



VFW Frontier Post 11453

Monthly Newsletter

April 2010 Edition (Vol. 1)

Commander's Corner

**"When storm clouds darken your world,
remember FRIENDSHIP offers a safe harbor
where YOU are never alone..... there, you will
find comfort, support and understanding."
AUTHOR : Lynne Gerard**

Tuesday evening, April 13, 2010 at 7:00 PM
the Post will be holding our election of
officers. I am hoping for a great turnout.

I am very Proud to have been your
Commander for this past year and at this
time I would like to ask for your support
again for this next year. I would appreciate
everyone following our Election Committee's
suggestion when you vote.

Our goal for this coming year is American-
ism, Voice of Democracy, Patriotic Pen and
to have family gatherings with lots of
fellowship and fun.

Patriot Pen : Gaylord Fosdick

Voice of Democracy: Bob Palmer

Please support these Comrades.

All ideas are welcome. Please speak up and
participate, that's what our Post is all about.

We are continually updating our Member
Roster that will allow us to keep in contact
with our fellow Vets, both active and non-
active. We would appreciate any assistance
with this project.

April 24, 2010 at 1000 hours the District 5
meeting will be held in Guernsey at Post #
4471.

May 23-26, 2010 the National Commander
will be here in Cheyenne hosted by Post #
4343.

I need your inputs for upcoming picnics,
menu's ideas that you would like.

June 1, 2010 at 1800 hours will be our first
picnic of the season. It will be held at the E &
R REYNOLDS picnic area, 918 Natrona
Avenue, Cheyenne, WY, where there is
always plenty of friendship, laughter and the
weather is always good.

*Please keep track of our volunteer time as
this will help our community as well as help
our Post to win recognition!*

In closing, please keep all our fellow
Veterans, and for all the active soldiers that
are serving our country at the present in
your thoughts and Prayers.

Respectfully,
Commander Winkler

Chaplain's Corner

Dear Comrades,
Just a few lines to let you know I am still kicking, but not
too high. I just got off the phone with Harry McCormick
and Elmer Keslar. Both of them are doing OK.

This is the time of the year that we should remember our
Lord and Savior, Jesus Christ. I pray for God's blessings
on all our Frontier Post 11453 and those even now
guarding the Gates of Freedom for us. Please don't forget
to stop and pray for them and their families.

I want to thank all my Comrades for their prayers and
cards as I recover from a knee replacement. I am doing
just fine.

Please remember, if you know of anyone in distress or in
need or sick, please call me at (307) 638-3663. At the
present, I am unable to get out of my home, but if you
call me, I can respond to the needs of those individuals
by telephone.

Don't forget to pray for our men and women who are in
service to our country

Chaplain Frank Carter, VFW 11453

SPECIAL EXTRA EARNINGS FOR MILITARY SERVICE

Since 1957, if you had military service earnings for active duty (including active duty for training), you paid Social Security taxes on those earnings. Since 1988, inactive duty service in the Armed Forces reserves (such as weekend drills) has also been covered by Social Security.

Under certain circumstances, special extra earnings for your military service from 1957 through 2001 can be credited to your record for Social Security purposes. These extra earnings credits may help you qualify for Social Security or increase the amount of your Social Security benefit.

Special extra earnings credits are granted for periods of active duty or active duty for training. Special extra earnings credits are **not** granted for inactive duty training.

If your active military service occurred;

* **From 1957 through 1967**, we will add the extra credits to your record when you apply for Social Security benefits.

* **From 1968 through 2001**, you do not need to do anything to receive these extra credits. The credits were automatically added to your record.

* **After 2001**, there are no special extra earnings credits for military service.

* Those of you that had service prior to 1968 should take a copy of your DD 214 to the local IRS office (located in the BLM meeting next to Sutherlands) and you will be credited with all the military earnings prior to that date. This will have some increase in the check you receive from your monthly Social Security payment.

Article compliments of Comrade Earl Reynolds



Although this letter will be received after Easter Sunday, it is my desire to wish each and every comrade in our Frontier Post 11453 and the men and women of all our armed forces a very Happy Easter and a very blessed year.

Chaplain Frank Carter, VFW 11453

Here is something Every American should know.

Until I read this, I didn't know, but I checked it out and it's true:

We in the United States have all heard the haunting song, 'Taps.' It's the song that gives us the lump in our throats and usually tears in our eyes.

But, do you know the story behind the song? If not, I think you will be interested to find out about its humble beginnings.

Reportedly, it all began in 1862 during the Civil War, when Union Army Captain Robert Ellicombe was with his men near Harrison's Landing in Virginia. The Confederate Army was on the other side of the narrow strip of land.

During the night, Captain Ellicombe heard the moans of a soldier who lay severely wounded on the field. Not knowing if it was a Union or Confederate soldier, the Captain decided to risk his life and bring the stricken man back for medical attention. Crawling on his stomach through the gunfire, the Captain reached the stricken soldier and began pulling him toward his encampment.

When the Captain finally reached his own lines, he discovered it was actually a Confederate soldier, but the soldier was dead.

