to normal function via the relaxation response. But in cases of chronic stress, the relaxation responses doesn't occur often enough, and being in a near-constant state of fight-or-flight can cause damage to the body. Stress can also lead to some unhealthy habits that have a negative impact on your health. For example, many people cope with stress by eating too

much or by smoking. These unhealthy habits damage the body and create bigger problems in the long-term.

The connection between your mind and body is apparent when you examine the impact stress has on your life. Feeling stressed out over a relationship, money, or your living situation can create physical health issues. The opposite is also true. Health problems, whether you're dealing with high blood pressure or you have diabetes, will also affect your stress level and your mental health. When your brain experiences high degrees of stress, your body reacts accordingly.

Serious acute stress, like being involved in a natural disaster or getting into a verbal altercation, can trigger heart attacks, arrhythmias, and even sudden death. However, this happens mostly in individuals who already have heart disease.

Chronic stress can have a serious impact on your health as well. If you experience chronic stress your autonomic nervous system will be overactive, which is likely to damage your body. The first symptoms are relatively mild, like chronic headaches and increased susceptibility to colds. With more exposure to chronic stress, however, more serious health problems may develop. They include, but are not limited to diabetes, heart disease/high blood pressure, hyperthyroid, sexual problems, tooth/gum disease, and ulcers. Stress also takes an emotional toll. While some stress may produce feelings of mild anxiety or frustration, prolonged stress can lead to burnout, anxiety disorders, and depression.

Physical activity has a big impact on your brain and your body. Whether you enjoy Tai Chi or you want to begin jogging, exercise reduces stress and improves many symptoms associated with mental illness. There's a lot of talk about the importance of managing stress, most people aren't exactly sure how to do it. It's important to have or be aware of stress reduction tools that help you combat stress effectively. Incorporating regular self-care activities into your daily life is essential to stress management. Learn how to take care of your mind, body, and spirit and discover how to equip yourself to live your best life.

Mindfulness isn't just something you practice for 10 minutes each day. It can also be a way of life. Discover how to live more mindfully throughout your day so you can become more awake and conscious throughout your life. Learn how to deal with and combat the stresses and anxiety in your life throughout and with your daily routines or activities.

SERVICE OFFICER

VA MISSION Act of 2018 Urgent Care :

As of June 6, 2019, VA offers eligible Veterans an urgent care benefit in the community. This new benefit provides another option for the treatment of minor injuries and illnesses. Under VA's urgent care benefit, Veterans must seek care from VA's contracted network of urgent care/retail locations.

As part of implementing the VA MISSION Act of 2018, VA will start offering urgent care services to provide Veterans with greater choice and access to timely, high-quality care. Urgent care providers treat injuries and illnesses that require immediate attention but are not life-threatening, such as influenza, minor burns, and skin infections.

There are two types of urgent care network locations: Retail and Urgent.

Retail locations include a walk-in health clinic, other than an office, urgent care facility, pharmacy, or independent clinic located within a retail operation. Reasons why you would seek care at a retail location include treatment of an uncomplicated illness such as a sore throat or earache.

Urgent locations include an office or a clinic, whose purpose is to diagnose and treat illness or injury for unscheduled, ambulatory patients seeking immediate medical attention (aside from emergency rooms). Reasons why you would seek care at an urgent location include treatment of more pressing illnesses or injuries that are not life-threatening, like splinting, casting, lacerations, or wound treatment. This benefit is considered open access, allowing Veterans to access urgent care within VA's community care network and receive care without prior authorization from VA. VA will pay for or fill prescriptions resulting from your urgent care visit. The urgent care provider may write a medically necessary prescription for up to a 14-day supply. Veterans will be able to fill their prescription at any in-network pharmacy with Express Scripts.

To check eligibility, call 1-833-4VETNOW (1-833-483-8669) or visit missionact.va.gov on the internet

VFW AUXILIARY ★ PRESIDENT'S MESSAGE

Another month has gone by and as I look at my calendar and see all we have accomplished, all I can say is THANK YOU! To all of the volunteers that have gotten us through - you're all amazing!

I just returned from a great week at the National Conference in Florida. Orlando was beautiful, the speakers were inspiring, and the camaraderie was something we will build on for years to come. I am so proud to have represented all of you at the event. Congratulations to all of the new National Officers. They will lead us well.

We have more events coming up this month. The New Richmond 1st National Bank is having their 100 year event, Wendy is hosting Bingo at the nursing home and there are two parades. Next month is another Harley Feed, and the Star Prairie Sports Bar is hosting the Ride For Heroes. I know we can handle it! We are the New Richmond Auxiliary after all!

I want to welcome our newest member, Larry Amundson, to our Auxiliary. We are happy to have you join us.

