

ISSUE #53 | MAY 2021

VETERANS VOICE

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



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

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

2019-2020	2013-2014	2002-2003
2018-2019	2012-2013	2000-2001
2017-2018	2011-2012	1998-1999
2015-2016	2007-2008	
2014-2015	2004-2005	

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)



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 Greg Veldhouse 651-271-2177	Chaplain Mel Zehm 715-255-0770
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Sr Vice Cmr Jeff Rusinko 651-600-7499	Judge Advocate Dave Green 651-247-1801
--	---

Jr Vice Cmr Brina Haglund 612-499-0882	Surgeon Ben Anderson 715-245-6281
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Quartermaster Mitch Cline 651-492-9634	Adjutant Ron Ramos 715-928-3606
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Service Officer
Ben Anderson
715-245-6281

SUBMISSIONS

Submissions for the VFW Veterans Voice may be submitted online at: <https://bit.ly/3jMPqck> 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 the commander by email at: commander@vfwpost10818.org or by cell phone at: 651-271-2177.

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.





COMMANDER
GREG VELDHUSE

Hello everyone and hope you are all well. After more than a year of Covid I am sure we are all tired of hearing about it by now, myself included. That being said, the VA has plenty of vaccine shots available and they are now basically extending it to the family of veterans. Just have to call them up and say they are your caregiver and they will pretty much take anyone. So if you haven't gotten one yet and are still thinking about it it is a very quick process. Just go to the Minneapolis VAMC and follow the arrows and you will be in and out in 20 minutes or so.

We just had our final District 9 meeting for the year in Rice Lake and it was a good one. We got to hear a speech by our very own past commander Ron Ramos who is currently running for the State Jr. Vice Commander position. We also heard from his challenger, but we all felt that Ron hit it out of the park and we voted at the last meeting to throw our support in with him come voting time. So good luck Ron!!

We also got to hear St. Croix Central High School student Claire Prommier give her Voice of Democracy speech. She won first place at our post and I was able to present her a scholarship check of \$1,000. Claire also won District 9 and received an additional \$250 from them. She ended up getting 9th in the State overall. Congratulations Claire!! Claire has two more years of eligibility and I highly suspect we haven't seen the last of her.

We also listened to a presentation about the Klein Hall in Chippewa Falls, Wi. It's official title is the Veteran's Housing and Recovery Program (VHRP) and it is administered by the Wisconsin Dept. of Veterans Affairs. As stated on their website: The goal of the Veterans Housing and Recovery Program is to assist military veterans who are homeless or at risk of becoming homeless in obtaining temporary or permanent housing, in addition to providing other services that will enable them to reintegrate back to the community. Veterans live there while they get back on their feet and they recently increased their capacity for the number of veterans who can stay. They made it clear this is not a homeless shelter, but a place to get your life turned around. The only qualification mentioned was you had to be 70% or more disabled by the VA. Sounds as if their success rate is quite high and it was a program I was not previously aware of. So if you know of any veterans who could use this kind of assistance please contact them at 715.726.2541.

Lastly, it is May again and Memorial Day is right around the corner. By all means go enjoy your camping, cookouts, gathering with family, or whatever else your plans are. But please take a few moments out of your weekend to remember all those who have paid the ultimate sacrifice for their country so the rest of us can enjoy the freedoms we have today.

NO ONE DOES MORE FOR VETERANS.®

SACRIFIC FOR HOPE AND JOY

In preparation for the chaplain article, I was reflecting on a couple important biblical themes that are frequently lost in our daily endeavors--hope and joy. Today, violence is often showcased on the news, yet we are rarely reminded of eternal things. We get so caught up with what is on the television, the front page of the newspaper, or on our social media threads that we are blinded to the reality of what will happen to us once we leave this earth. One thing is certain; we all have a mortality rate of a hundred percent. That means that all of us will face death which leads us to answer a very important question. What will happen to us when we die? I will do my best to answer that question.