The Captain lit a lantern and suddenly caught his breath and went numb with shock. In the dim light, he saw the face of the soldier, it was his own son. The boy had been studying music in the South when the war broke out. Without telling his father, the boy enlisted in the Confederate Army.

The following morning, heartbroken, the father asked permission of his superiors to give his son a full military burial, despite his enemy status. His request was only partially granted.

The Captain had asked if he could have a group of Army band members play a funeral dirge for his son at the funeral.

The request was turned down since the soldier was a Confederate.

But, out of respect for the father, they did say they could give him only one musician.

The Captain chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of the dead youth's uniform.

This wish was granted.

The haunting melody, we now know as 'Taps' used at military funerals was born.

The words are:

Day is done.
Gone the sun.

From the lakes
From the hills.
From the sky.
All is well.
Safely rest.
God is nigh.

Fading light.
Dims the sight.
And a star.
Gems the sky.
Gleaming bright.
From afar.
Drawing nigh.
Falls the night.

Thanks and praise.
For our days.
Neath the sun
Neath the stars.
Neath the sky
As we go.
This we know.
God is nigh

I too have felt the chills while listening to 'Taps' but I have never seen all the words to the song until now. I didn't even know there was more than one verse. I also never knew the story behind the song and I didn't know if you had either so I thought I'd pass it along.

I now have an even deeper respect for the song than I did before.

Article compliments of Comrade Earl Reynolds

Patriotic Recollections

U.S. Flag Disposal

If you see a torn, soiled or badly faded U.S. flag, suggest to the owners that it be disposed of respectfully. The Post can collect the flags and conduct this practice annually

- The flag should be folded in its customary manner.
- It's important that the fire be sizeable and of sufficient intensity to ensure complete burning of the Flag.
- Place the flag on the fire.
- Individuals present should come to attention, salute the flag (or place hand over the heart), recite the Pledge of Allegiance and have a brief period of silent reflection.

- After the flag is completely consumed, the fire should then be safely extinguished and the ashes buried.
- Please make sure you are conforming to local/state fire codes and ordinances.

NOTE: Some posts have requested the use of an unused mailbox from their local Post Office to collect the torn, soiled or badly frayed flags.

This could become an annual function coordinated with our sister Posts and advertised to the public as a public service for our community.

Editors Corner

This letter is an attempt to provide information and recognition of individuals to all our Comrades who support the VFW Post 11453.

As your Editor of this letter, I ask for your suggestions, comments, ideas and support for the publishing of a monthly newsletter for our post.

We need our Comrades to submit any articles they would consider appropriate to me by email, in person or call me and I will pick the articles up. The following are my contact numbers and address:

Les Smith
5522 Murray Hill Drive
Cheyenne, WY 82009

Home Phone: (307) 637-8777
Cell Phone: (307) 256-8463
Email address: vfw11453@hotmail.com

Please be reminded that our normal meeting on 13 April 2010 (Tuesday) at 1900 hours downstairs in the auditorium of the Cheyenne VA will also be our election of the officers. The offices open for election, (or re-election) are as follows: Commander, Senior Vice Commander, Junior Vice Commander, Quartermaster, Chaplain and Surgeon. This will be by secret ballot.

As we gain more members becoming active within our Frontier Post 11453, we will be more active within the community for services provided to our sick, disabled, needy veterans and their families.

The more members we have active will allow our Post to be recognized as a contributor to the betterment and welfare of the community in which we reside. This will provide a higher profile and thus, more community support for the VFW will be forthcoming from the citizenry in our local area..

I look forward to receiving any comments relating to additions or deletions that should be made to this letter.

Thanks Fellow Comrades for your Support



VFW Frontier Post 11453

Monthly Newsletter

May 2010 Edition (Vol. 1)

Commander's Corner

I want to personally compliment our Frontier Post for having 25% of our members in attendance for the election of officers in the month of April 2010. We are gaining strength each day and the contributions made by our Comrades has been outstanding. Thanks to all our Comrades for a job well done.

Congratulations to all of the elected officers. The following Officers were elected:

Commander: Everett (Wink) Winkler
Sr. Vice Commander: Earl Reynolds
Jr. Vice Commander: Louis J. Wascher
Quartermaster: Lester R. (Les) Smith
Chaplain: Franklin E. Carter
Surgeon: Francis Oline
Trustee (3 yr): Rex H. Daniels
Trustee (2 yr): Robert I. (Bob) Palmer Sr
Trustee (1 yr): William E. (Bill) Vernon

We will be setting some realistic goals this year. The first goal is to increase the number of Comrades who attend the monthly Post meetings. I have charged our Quartermaster with the task of increasing attendance and support for the obligations that our Post is committed to accomplish.

Our National Commander-in-Chief, Tommy Tradewell will be visiting Wyoming. He will arrive on 23 May 2010 at 1310 hrs with a *meet and greet* at Post #4343 that afternoon. There will be a reception dinner on Monday, May 26 2010 at Post #4343 at 1800 hrs. I would ask our Comrades of Frontier Post 11453 to attend to show our support for the National Commander-in-Chief. Please contact Post #4343 by email at vfwpost4343@gmail.com or by calling the canteen at (307) 632-0950 so they can make arrangements for seating for all those who desire to attend. I will see you there.