To our sister, Dorothy, our thoughts are with you and we hope you are healing well.

To all who have been absent from our meetings, we look forward to your happy returns. You are ALWAYS welcome.



**PRESIDENT
JEN DONAGHUE**



**UNWAVERING SUPPORT FOR
UNCOMMON HEROES**

OUR OFFICERS

President Jen Donaghue
Secretary Gayle House
715-222-9868 651-770-6429

Sr Vice Rhonda Rimarcik
Chaplain Wanda Viellieux
715-246-4334 715-246-6867

Jr Vice Kathy Berends
Guard Pat Cunningham
715-246-4843 715-246-3598

Treasurer Karen Cline
Conductress Kerri Casey
715-381-6567 715-377-6860

Patriotic Ins.
To Be Appointed

CONTACT US

You can contact us by email at:
auxiliaryvfw10818@gmail.com

WHAT IS THE VFW AUXILIARY?

Established 1914, members of the Veterans of Foreign Wars of the United States Auxiliary set out to serve the veterans of this country and our communities in honor of the sacrifices and commitment of every man and woman who has served in uniform.

Through our National Programs, we assist the VFW pass or block legislation that impacts veterans and their families, provide nearly a million volunteer hours in the VA medical system, conduct patriotic programs with thousands of students and offer hundreds of thousands of dollars in scholarships for our nation's youth.

MEMBERSHIP MEETING

Every month our Auxiliary holds a monthly membership meeting to inform our members what is going on with their Auxiliary. This is your time to vote on projects and make this Auxiliary your own.

When: 3rd Tuesday of every month

Time: 6:30 PM

Location: New Richmond Civic Center
156 East 1st St
New Richmond, WI 54017
(located in the downstairs of the Civic Center)

Could you, your spouse, son or daughter use \$1,000 to further education goals?

The VFW Auxiliary is proud to offer a \$1,000 Continuing Education scholarship to Auxiliary members, their spouse, son or daughter who wish to further their education by pursuing a college degree or career direction at a vocational/technical school.

- One scholarship will be presented each year to a selected candidate in each of the four VFW Auxiliary Conferences.

- Applicant must be 18 years of age or older.

- Qualifying member must have been a member of the VFW Auxiliary for one year prior to application.

- Previous national winners are not eligible.

Click here to learn more and to download an application:
<https://vfwauxiliary.org/scholarships/continuing-education/>

What is the Scholarship Amount?

Four \$1,000 scholarships will be awarded each year, one in each of the four VFW Auxiliary Conferences.

What are the Scholarship Submission Requirements?

Each applicant must:

- Answer all questions on the application.
- Write a brief essay (no more than 300 words) describing their commitment to their goals and how this scholarship will help them attain these goals.

What are the Scholarship Deadlines?

July 1, 2019: Application process begins.

February 15, 2020: All applications must be submitted to VFW Auxiliary National Headquarters.

Continuing Education Scholarship



Train for a career



Learn new skills



Improve your life





House Defense Authorization Bill Would End Widow's Tax:

The House passed H.R. 2500, the National Defense Authorization Act for Fiscal Year 2020 (NDAA) that authorizes \$733 billion in defense spending, a 3.1 percent pay increase for all military personnel. The legislation includes a number of VFW-supported provisions that improve the quality of life for our service members and military families, to include the termination of the demeaning dollar-for-dollar offset of earned benefits for the surviving spouses of about 65,000 service members and veterans who made the ultimate sacrifice, known as the Widow's Tax; repeals the Feres Doctrine to ensure the Military Health System is held accountable for malpractice; provides \$9.2 million for construction and improvement of military family housing; authorizes a \$1,000 reimbursement increase for military spouses to obtain professional certifications and licenses after a PCS change; and authorizes financial assistance to civilian child care providers who care for the children of members who die in the line of duty. The VFW is also pleased the legislation would also direct DOD to review the service records of World War I minority service members

who were appropriately recognized for their valorous service, but denied the highest service medal because of racial bias. The NDAA now heads to conference to resolve the differences between the Senate and House versions.

VA Video Appointments:

Veterans who use VA can now book appointments with their providers to be seen on the VA Video Connect app in lieu of face-to-face appointments. The app provides a secure video connection through a camera phone, computer, or tablet and gives direct, real-time access to health care teams. VA Video Connect has successfully enabled thousands of veterans to receive services while reducing their travel and wait times. Through a partnership with VA, T-Mobile and Verizon Wireless have offered its customers the ability to access the VA Video Connect app without incurring data charges.