Hebrews 13:16 states "Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God." A couple things can be taken from this passage. First, spiritual sacrifices please the Lord. Secondly, sacrificing is a verbal praising of God's name. Both of these will result in joy for us. This can simply be explained by acknowledging the emotional feeling we get from doing is God ordained to be right. Many times, we are joyful in helping our fellow veterans. This is only magnified as we sacrifice to do the Lord's work.

A while back I came across an article about a man named Jeff Struecker, who was a chaplain in the 82 nd Airborne Division, Ranger Regiment. Struecker shared how the Lord called him to sacrifice his life for lost souls when he was commanded to retrieve his fellow soldiers during the 1993 conflict in Somalia. He was ambushed several times during rescue operations. He recalled how he reacted when chosen by his commander to again and again retrieve U.S. soldiers in enemy territory. He realized that he would be going to one of two homes; either to his home in Georgia, or his home in heaven. He remembered how he wanted to transform the world when he was in his teens, and at that very

moment he was unsure if he would make it another day. He prayed for the Lord's protection, and though he went through several ambushes, none of his troops were hit in his Humvee. Several soldiers asked him how he could have been so calm while in such peril. They noticed that there was something different about him in the way he handled himself. Through these exchanges, Struecker discovered his calling to lead others to Jesus. His faith and trust in eternity bolstered his determination to lead his squad courageously. He came to realize that it was the Holy Spirit of Christ that transforms lost souls. Seventeen years later, Struecker was the chaplain for the same Ranger Regiment that he served in while in the enlisted ranks. Throughout his time as an enlisted soldier, he and the other soldiers asked several questions: What would have happened to me if I died? What just happened to my friend? Why did that not happen to me? Why am I still here?

These are questions many have struggled with while in combat. I do not have all the answers; however, we can find answers by looking to our Savior. Jesus too encountered grave danger, and his was worse. Jesus knew that he would be slaughtered for something he was innocent for. He shed his innocent blood for the payment of our sin. Jesus endured that so that everyone who calls him Lord, accepts him as Lord and Savior, and acknowledges their sins, will be eternally saved. We do not need to try to pay him for our wrongs, but we do need to depend on Christ for our daily needs. I want to leave you with this thought that Jesus came to earth to save you from your sins and he's asking you to trust him. There is joy in being God's helper- even during the storms of this life. There are many in our organization that can help you with that. Investigate His claims; you'll be glad you did!

Blessings to my Brothers and Sisters in Arms,

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.



CHAPLAIN MEL ZEHM



PATRIOTIC ART

Three Students from New Richmond High School were honored with 1 st 2 nd and 3 rd place in the, 'Young American Creative Patriotic Art Award' contest 'sponsored by New Richmond, St Croix County VFW Post 10818 Auxiliary. A monetary award was presented to the students on April 14, 2021.



**PRESIDENT
JEN DONAGHUE**



Pictured from left to right, Tristin Barritt, 3rd place, Gayle House (chairperson), Katelyn Doehrmann, 1st place, Bridget Haugen (New Richmond Teacher), Ella Weide, 2nd Place.

As Chairperson of this contest, I am very proud of all the entries and hope that those that participated will continue to think and work on an entry for next year. This Contest/Scholarship, is available to all 9-12th grade students in St Croix County, any student interested can contact me at the following:

house770@frontier.com.

Gayle House, Chairperson



**UNWAVERING SUPPORT
FOR UNCOMMON
HEROES**

OUR OFFICERS

President	Secretary
Jen Donaghue	Gayle House
715-222-9868	651-270-2647

Sr Vice	Chaplain
Rhonda Rimarcik	Kathy Berends
715-419-1036	715-338-1998

Jr Vice	Guard
Kathy Berends	Pat Cunningham
715-338-1998	715-246-3598

Treasurer	Conductress
Kelly Pomroy	Kerri Casey
715-377-6308	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)

NEW VA EDUCATION RULE ALLOWS SOME VETS TO GET MULTIPLE DEGREES

This month (April), the Department of Veterans Affairs made a major change to education benefits, expanding opportunities for some veterans by allowing them to apply their benefits toward multiple degrees.