As a reminder, the only appropriate headgear at any Post meeting is the VFW Service cap. Please comply with this requirement.

Please remember I need your inputs for the upcoming picnic. The menu will feature prime rib, baked potato and all the "fixins". We would like for everyone attending to please contact either Wink Winkler (640-0060) or Earl Reynolds (634-6453) with the number of people who will be attending. It is requested that everyone bring a salad, vegetable plate, pie or rolls to compliment the prime rib.

The picnic will be June 1, 2010 at 1800 hours and is being held at the E & R REYNOLDS picnic area, 918 Natrona Avenue, Cheyenne, WY, where there is always plenty of friendship, laughter and the weather always good. If it rains or is cold, the Reynolds' have a large garage to accommodate everyone.

Quartermaster's Corner

Our State Commander Larry Orr is undergoing surgery in Denver and expects to be back in Wyoming o/a 5 May 2010. State Sr. Vice Commander Buck King is charge until he returns. Let's keep our State Commander in our prayers.

I want to thank our Frontier Post 11453 Comrades for electing me as your Quartermaster. I promise to make the Post proud of their selection by performing my duties in an exemplary manner. Please contact me with any questions or comments at any time.

The following is extracted from the VFW Washington Weekly:

President Signs TRICARE Protections: The President signed into law this week H.R. 4887 (P.L. 111-159) to recognize all Defense Department TRICARE and non-appropriated fund healthcare programs as meeting minimum essential coverage standards under the new national healthcare law. VFW National Commander Thomas J. Tradewell Sr. thanked the President and Congress for protecting the healthcare programs of more than 9 million beneficiaries, but said "Getting H.R. 4887 signed into law is just half the fight. Now we need the House to pass the legislation so that all VA care provided to eligible veterans, widows and children will also be

recognized and protected." The VFW asks you to take Action today by contacting your legislators on this critical issue. To send a message to your legislators, go to <http://capwiz.com/vfw/issues/alert/?alertid=14936976>.

Let's support this bill by sending a message to our legislators.

We had 25% of our members attend the elections last month. Thank you for your participation.

As a member of the elite Frontier Post 11453, I ask that each member contact at least one fellow VFW Comrade to convince him/her to attend our meeting next month (Tuesday, 11 May 2010) and support our functions.

I would like each Comrade to recruit at least one new member into our post in the next month. We have a multitude of Vietnam, Iraq and Afghanistan service members who are living and working in our community today. I feel we need to make an extra effort to find these vets and let them know what the VFW is all about and what it stands for. Thank you in advance for all your help and efforts.

Contact Les Smith by cell phone (256-8463) or his email address: vfw11453@hotmail.com to receive applications.

Chaplain's Corner

Dear Comrades:

I'm still recuperating after knee surgery and doing fine. I hope to be up and around by the end of May. You know that is when fishing starts for me, if I get well from surgery. Don't forget to thank the Lord for our Mothers on May 9.

Last but not least, put in a prayer for our men and women in our Armed Forces who are fighting for our Freedom at home and as always if you know of anyone in our Post who is in need or sick, let me know.

Frank Carter, Chaplain 11453

638-3663



WHAT IS THE VFW

Ask someone on the street, you may hear "Oh! That's a bar on Lincolnway or on South Greeley Highway, a place where old Vets, gather to tell war stories.

Ask some VFW members and they may say the same thing. One of the things that really surprised me when I first joined the VFW was the number of people that really did not know just what the real purpose of VFW.

Let's start with the VFW motto. "*Honor the dead by helping the living*". The question then is how do we help the living. There are many ways that this is done, by visiting hospitals, participating in Church functions, working with children in school or in sports. I believe that many member are doing just these things as routine and do not know that they are practicing VFW motto.

Many members do not know that the VFW posts are judge and awarded for their efforts. So the post can report your service, then be credit thus possibly be awarded. All the member has to do is;

1. Attend monthly meeting (second Tuesday of each month).
2. Call the quartermaster to report the time, miles and/or money spent in what activity participated in.
3. Jot the activity time, miles, money on a sheet of paper give it to another post member, or mail it to the Post Box.

Post 11453 activated Nov. 1992, after a years of learning, began reporting the participation in VFW programs, has many plaques and the seven Commanders have been award white hats (All State Commander). It is the desire of the present Commander that we continue receiving white hats.

Contributed by Comrade Gaylord Fosdick



VOICE OF DEMOCRACY

2010-2011 Theme

"Does My Generation Have a Role in America's Future?"

Entry Deadline

Nov. 1, 2010

Created in 1947, the Voice of Democracy (VOD) scholarship program is an audio-essay contest for high school students in grades 9-12 that annually provides more than \$3 million in scholarships. The first-place winner, who competes with all the first-place VFW Department winners, receives a \$30,000 scholarship that is paid directly to the recipient's American university, college or vocational/technical school.

Besides competing for the top scholarship prize, as well as other national scholarships ranging from \$1,000 to \$16,000, each Department's first-place winner receives an all-expense-paid trip to Washington, D.C., March 5-9, 2011, sponsored by **Target**.