President Trump Visits DMZ:

President Trump became the first commander-in-chief to cross the demarcation line dividing North and South Korea. After exchanging greetings with North Korea's Kim Jong-un, the two walked back across the border to discuss a potential third bilateral summit along with South Korean president Moon Jae-in. Following their hour long meeting, President Trump stated that he and Mr. Kim had agreed to resume negotiations in the next few weeks, and that Mr. Stephen Biegun will remain in place as the U.S. Special Representative to North Korea.



Affordable Mortgages for Veterans Act Headed to the President:

The House of Representatives passed H.R. 1988, the Protecting Affordable Mortgages for Veterans Act of 2019. The legislation corrects an unintended consequence of a previous law that prohibits veterans



from refinancing their home loans within the first six months to combat a tactic by predatory lenders known as "loan churning" in which veterans are convinced to refinance their home mortgages, and fees and other expenses are often added. Introduced by Rep. David Scott, (D-Ga.), and Rep. Lee Zeldin (R-N.Y.), H.R. 1988 would approve approximately 2,500 refinanced loans that were being processed when the law was implemented, but could not be completed because of a technical error. Last month, the Senate passed an identical bill, S. 1749, which was introduced by Senator Kyrsten Sinema (D-Ariz.), and Tom Tillis (R-N.C.). Since both bills are identical, H.R. 1988 now heads to the president's desk.

Assistance with Vocational Rehabilitation:

The VA Vocational Rehabilitation and Employment (VR&E) program, commonly known as Voc Rehab, is an excellent benefit that is not utilized by as many eligible veterans who may need it. VR&E services can assist eligible veterans with resume development skills, job search training, employment accommodations, and education in order to keep employed through different avenues. The VR&E program offers individual counselors to accommodate the different needs of the clients they serve. The VFW encourages all veterans to learn more about VR&E services and see if you may be eligible for this great benefit.



FOR MORE INFORMATION about specific legislation or VA benefits, contact VFW's Washington Office at vfw@vfw.org. A member of VFW's National Veterans Service staff will respond as soon as possible.

Ground Breaking for Freedom Park Walking Trail

A host of city and state officials to include Senator Patty Schachtner and New Richmond Mayor Fred Horne joined representatives from VFW Post 10818 New Richmond / St. Croix County, members of the Army's 652nd Engineer Company and a handful of community members for a groundbreaking ceremony, Saturday, July 13, at Freedom Park.

New Richmond Mayor Fred Horne told the audience, if not for the tenacity and fund raising of council member Jim Zajkowski, the vision of community members Jim Remington, Jim Heebink, Irv Sather and Wally Headhager and the collaboration of VFW Post 10818, the story of Freedom Park may not have been written at all.

Horne attributed the purchase of the land for the park in the early 2000s, in large part, to the perseverance of Alderman Zajkowski. He added that Zajkowski's fundraising skills have propelled much of the parks development.

"This park gets developed at the speed of cash. So if you ask, 'When is this park going to get done?' When Jim is done raising money," Horne said.

The mayor relayed that even before the land had been purchased, Remington, Heebink, Sather and Headhager had imagined how a trail might fit the land, so they rented a sickle mower and developed the very first trail around what would become Freedom Park.

"It takes a lot of money to build these parks, to do any project. We can make those tax dollars stretch if we have assistance if we have working relationships with other groups, if we have collaboration. It's the VFW who has kind of taken over that charge to work with the Guard units and other units to make some of these things happen. I want to thank the VFW and I'm going to include the American Legion. It's great to see these two organizations working together. And we have to thank the 652nd for donating their expertise," said Mayor Horne.

The U.S. Army's 652nd Engineer Company operating out of the reserve center in Hammond is set to begin work this summer on a mile-and-half northern section of the walking trail at Freedom Park.

The city estimates the value of engineering work to be donated at \$20 per lineal foot or about \$158,400. Added to the \$5,220 donation for materials that VFW Post 10818 New Richmond / St. Croix County coordinated through Monarch Paving and Milestone Materials, the donation totals \$163,620 in labor and material.





From cotton candy to classic cars, it's all Fun Fest

Visitors from all around came to New Richmond from Thursday, July 11-Sunday, July 14, to enjoy friends, food and fun during the New Richmond Area Chamber's annual Fun Fest event. It was a great time as is customary. We had a fantastic season this year due to the great weather. There were NO rainouts which prompted everyone to get outside and enjoy the festivities. Thank you to Dave Sharretts, Jerry Simon, Mitch & Karen Cline, Rhonda Rimarcik, Pat Cunningham, and Kerry Casey for their outstanding work during the busy weekend.