"Effective April 1, 2021 VA will not count veteran entitlement used in the Veteran Readiness and Employment (VR&E) program against the 48-month rule for education programs like the post-9/11 GI Bill," a VA spokesperson said in a statement.

VR&E, sometimes referred to as Chapter 31, allows veterans with a service-connected disability and at least a 10% rating to access various resources to find employment.

The benefit, previously known as Vocational Rehabilitation, includes a range of tools for veterans, including VA-funded job training. Employers hiring a veteran who used the benefit are also eligible to receive a federal tax credit or be reimbursed for up to half of the veteran's salary, according to VA.

Until last week, VR&E could not be used in conjunction with the Post-9/11 GI Bill, which covers four years of college for veterans. Veterans who used the full 48 months of benefits included with VR&E would be ineligible for the GI Bill. The switch in policy could be the most significant change to education benefits since the "Forever GI Bill," which erased the benefit's expiration date, was signed into law in 2017.

"My understanding is that students who have not previously used an education benefit, like the Montgomery or Post 9/11 GI Bill, will be able to use Chapter 31 'VR&E' without it affecting their eligibility under other chapters of the GI Bill," Patrick Forystek, who oversees student veterans at Michigan State University, told Military.com.

However, **to maximize education benefits, a veteran would need to use VR&E first**, because while the change means VR&E does not count against total GI Bill benefits, that is not true the other way around. Use of the GI Bill still will count against VR&E.

"The use of GI Bill education benefits will continue to count against the 48-month limit on VR&E benefits," a memo that the department sent to veteran students Wednesday said. "VA has started to process impacted claims and enrollments with this update."

The new rule could open up opportunities for veterans who were trained in a job they are no longer able to perform and need to go back to school to start a new career.

"This decision by VA is excellent news as it will allow student veterans who, due to a service-related disability, are not able to work in the field they originally received training for the opportunity to gain the knowledge and training necessary to find employment that is conducive to their current circumstances," said Tanya Ang, vice president of the advocacy group Veterans Education Success.

It is unclear what prompted VA to make what could be an expensive change in education policy. Now that VR&E doesn't count against other GI Bill benefits, a veteran hypothetically could earn a CDL license, accounting certificate or traditional college degree, and then go back to school with the Post-9/11 GI Bill to earn another degree. Since 2009, 773,000 beneficiaries have used the Post-9/11 GI Bill, amounting to more than \$20 billion in benefits, according to VA.

—Steve Beynon, Military Times





Getting Back Into Exercise? Start Slow and Change It Up

The sun is out, the ground is thawed and you are ready to lace up your sneakers and run. Not so fast, Usain Bolt. After a long winter cooped up, people are looking to reignite their exercise routines. Because of the pandemic's stay-at-home effect, many of us are starting from a lower baseline of activity, and that creates more risk of injury.

Go Gradual

Many people reach first to running. It's easily accessible, and the idea of simply heading out the door is appealing. But if you are generally sedentary during the week, don't suddenly try running a half-marathon. Running puts a lot of strain on the body, from the tibia to the soles of the feet and the hip flexors. "When you strike your foot down to the ground, there is a rapid acceleration of force your body feels," says Cheri Blauwet, a sports medicine physician at Brigham and Women's Hospital and Spaulding Rehabilitation Hospital in Boston. Our muscles, tendons and ligaments respond better to slow changes, doctors say. Our bodies are designed to adapt to increases in load, or stimulus, in a gradual way. "When we rapidly introduce high volume, high intensity activity, we don't allow that adaptation to occur, and so it puts you more at risk for injury," Dr. Blauwet says.