The National Association of Secondary School Principals has placed this program on the **NASSP National Advisory List of Contests and Activities for 2009-2010**. The Voice of Democracy program is designed to foster patriotism by allowing students the opportunity to voice their opinion in a three to five minute essay based on an annual theme.

To support the Voice of Democracy program, contact our Chairperson, Bob Palmer (638-1844).

RESULTS OF VOD COMPETITION



*Kansas City, Mo.,
March 8, 2010 - The winners of the VFW and Ladies Auxiliary sponsored Voice of Democracy (VOD) audio-essay competition and the Patriots Pen essay competition were announced late*

yesterday afternoon during the VFW National Legislative/Voice of Democracy/Senior Vice Commander Meeting Washington D.C.

The VOD program celebrated its 63rd year with this year's theme, "Does America Still Have Heroes?" The first place

winner, Madison Mullen, sponsored by Post 3297 out of Delaware, Ohio, received an all-expense-paid trip to Washington D.C., where she was presented with the T.C. Selman Memorial Scholarship award in the amount of \$30,000. The 2nd place winner, Anthony Zendejas IV, sponsored by Post 239 out of Bremerton, Washington, received the \$16,000 Charles Kuralt Memorial Scholarship Award. The 3rd place winner, Lena Savell, sponsored by Post 12057 out of San Juan, Puerto Rico, received the \$10,000 VFW Scholarship Award. All other state winners received at least a \$1,000 college scholarship. Just over 50,000 students participated in this year's competition.

RESULTS OF THE PATRIOT PEN COMPETITION

The Patriot's Pen program is designed to foster patriotism by allowing students the opportunity to express their opinions on democracy based on an annual theme, this year's being, "When is the Right Time to Honor Our Military Heroes?" The first place winner, Abigail Barnard, sponsored by Post 7385 out of Mesquite, Nevada, received an all-expense-paid trip to Washington D.C., where she received a \$10,000 savings bond and trophy during a special luncheon. The 2nd place winner, Nora Faris, sponsored by Post 5649 out of Concordia, Missouri, will receive an \$8,000 savings bond and glass plaque. The 3rd place winner, Ariela Rivkin sponsored by Post 1429 out of Teaneck, New Jersey, will receive a \$7,000 savings bond and glass plaque. Wood plaques will be sent to all of the sponsoring Post's Department headquarters for presentation during their respective Department Convention or other appropriate ceremony. A total of 109,465 students participated in this year's competition.

Editors Corner

This letter is an attempt to provide information and recognition of individuals to all our Comrades who support the VFW Post 11453.

As your Editor of this letter, I ask for your suggestions, comments, ideas and support for the publishing of a monthly newsletter for our post.

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Cell Phone: (307) 256-8463

Email address: vfw11453@hotmail.com

Thanks Fellow Comrades for your Support

Voice of Democracy

From: **EReyn918@aol.com**

Sent: Tue 4/27/10 10:41 PM

To: vfw11453@hotmail.com

Voice of Democracy

2010-2011 Theme

"Does My Generation Have a Role in America's Future?"

Entry Deadline

Nov. 1, 2010

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May 2010
Letter

Good reading

From: **EReyn918@aol.com**

Sent: Tue 4/27/10 10:45 PM

To: wyowink@millect.com

Cc: vfw11453@hotmail.com

VFW Announces 2009-2010 National Voice of Democracy and Patriots Pen Essay Contest Winners

May 2010 Letter

Kansas City, Mo., March 8, 2010 - The winners of the VFW and Ladies Auxiliary sponsored Voice of Democracy (VOD) audio-essay competition and the Patriots Pen essay competition were announced late yesterday afternoon during the VFW National Legislative/Voice of Democracy/Senior Vice Commander Meeting Washington D.C.



The VOD program celebrated its 63rd year with this year's theme, "Does America Still Have Heroes?" The first place winner, Madison Mullen, sponsored by Post 3297 out of Delaware, Ohio, received an all-expense-paid trip to Washington D.C., where she was presented with the T.C. Selman Memorial Scholarship award in the amount of \$30,000. The 2nd place winner, Anthony Zendejas IV, sponsored by Post 239 out of Bremerton, Washington, received the \$16,000 Charles Kuralt Memorial Scholarship Award. The 3rd place winner, Lena Savell, sponsored by Post

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[Read Madison Mullen's award winning essay](#)

Watch Madison deliver her essay on-demand at vfw.org

[See list of all winners](#)

May 2010 Letter

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[Read Abigail Barnard's award winning essay](#)

Watch Abigail deliver her essay on-demand at vfw.org.