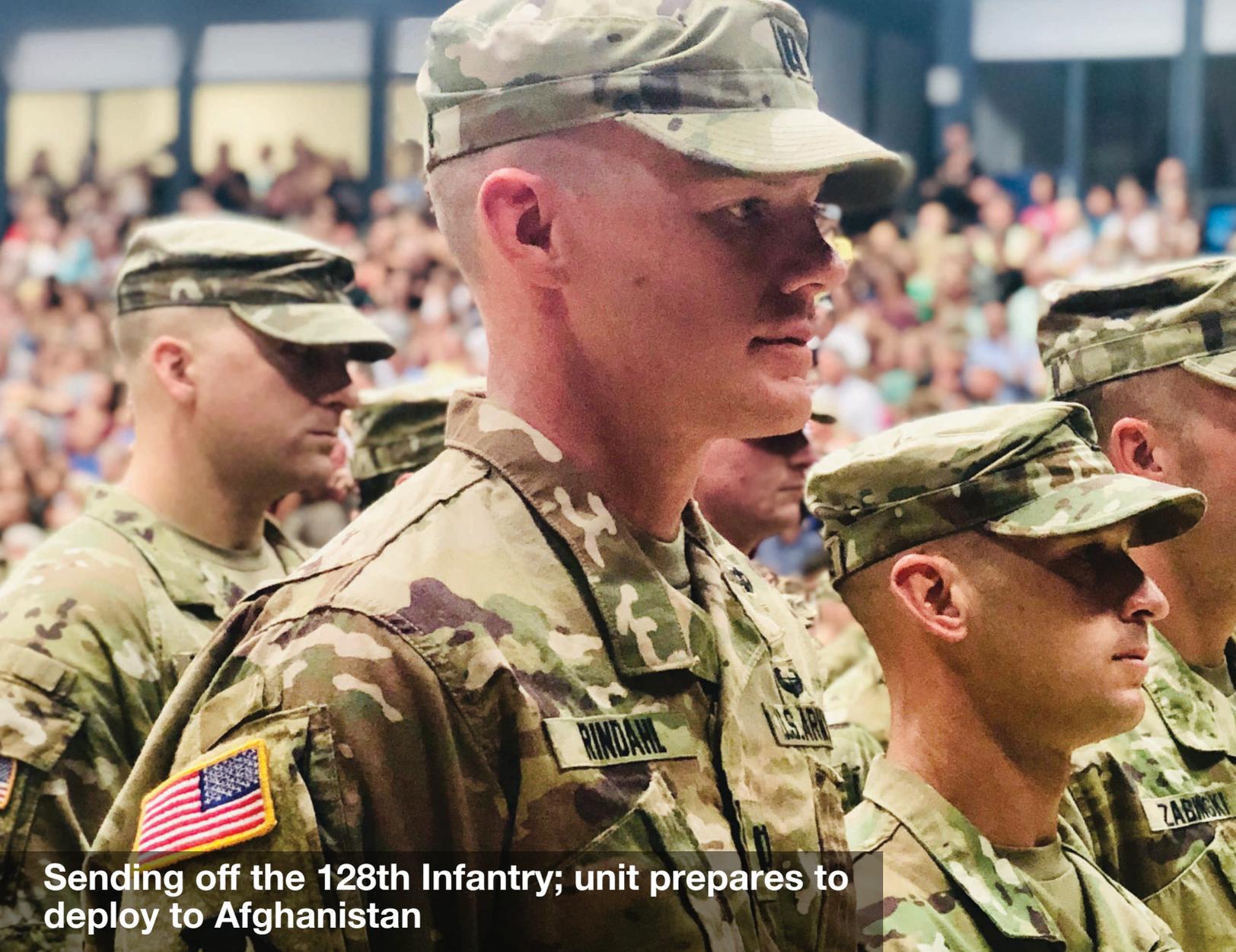
2019-2020 VFW Wisconsin Council of Administration

The Council of Administration kicked-off in July as the start of the 2019-2020 year. There, the new department officers under the leadership of State Commander Don Lynch, planned the new year and hosted a kick-off party. The VFW Department of Wisconsin is excited for another record breaking year!



VFW Member Receives Award

Assistant Quartermaster Ken House received a surprise award at our July Membership Meeting. During this meeting, Mr. House received a VFW "Good Conduct" medal for his continued effort in maintaining his best behavior over the past three years. It's always a good time when everyone can have a little fun with our service history and present awards not commonly given. Great job Ken!



Sending off the 128th Infantry; unit prepares to deploy to Afghanistan

MENOMONIE — A stifling hot Johnson Fieldhouse was stuffed to the rafters Sunday afternoon at the University of Wisconsin-Stout as family and friends prepared to send off the 1st Battalion, 128th Infantry on a yearlong deployment to Afghanistan in support of Operation Freedom Sentinel.

Seven chairs and a podium sat on a simple stage from which a procession of military officials would address the soldiers and their families. The 132nd Army Band played "The Star-Spangled Banner" followed by hundreds of people reciting the Pledge of Allegiance with an unmistakable sincerity.