Vary Routines

Dr. Blauwet recommends mixing any running with some walking to minimize stresses on muscles and ligaments. Run-walk combinations offer a good approach. Rather than running straight for a half-hour, try breaking activity into five-minute increments: The first day could involve a walk for four minutes followed by a run for one minute; the next running day could be a three-minute walk and two-minute run; the next time could involve a walk for two minutes and a run for three. "That pattern naturally eases you in," she says. She also advises against the same activity on back-to-back days. So if you run one day, do something different the next day. Take advantage of the equipment your outdoor environment offers. Walking up and down high-school stadium stairs at varying rates of speed and using different stances can be a great way to diversify your workouts, says Meghan Wieser, a coach and physical therapist in Ellicott City, Md.

Strength Training

Many people feel they need to stretch before exercising, but a growing body of research has found that pre-exercise stretching doesn't significantly reduce risk of injury. "Strength training has more benefits," says Dr. Wieser, by increasing the ability for the body to withstand load, which in turn helps performance and injury prevention. If you want to be outside, see what your environment has to offer: Grab a kettlebell and dumbbells and alternate kettlebell swings with lunges and squats in your backyard. An empty playground can be used for pull-ups, angled push-ups, hanging lateral raises and Bulgarian split squats.

Nutrition and Rest

One temptation, particularly for those frustrated with a few pounds gained during the pandemic, may be to make sweeping dietary changes along with guilt-ridden bouts of exercise. Resist the urge to do anything too dramatic. Incorporate two to three rest days a week of non-intensive activity - walking, yoga, meditation or stretching. Personal trainer and gym owner Gunnar Peterson suggests coming up with a plan for the week taking into account your schedule, expectations and level of fitness. Don't set yourself up for disappointment and beat yourself up for missing days but rather plan days off to rest and recover. "Look at that off day as a day you reloaded," says the former head strength and conditioning coach for the Los Angeles Lakers. "Be cautious, be smart, be slow," says Mr. Peterson. "There's a reason the Tortoise and the Hare is a popular story."

AnneMarieChalkerWSJ art23MAR

Volunteer!

Please check out the calendars on our web page and Facebook for scheduled events. If there's a place and time you can help, please lend a hand. We're here to serve veterans and the community and it takes the whole post.

SCHEDULE OF EVENTS

- ✦ **May 13 - 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.
- ✦ **May 18 - 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). See Facebook page for Zoom information.—*
- ✦ **May 15 - Woodville Syttende Mai Parade**
- ✦ **June 6-7 - Park Art Fair, New Richmond**
- ✦ **June 14 - Buirth of the U.S. Army**
- ✦ **June 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.
- ✦ **June 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). See Facebook page for Zoom information.—*
- ✦ **July 8-11 - Fun Fest, New Richmond**

FUN FEST will be back downtown New Richmond this year. Being back downtown is only temporary with Freedom Park being eyed as the new location for FUN FEST going forward. Lets make the most of being back downtown, volunteer!



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

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The Veterans of Foreign Wars of the U.S. is dedicated to providing vital programs and services to America's service members, veterans, and their families. Donate your vehicle to help us continue our efforts to support our nations heroes.



Support the VFW today! 715.246.0226 | vfwpost10818.org

Post 10818

Looking for other ways to donate and support the VFW? Have a vehicle that is just taking up space in your driveway?

The VFW Car Donation program allows you to donate your vehicle to assist in supporting local veterans, service members, and their families! All proceeds from these vehicles go **ONLY** to our VFW Unmet Needs Program. The Unmet Needs Program helps provide a one-time grant to service members and veterans in financial hardships. We've assisted veterans in St. Croix County with over \$12,000 since its inception.

It's easy to donate your salvaged or running vehicle. Call us and schedule a free pickup. Your donation also qualifies for a tax deduction for charitable organizations.

Please contact us for more information!



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