[See list of all winners](#)

Commander

From: **Bob DeBernardo** (vfwhq@bresnan.net)

Sent: Tue 4/27/10 11:50 AM

To: Les Smith (vfw11453@hotmail.com); Arthur L. Rymill (alrymill@yahoo.com); Bubba Wilkerson (wytxed@gmail.com); Charley Carpenter (vfw954@msn.com); Charlie Fresorger (cfandef@vcn.com); Cheryl Shannon (ckwkitten@yahoo.com); Chuck Sutter (candcsutter@yahoo.com); Cliff Coon (cliff212_dal@yahoo.com); Dan Roblyer (droblyer@tctwest.net); Daniel Marquez (ddmarq@gmail.com); Dennis Miller (wmmiller44@gmail.com); Dick Kosnick (rkosnick@msn.com); Dick Moline (vfw1560@bresnan.net); Don Heckert (garnetheckert@yahoo.com); Don Mack (dcmack22@yahoo.com); Don Neville (donaldn@tribcsp.com); Earl Sellers (sellered@aol.com); Gary Mathisen (gkmathisen@yahoo.com); Glenn 7798 Dorcheus (gdorcheus@bvea.net); Heber Hart (barthart@wavecom.net); Hugh Livingston (hughblivingston@dteworld.com); J D Darnell (beckied@rtconnect.net); Jay Norby (jnorby@wmcnet.org); Jim Channel (yeolebosnjimchannel@yahoo.com); Jim Pedersen (wyonavy@bresnan.net); John - Karlene Huckman (johnhuck@rtconnect.net); John Willoughby (jfwkpwretired@msn.com); Liz Wood (lizziesaratoga@gmail.com); Mike Olson (mrolson@vcn.com); Mike Vick (veterans991@msn.com); Montoya, Dana R., VSOCHY (Dana.Montoya@va.gov); Pat 3628 Lawson (patlawson@wildblue.net); Pete Quinnell (pbquin@vcn.com); Philip Harris (philip.harris@bresnan.net); Post 10677/dis 3 Barnes (b3cec@netzero.net); Post 2673 (Vfwpost2673@bresnan.net); Post 4801 (jpercy@wyoming.com); Post 8473 (aellefson@wbaccess.net); Post 9439 (VFW9439@aol.com); Randy Reed (reedworland@yahoo.com); Ray Cassell (raycassell@yahoo.com); Raymond Martin (rnitram@msn.com); Rod Birkle (rodarlene2002@yahoo.com); Roy Olaveson (olaveson@wyoming.com); Russ Johnson (rooster0855@yahoo.com); Sandy Slaymaker (sslayma273@aol.com); Shirley Wildman (skobielusz@yahoo.com); Vernal Cleverley (vjcleverley@yahoo.com); Wayne Farley (farleywl1@yahoo.com); Barry Gasdek (bgasde@state.wy.us); Bob Beck (oldfartbeck@msn.com); Bob Gonzales (n7obs_@wyoming.com); Bonita Gamble (gamble04@msn.com); Charles Jackson (vfw1881@bresnan.net); Dean Bergstrom (bergstrom@rtconnect.net); James Washam (jim_washam@yahoo.com); JD Darnell (beckied@tribcsp.com); Jeanie Lowe (jeanie816@aol.com); Joseph Childers (jchilders@tritell.net); Larry Orr (lbordeal@msn.com); Larry Parkins (l2lparkins@bresnan.net); Richard Nielsen (richn@rtconnect.net); Ted Miazga (tmiazga@cheyennepd.org); Wayne Mordahl (vfwpost4343@gmail.com)

May 2010
Lence { State Commander Larry Orr will be out of State from April 29 to May 5, 2010. He will be undergoing surgery in Denver.

State Senior Vice Commander Buck King will be in charge during that period.

Bob DeBernardo
Adj/Qm Dept of Wyoming
307-333-5975



VFW Frontier Post 11453

Monthly Newsletter

June 2010 Edition (Vol. 1)

Commander's Corner

Our National Commander-in-Chief, Tommy Trade-well was well received during his visit here in Wyoming. A special Thanks goes to Post 4343 for sponsoring his visit.

Our monthly meetings are getting more successful each month thanks to our Comrades notifying other Comrades and assisting them to attend the meetings. Our attendance rating was 25.8% (16 of 62 members) I want to personally thank every Comrade that attended the last meeting for their interest in our Post and for contributing excellent recommendations to improve the operation and proficiency of the day to day betterment of our organization.

Please be reminded that 14 June is Flag Day. Properly and proudly display a flag at your residence on this day.

Did you know that Public Law 105-85 (November 16, 1997) requires all federal agencies, military installations and U.S. post offices to display the POW/MIA Flag on Memorial Day.

The theme for the Voice of Democracy for the year 2010-2011 is "Does My Generation Have a Role in America's Future?" Contact our chairperson, Gaylord Fosdick (638-8538) to see if you can assist him in any way.

The theme for the Patriot Pen for the year 2010-2011 is "Does Patriotism Still Matter?" Please contact our chairperson, Bob Palmer (638-1844), to check with him if there would be anything you could assist him or the program with.

Now is the time to lay the ground work for the promotion of each of these programs. School will be starting up again in the last week of August and we will have very little time between now and then to

have our programs set up, practiced and gain an audience to present these programs.

Quartermaster's Corner

I want to compliment all of our Comrades who came to our last meeting. It was another success thanks to all who were present.

I want to give a special thanks to Earl Reynolds and Commander Winkler for obtaining the wheel chairs for the Honor Flight last month. Their efforts made it possible for Quartermaster Harris (Post 1881) to fulfill his quota of 40 wheelchairs, thus making the program successful that supported the veterans of WWII in getting to Washington, DC and seeing all the memorials dedicated to our service men and women. Thanks for job well done!