The 1st Battalion, 128th Infantry owns a distinguished history of service as part of the 32nd Infantry Brigade, famously known as the Red Arrow Division. With roots in the American Civil War, the volunteer infantry from Wisconsin began earning its reputation for ferocity and courage in battles at Bull Run, Antietam and Gettysburg. Today the battalion's flag is decorated with battle streamers commemorating more than a century of decorated service.

"Soldiers write the checks, but families pay the bills," said Battalion commander Lt. Col. Aaron Freund, "For soldiers, they do not fight because they hate what is in front of them, they fight because of what they left behind."

Freund reminded the audience what lies at the core of being a soldier, especially as a member of the Eagle Brigade: "We are always ready. When our nation asks, 'Who will go?' We continue to stand up and say, 'Send me. I will go.'"

Maj. Gen. Don Dunbar, adjutant general of Wisconsin said, "I met families whose soldiers deployed for the first time, about seven out of 10 out there. Some have deployed twice, three, four times and you can see the pride in their eyes. I want to assure each and every one of you, that these soldiers are ready. This command team and our U.S. Army have made sure they've gotten and will get the best training possible, or we wouldn't send them They are the best at what they do."

Successive speakers thanked the men and women, their families, their communities and their employers.

"Eight, nine out of 10 of these soldiers here today are not full time in uniform. They are full time in their community and this is a full-time



passion, but it's not what they do all the time. Professional soldiers to be sure, but they work in our communities. We have law enforcement, fire fighters, medical personnel, technician plumbers, electrician lawyers, and all through out this year as they are deployed others will pick up the slack in those companies. These companies have skin in the game too and they are proud of these soldiers," Dunbar added.

Gov. Tony Evers put the day into perspective.

"Today is an exciting day it's also a sombre day. Exciting that you are ready to go forth and complete the mission for which you have trained. But it's also a difficult day as you bid farewell to family and the comforts of home. As your commander and chief I just want to say that I am so grateful to you and your families for your service to Wisconsin and our nation. It is your service and sacrifice that helps insure freedom and liberties that we enjoy as Americans," Evers said.

On the lawns surrounding Johnson Fieldhouse after the rally, cameras clicked and phones recorded images of family members arm in arm, cheek to cheek, parents, grandparents, brothers and sisters, girlfriends and boyfriends, husbands and wives, but maybe the most poignant images were those of fathers and mothers in fatigues hoisting and hugging their children.

The 1st Battalion, 128th Infantry is based in Eau Claire and includes companies from Menomonie, New Richmond, Rice Lake, Arcadia, Onalaska, River Falls and Abbotsford.

There were plenty of tears and cheers early morning on July 16th as the men and women of the 1st Battalion, 128th Infantry boarded buses at the New Richmond Armory and headed down Knowles Avenue on their way to a yearlong deployment in Afghanistan.

The reality of "serving" and the bond between service men and women were both on display in the warm morning sun as family members and friends shared hugs and recited contact information in the Armory parking lot.

A joint Color Guard of VFW Post 10818 and American Legion Post 80 stood and presented colors while the troops passed by as a reminder of the legacy of service handed down from one generation of soldiers to the next.



VFW Post 10818 Earns National "All-American" Honors

From July 20 - 24, the Veterans of Foreign Wars (VFW) held its 120th National Convention in Orlando, Florida. Commander Ron Ramos, Quartermaster Mitch Cline, and Senior Vice Commander Russell Donaghue attended the convention as delegates on behalf of VFW Post 10818.

During this convention, classes are attended to learn about VFW programs, new guidelines coming out, network with other posts throughout the world, and of course, receive awards.

This year, VFW Post 10818 has earned the prestigious title of "All-American Post." The criteria for the honor of "All-American Post" is based on outstanding achievements in membership growth and participation in VFW programs that benefit veterans, the youth, and their communities. Due to the initiative of VFW National Commander B.J. Lawrence and his team, the National VFW recently broke a 27-year membership decline by attaining over 100% within the entire organization and VFW Post 10818 is directly part of that achievement. Our Post has gained 42 new members this year and is now over 420 members strong. With about 6,500 VFW Posts throughout the world, a record-breaking 463 VFW's have earned the All-American Post title. That's just about 7% of the VFW.

In addition to being named an All-American Post, VFW Commander, Ron Ramos, was also honored as an All-American Commander. The title of All-American Commander is the most prestigious honor given by the organization to post commanders. This marks the first time in the history of VFW Post 10818 that Post 9/11 veterans have earned the highest recognition a post can achieve. Commander Ramos also happens to be the youngest Commander in the Post's history to have received this title at only 32 years old. All-American Commanders and Quartermasters can be identified by their red, white, and blue caps. Our Post has had a very busy, successful, and record-breaking 2018-2019 year. Commander Ramos along with the Post Quartermaster Mitch Cline and Senior Vice Commander Russell Donaghue set their goals to increase membership and grow its community service early in the year.