Our Comrades are doing an excellent job in recruiting new members to our Post. We may have 3 to 5 new ones by 1 July 2010 as well as 2 to 3 new transfers from others posts. Congratulations to those who so diligently and unselfishly gave their time and effort to gain membership for our post. The next large commitment is to continue increasing the attendance at the monthly meetings. Thanks for the great support!

As of 24 May 2010, Wyoming is short by 42 members to have a 100% for our state. By being diligent with our recruiting and follow up, we can help our Department meet the quota of 100%.

I feel it is important to reiterate the advanced preparation necessary to succeed in the Voice of Democracy and Patriot Pen programs. Any assistance that can be provided to Gaylord Fosdick (638-8538), chair for the Voice of Democracy program, will be greatly appreciated. Any assistance to the Patriot Pen program that can be provided to Bob Palmer (638-1844) will be greatly appreciated.

Things To Consider

Our Post needs to look into the VFW Foundation and consider making a donation for the betterment of our fellow Comrades and active duty personnel.

File Copy

The following is an excerpt from their site which will give us a better insight on what they do and why we should consider making a contribution to this worthy program.

VFW Foundation Launches "Return the Favor" website

The VFW Foundation on April 8, 2010 launched its Return the Favor website as part of an awareness and fundraising campaign to honor, celebrate and support active-duty and retired military and their families. The VFW Foundation is a 501(c)(3) not-for-profit organization and official charity of the Veterans of Foreign Wars (VFW), America's oldest and largest service group for combat veterans.

Return the Favor programs and services fill in governmental assistance gaps for troops abroad, deserving military families back in the U.S. or America's often forgotten veterans. Programs support all branches of the military, are provided at no cost to the recipients and require no VFW affiliation. Through Return the Favor programs and services, the VFW Foundation seeks to make military personnel and their families feel appreciated for their service to our country.

The VFW Foundation receives no government funding, and instead relies solely on public and corporate donations. For more information about the campaign visit our website at www.returnthefavor.org

The VFW Foundation is a 501(c)(3) non-profit and the official charity for our parent organization, the Veterans of Foreign Wars of the United States (VFW)

This should be brought up at our next meeting on 8 June 2010 for consideration of making a donation.

1st Picnic of the Year

If you have not contacted Comrade Earl Reynolds (634-6453) or Commander Winkler (640-0060) about attending our picnic, please do so immediately so they can make arrangements for enough food for all attendees as the picnic will be 1 June 2010 (Tuesday) at 1800 hours for members, member's families and invited guests at the Reynolds's residence at 918 Natrona Avenue, Cheyenne, Wyoming.

AIM TOWARD THE ENEMY
Instructions printed on U.S. Rocket Launcher

From the Office of the VFW National Military Services

RETURN THE FAVOR Help the VFW Foundation receive \$250,000 from The Pepsi Refresh Project **VOTE NOW**

The VFW Foundation is in the running to receive a \$250,000 "Pepsi Refresh" grant.

But it all depends on you. Won't you help us win?

Beginning June 1st, please visit <http://www.refresheverything.com/ReturnTheFavor>

Your vote for the VFW Foundation's "Return the Favor" project will support the unmet needs of U.S. military personnel and their families. For example, since 2004, the VFW Foundation has provided over \$3,400,000 in direct free financial assistance to military families in urgent financial circumstances for rent, mortgage, utilities, vehicle repair, medical expenses and food/basic aid. In many instances, our intervention has stopped evictions and foreclosures. We constantly hold "welcome home" and "send off" events for troops to boost morale. We've distributed 10,000,000 long distance telephone cards and we pay for innovative Internet "free call days" so our brave troops in Iraq and Afghanistan can call home on a regular basis.

You can vote once a day during the month of June.

The two organizations that receive the most votes win.

Tell friends and family, forward this email to everyone you know.

Won't you take a few seconds to show our troops and those they love how much our nation appreciates their service and sacrifice? They are counting on you, please don't let them down!

"They have done so much for us.... Now let's Return the Favor"

How Many are Aware?

VFW National Headquarters endorses 21st Century Auto Insurance. The program includes preferred rates and coverage for VFW members and their families.

VFW-Sponsored Auto Insurance offers both savings when you buy your policy and security when you get behind the wheel of your car.

Additional benefits at NO COST include:
24 Hour Roadside Assistance.
Identity Theft Restoration Service.
Emergency Travel & Medical Assistance.

Call 1-800-354-0181 for a no-obligation rate quotation or request a quote online at <http://vfw.21st.com> (National Headquarters Bulletin)

Respecting the Flag of the U.S.A.

It has recently come to the attention that some erroneous traditions are becoming more commonplace regarding U.S. Flags that are no longer usable. Many well meaning individuals have cut up soiled or worn Flags, sometimes cutting out stars and mailing them to our troops. Although this is a thoughtful gesture and it appears on the internet in several places, it is in fact, an inappropriate act and should not be conducted by any VFW Post or Auxiliary.
(National Headquarters Bulletin)

Chaplain's Corner



Dear Comrades,

It's that time of the month for our newsletter. I've not been around much since my operation on my knee. It is getting better every day and I thank my Lord and the doctor for that.