For the 2018-2019 year, members of the VFW and its Auxiliary have put in over 12,000 hours of community service. The impact of service by the VFW has led the Post to earn the VFW's National Outstanding Community Service Award once again. Only two posts in Wisconsin may be awarded this title annually. Senior Vice Commander Russell Donaghue received this award at the National Convention on behalf of VFW Post 10818. Achieving this year's National Outstanding Community Service Award marks the 10th consecutive year that the Post has earned this title. To date, our Post is the ONLY post in Wisconsin to earn 10 consecutive national community service awards.

Back in June, Commander Ron Ramos and Quartermaster Mitch Cline earned the coveted "All-State" designations by the Department of Wisconsin VFW. Not only was the All-State title made for a second year in a row by Post 9/11 veterans, the Commander & Quartermaster of Post 10818 also achieved "Captain All-State." The "Captain" signifies that our Posts' Commander and Quartermaster are the "Captains" of the entire "All-State" team of Wisconsin. That team consists of the twenty posts which received the "All-State" designation. VFW Post 10818 has been recognized this year as the Best-of-the-Best!

"The members of VFW Post 10818 work diligently to interact with veterans of all ages, and to tell the proud story about how the VFW changes lives, every day, for veterans from all service periods and their families," said Commander Ron Ramos.

"I think we were able to shatter the goals I had for our Post," said Ramos. "The new leadership within our Post are Iraq and Afghanistan War veterans who appreciate that the VFW isn't about a smoke-filled bar."

It's a group of veterans helping fellow veterans, and we aim to maintain the mission of the VFW. I'm extremely proud of the work our Post and Auxiliary have done this year, and we're already planning on doing more during our 2019-2020 year."

Thank you for all the hard work you have done this year and here's to another exciting year serving our communities!!





The Clines take their "Grandson" to the 120th National VFW Convention! (Auxiliary Treasurer Karen Cline, Quartermaster Mitch Cline, and Commander Ron Ramos)



Commander Ron Ramos replaces Senior Vice Commander Russ Donaghue's cap with the "All-State" Team cap. This cap was awarded to our Senior Vice Commander as recognition for the outstanding work he's done as an officer of the 2018-2019 team



Senior Vice Commander Russ Donaghue with the National Outstanding Community Service Award



Senior Vice Commander Russ Donaghue with his wife and Auxiliary President Jen Donaghue



Left to right: National Jr Vice Commander Hal Roesch, Post 10818 Sr Vice Cmdr Russ Donaghue, Post 10818 Commander Ron Ramos, Post 10818 Quartermaster Mitch Cline, Post 721 Commander Cory Geisler, and National Commander B.J. Lawrence



Big 10 Conference receiving the Community Service Awards. Sr Vice Commander Russ Donaghue is top row, 3rd from the left. Commander Cory Geisler is top row, 3rd from the right.



Left to right: Quartermaster Mitch Cline, Commander Ron Ramos, Senior Vice Commander Russ Donaghue



Wisconsin VFW had outstanding representation at the 120th National VFW Convention and Patriotic Rally. It was an awesome convention and everyone knew Wisconsin was there in force!



2019-2020 Buddy Poppy Child, Brooklyn with Wisconsin Commander Don Lynch



State Senior Vice Commander Jason Johns with 10818 Commander Ron Ramos



State Chief of Staff Michele Rathke with Auxiliary Treasurer Karen Cline



Outstanding job to Wisconsin's Teacher of the Year Bobbie Schamens who took home the National Award for Intermediate School level. She carried herself proudly and is the embodiment of patriotism and service to our youth in Wisconsin



Wisconsin's Past and Present All-American Commanders at the All-American Lunch during the National Convention



Quartermaster Mitch Cline and Commander Ron Ramos stop for a picture with Louis Graziano. Graziano is a WWII veteran who was at the Battle of the Bulge and is the last remaining WWII veteran who witnessed the surrender of Germany. At 96 years old, he's still styling hair in Georgia and is a Past All-American Commander for his VFW Post. Commander Ramos and Graziano also talked about their hometown of NYC.



The 2019-2020 National Officers are sworn in during the installation ceremony at the 120th National Convention. Congratulations to William "Doc" Schmitz 2019-2020 Commander-in-Chief, Hal Roesch Sr. Vice Commander-in-Chief, and Fritz Mihelcic Jr. Vice Commander-in-Chief. We are looking forward to this year with you all!



WISCONSINS ALL-AMERICAN TEAM

STATE COMMANDER GUNDEL METZ, DISTRICT 2 & POST 721 COMMANDER CORY GEISLER, POST 10818 COMMANDER RON RAMOS, AND POST 1638 COMMANDER JOHN RATHKE



National Commander B.J. Lawrence kicks off the 100%+ We Made It Celebration



National Commander B.J. Lawrence awards Commander John Rathke of Post 1638 the All-American cap and Commanders Award



National Commander B.J. Lawrence awards Post 10818 Commander Ron Ramos his All-American cap and award during the 100%+ We Made It Celebration. B.J. also awarded Commander Ramos his "Captain" All-State cap back in June during the state convention and was very happy to award him the All-American cap





National Commander Lawrence awards District 2 and Post 721 Commander Cory Geisler TWO All-American caps. One for the District and one for the Post. Cory's daughter, Laura, was able to walk the stage with her dad and wear the All-American Post cap. Great job Cory!



Our illustrious 2018-2019 State Commander Gundel Metz receiving her All-American Department cap and award from National Commander B.J. Lawrence at the 100%+ We Made It Celebration. Commander Metz lead Wisconsin to a fantastic year and achieved over 100% in membership for the entire department!



Wisconsin's 2018-2019 All-American Team



Senior Vice Commander Russ Donaghue, Commander Ron Ramos, and Quartermaster Mitch Cline stop to take some pictures after the 100%+ We Made It Celebration at the 120th National Convention. It was quite a sight to see 463 All-American Posts, Districts, and Departments take part in the celebration.

SCHEDULE OF EVENTS

- ✦ **August 6 - National Night Out:** We will be cooking hot dogs at the New Richmond Police Department for the families attending the National Night Out from 5-7PM.
- ✦ **August 7 - 14 - Drill Team:** 1st Wednesday of the month at 6:30PM. This will be for those in the Color Guard and Honor Guard.
- ✦ **August 11 - Hammond Heartland Days Parade:** Color Guard for parade. Point of Contact: Jerry Simon (715) 977-2875
- ✦ **August 15 - Finance Committee:** Finance meeting starts at 6PM. The management meeting will begin shortly after the closing of the finance meeting. The management meeting will **only** consist of the Post Officers unless invited by an Officer.
- ✦ **August 17 - 63rd Annual King Day:** Lunch will be served and festivities will start at 11AM at the Veterans Home in King, WI. Program to start at 12:30PM. Commander Ron Ramos will be driving if anyone would like to carpool. Please contact him at 715-928-3606.
- ✦ **August 18 - Commander & Quartermaster Training:** Training at VFW Post 305 Eau Claire 1PM - 4PM.
- ✦ **August 18 - Ox Cart Days Parade:** Color Guard for parade. Point of Contact: Jerry Simon (715) 977-2875
- ✦ **August 20 - Post & Auxiliary Meeting:** Social hour begins at 6:00PM. Auxiliary meeting starts at 6:30PM. Post meeting promptly begins at 7:00PM. Every month at our Post Meeting, we have a drawing for some very neat prizes. **Post meetings will take place in the downstairs of the New Richmond Civic Center, 156 East First Street (across from the Fire Department).**
- ✦ **September 4 - 11 - Drill Team:** 1st Wednesday of the month at 6:30PM. This will be for those in the Color Guard and Honor Guard.
- ✦ **September 7 - Harley Feed:** We will be doing a Harley Feed for Customer Appreciation Day at St. Croix Harley Davidson. Point of Contact: Russ Donaghue 715-222-2659
- ✦ **September 10 - Gun Raffle:** The 6-Gun Raffle winners will be drawn at Russell's Sport & Bike at 11AM.
- ✦ **September 12 - Finance Committee:** Finance meeting starts at 6PM. The management meeting will begin shortly after the closing of the finance meeting. The management meeting will **only** consist of the Post Officers unless invited by an Officer.
- ✦ **September 14 - 100 Yr Anniversary of American Legion Post 80:** Butler Harmon American Legion Post 80 will be celebrating 100 yrs of service
- ✦ **September 17 - Post & Auxiliary Meeting:** Social hour begins at 6:00PM. Auxiliary meeting starts at 6:30PM. Post meeting promptly begins at 7:00PM. Every month at our Post Meeting, we have a drawing for some very neat prizes. **Post meetings will take place in the downstairs of the New Richmond Civic Center, 156 East First Street (across from the Fire Department).**
- ✦ **September 28 - District 9 Meeting:** Meeting will be at Cochrane Post 10406 starting at 9AM
- ✦ **September 29 - National VFW Birthday - 120 yrs old**
- ✦ **October 2 - 9 - Drill Team:** 1st Wednesday of the month at 6:30PM. This will be for those in the Color Guard and Honor Guard.
- ✦ **October 10 - Finance Committee:** Finance meeting starts at 6PM. The management meeting will begin shortly after the closing of the finance meeting. The management meeting will **only** consist of the Post Officers unless invited by an Officer.
- ✦ **October 11 - VFW Meat Raffle:** Meat Raffle held at Cedar Creek Inn. Starts at 6:30PM. Chairperson: Mitch Cline 651-492-9634
- ✦ **October 15 - Post & Auxiliary Meeting:** Social hour begins at 6:00PM. Auxiliary meeting starts at 6:30PM. Post meeting promptly begins at 7:00PM. Every month at our Post Meeting, we have a drawing for some very neat prizes. **Post meetings will take place in the downstairs of the New Richmond Civic Center, 156 East First Street (across from the Fire Department).**
- ✦ **October 20 - Annual Fall Pancake Breakfast:** More information to follow.
- ✦ **October 25 - 27 - Trip to the National Home for Children:** Wisconsin will be heading to the Annual Meeting at the National Home for Children as well as assisting with their Annual Halloween Party. Info on registration to follow.
- ✦ **October 30 - VFW Post 10818 30th Birthday**
- ✦ **October 31 - Youth Scholarships Entry Forms Due:** All submissions for Patriots Pen, Voice of Democracy, and Teacher of the Year are due to the Post no later than today.
- ✦ **November 6 - 13 - Drill Team:** 1st Wednesday of the month at 6:30PM. This will be for those in the Color Guard and Honor Guard.
- ✦ **November 8 - VFW Meat Raffle:** Meat Raffle held at Cedar Creek Inn. Starts at 6:30PM. Chairperson: Mitch Cline 651-492-9634
- ✦ **November 10 - 244th Marine Corps Birthday**
- ✦ **November 11 - Veterans Day**
- ✦ **November 14 - Finance Committee:** Finance meeting starts at 6PM. The management meeting will begin shortly after the closing of the finance meeting. The management meeting will **only** consist of the Post Officers unless invited by an Officer.
- ✦ **November 19 - Post & Auxiliary Meeting:** Social hour begins at 6:00PM. Auxiliary meeting starts at 6:30PM. Post meeting promptly begins at 7:00PM. Every month at our Post Meeting, we have a drawing for some very neat prizes. **Post meetings will take place in the downstairs of the New Richmond Civic Center, 156 East First Street (across from the Fire Department).**
- ✦ **November 28 - Thanksgiving Day**
- ✦ **December 7 - Pearl Harbor Day**