At our church, our pastor recognized all the men and women who now are guarding the gates of freedom for us and we thank them from the bottom of our hearts.

If you know of a sick comrade or one in need, don't forget to give me a call or let me know some way and I will contact them.

I am hoping to see you at our next meeting.

My phone number is 638-3663.

Thank you for your help always,

Frank Carter
Chaplain 11453

P.S. I hope you had a wonderful Memorial Day and God bless your family.

Free Veterans Planning Guides Available

Dignity Memorial, a VFW-sponsored funeral program, offers free veterans planning guides for VFW members. For more information about Dignity or to request a planning guide, visit www.DignityVeteransVFW.com.

Dignity Memorial supports veterans through programs such as *Dignity Memorial Vietnam Wall* and the *Dignity Memorial Homeless Veterans Burial Program*.

Reminder # 1

Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 8 June 2010 being held in the Cheyenne VA auditorium. It is our **only** way of getting credit for all the volunteer hours that our Comrades so freely give of their valuable time.

Reminder # 2

We need our Comrades to submit any articles they would consider appropriate to me by email, in person or call me and I will pick the articles up. The following are my contact numbers and address:

Les Smith
5522 Murray Hill Drive
Cheyenne, WY 82009

Home Phone: (307) 637-8777
Cell Phone: (307) 256-8463
Email address: vfw11453@hotmail.com

Please submit articles by 25 June 2010 to allow for the newsletter to be compiled. THANKS.

**IF YOU HAVE AN EMAIL ADDRESS, PLEASE
SEND IT TO ME TO SAVE THE POSTAGE.
THANK YOU. LES**

The Humorous Side of Life

As a senior citizen was driving down the freeway, his cell phone rang. Answering, he heard his wife's voice urgently warning him, "Ken, I just heard on the news that there's a car going the wrong way on Interstate 95. Please be careful!"

"Heck," said Ken, "It's not just one car. It's hundreds of them!"

(Contributed by Comrade Earl Reynolds)

Thanks Fellow Comrades for your Support

Les Smith
(VFW Post 11453)
5522 Murray Hill Drive
Cheyenne, Wyoming 82009



VFW Frontier Post 11453

Monthly Newsletter

July 2010 Edition (Vol. 1)

Commander's Corner

Greetings. I pray that everyone had a great 4th of July and that you observed the patriotism shown in our community by the display of our American flag. This is a great country and it is because of our military.

I attended the annual State meeting in Casper last month and gained a wealth of information. I will be passing on this information at our monthly meetings as time allows and when it pertains to our Post. I expect next year we will begin receiving plaques and other laudatory recognition because our Post has begun to move forward in a very positive manner thanks to all our Comrades who have given ideas, recommendations and devoted their time and effort toward the betterment of our organization. Thank you all so very much.

I have some very exciting news for our Post. Lincoln Valley Auto Salvage has donated a van that is set up to accommodate our VFW Frontier Post 11453 disabled veterans to transport them to our meetings, picnics, local museums, historical sites and other social events as they arise. Many thanks to Lincoln Valley Auto Salvage for the very thoughtful and unselfish contribution. Thanks Bill! We appreciate you and all you have done for our Post.

Being we are in the vein of good news, I would like to take this opportunity to say that through the diligence and mediating by some of our Comrades with the DAV Chapter #2, Guthrie-Beck located at 1119 Converse Avenue here in Cheyenne, we have a great possibility of leasing space from them for our meetings and other events we desire to hold. We need all of our members to be present at our next meeting scheduled for 1900 hrs on Tuesday, 13 July 2010 to discuss and approve the opportunities addressed above. This is a great opportunity for our organization to advance and become more active in

supporting our veterans and the community in which we live.

The Traveling Vietnam Wall will be in Gillette, Wyoming September 8 through September 12 2010. There will be ceremonies every day as well as the availability of the Traveling Vietnam all 24/7 on the front lawn of the Cam-Plex in Gillette, Wyoming. Visit www.gro2010.org for all the information.

If you have any items that you would like to give to our VFW Post that could be sold in a "Garage Sale", contact Earl Reynolds (634-6453) on 15 August 2010 and he will inform you where to deliver those items. The proceeds from this sale will benefit our VFW 11453 Van Program for maintenance and upkeep which in turn helps support our partially ambulatory dependent vet's to enjoy a more vibrant life style in the upcoming days.

Thank you all for the support you have shown by attending our meetings and participating in the various volunteer programs. Your support has gained momentum in the last couple of months.

I ask that you plan to attend this month's meeting because we have several issues to decide on. The more Comrades we have the more ideas will come forth and this makes for sound decisions for the betterment of our Post. Please consider all aspects relating to the two main opportunities available to our membership and the great support this will give our fellow disabled veterans. By moving forward as a Post, we will be more of a credit to our Comrades and an asset to our community.

Thank everyone for their support and I will see on our next meeting on Tuesday, 13 July 2010.



Quartermaster's Corner

We are planning to give out Poppies on Military Appreciation Day (14 August 2010). We need volunteers to support our efforts.