Post 10818

GUN RAFFLE

VFW 6-GUN RAFFLE WITH 3 WINNERS

THREE WINNERS WILL BE DRAWN



Browning A-Bolt III 30-06 - \$749 Value



Ruger American Go Wild 6.5 Creemore - \$629 Value



Winchester XPR 7mm Mag - \$599 Value

1ST PLACE: FIRST CHOICE OF 1 HANDGUN AND 1 RIFLE

2ND PLACE: SECOND CHOICE OF 1 HANDGUN AND 1 RIFLE

3RD PLACE: REMAINING HANDGUN AND RIFLE

ONLY 1,000 TICKETS WILL BE SOLD!

\$20 per Ticket



Smith & Wesson M+P Shield w/Laser 9mm \$499 Value



Ruger Super Redhawk 44 Mag \$1,159 Value



Sig Stand 380 \$738 Value

Drawing to be held on Sept. 10, 2019 at 11am at Russell's Sport & Bike 703 Jewell St. Star Prairie, WI 54026

YOU DO NOT NEED TO BE PRESENT TO WIN. GUNS MUST BE PICKED UP WITHIN 7 DAYS OF DRAWING OR WINNERS WILL BE REDRAWN

TICKETS MAY BE PURCHASED AT THE FOLLOWING LOCATIONS:

CAVE INN -
ROBERTS, WI

STAR PRAIRIE SPORTS BAR -
STAR PRAIRIE, WI

SIDETRACK SALOON -
ROBERTS, WI

WEST WIND SUPPER CLUB -
RIVER FALLS, WI

AMERICAN LEGION POST 111 -
SOMERSET, WI

UNCLE MIKE'S M POUR E YUM -
HUDSON, WI

CHAMPS -
NEW RICHMOND, WI

READY RANDYS -
NEW RICHMOND, WI

CEDAR CREEK INN -
HUNTINGTON, WI

DECOSSEE -
DEER PARK, WI

STRIKERS -
BALDWIN, WI

NOT JUSTA CAFE & BAR -
SOMERSET, WI



VFW POST 10818

P.O. Box 233
New Richmond, WI 54017



NO ONE DOES MORE FOR VETERANS.