VFW Frontier Post achieved a 100% of our membership as of the 30th of June 2010. Our Comrades are doing an excellent job in recruiting new members to our Post. Congratulations to those who so diligently and unselfishly gave their time and effort to gain membership for our post. The next large commitment is to continue increasing the attendance at the monthly meetings. Thanks for the great support!

Speaking of attendance to monthly meetings, this upcoming meeting on 13 July 2010 is of the utmost importance. We are voting on two great new activities.

I feel it is important to reiterate the advanced preparation necessary to succeed in the Voice of Democracy and Patriot Pen programs. Any assistance that can be provided to Bob Palmer (638-1844), chair for the Voice of Democracy program, will be greatly appreciated. Any assistance to the Patriot Pen program that can be provided to Gaylord Fosdick (638-8538) will be greatly appreciated.

Changes to Medication Co-Pay

Changes to medication co-pays have changed effect 1 July 2010. To get all of the information relating to co-pays, go to website: www.va.gov/healtheligibilty.

It Is Never Too Late To Plan Ahead:

If you have not made your final plans for your last day on this earth, it may prove very interesting and financially advantageous to check out information on VA furnished headstones, markers and medallions. Below is the newly provided medallion with the branch of service embossed on the lower portion of the bronze medallion.



This bronze medallion is offered free and you can find all the information relating to the issue to those who qualify as military service personal by visiting the following site for more information.

<http://www.cem.va.gov/cem/hm/hmtype.asp>. The VA is currently developing an application form for ordering the medallion. Until it is available, appli-

cants may use the form for the ordering government headstones and markers, VA Form 40-1330.

Things We Need to Consider:

We need to support our friends who support our VFW with their donations. They continue to support us. Thanks for the van Bill Winkler, it will make the activities outside our VA more easily accessible and allow our disabled veterans to move about our local community more easily.

LINCOLN VALLEY AUTO SALVAGE **CASH FOR YOUR RECYCLEABLE CARS & TRUCKS**

**William
(Bill)
Winkler**

**2607 Whitney Road
P.O. Box 5422
Cheyenne, WY 82003**



(307) 638-0076

How Many are Aware?

Disabled Veterans with a disability rate of 50% or more can receive a free DV license plate for one vehicle. This does not include motor homes. Contact your County Treasurer's office for all the pertinent information.

Also, Wyoming Veterans Property Tax Exemption W.S. 39-13-105 provides for up to \$3,000.00 off the assessed valuation of the veteran's primary residence. This a yearly exemption with NO lifetime caps. The dollar amount is based on wartime military service during specific time periods, or an overseas combat expeditionary medal, OR VA compensable disability of at least 10%.

Vehicle Registration Exemption on Unused exemption W.S 31-3-101. You may apply the unused exemption of the property tax exemption (see W.S. 39-11-105 and 39-13-105) against vehicle registration fees, not to exceed \$90.00 in fee reduction. This is primarily used by veterans that do not own property.

H.R. 4319 that is in the House VA Committee Hearings would allow a disabled veteran to use the VA adaptive grant program while residing temporarily in a family member's home without having the amount charged against the aggregate limit for the program. For more information on the hearing or to read VFW testimony, go to the House VA Committee website at <http://veterans.house.gov/>.

Last but not least, the VA is **proposing** a change to aid Veterans exposed to Agent Orange an easier path

to qualify for disability pay under a proposed regulation published by the Department of Veteran Affairs (VA) that adds 3 new illnesses to the list of health problems found to be related to Agent Orange and other herbicide exposures. For more information about Agent Orange and VA services for Veterans exposed to Agent Orange, type the following in your url:

www.publichealth.va.gov/exposures/agentorange.

Chaplain's Corner

Dear Comrades,



It is time once again to let you know what is going on at my home. I haven't heard from anyone that is sick or needs help. I am doing better – the knee is doing fine.

I would ask that you keep our Comrade Harry McCormick in our prayers.

I would ask that you pray for my wife Bertha now. She is having trouble with her knees.

I am praying that everyone had a good time on the 4th of July and were careful. Thanks for flying the flag and remembering to pray for our troops.

Frank Carter
11453 Chaplain



Reminder # 1

Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 13 July 2010 being held in the Cheyenne VA auditorium . It is our **only** way of getting credit for all the volunteer hours that our Comrades so freely give of their valuable time.

Reminder # 2

We need our Comrades to submit any articles they would consider appropriate to me by email, in person or call me and I will pick the articles up. The following are my contact numbers and address:

Les Smith
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Cheyenne, WY 82009

Home Phone: (307) 637-8777
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Email address: vfw11453@hotmail.com

Please submit articles by 26 July 2010 to allow for the newsletter to be compiled. THANKS.

**IF YOU HAVE AN EMAIL ADDRESS, PLEASE
SEND IT TO ME TO SAVE THE POSTAGE.
THANK YOU. LES**

The Humorous Side of Life

Four Worms and a Lesson to be learned

A minister decided that a visual demonstration would add emphasis to his Sunday sermon.

Four worms were placed into four separate jars.

The first worm was put into a container of alcohol.

The second worm was put into a container of cigarette smoke.

The third worm was put into a container of chocolate syrup.

The fourth worm was put into a container of good clean soil.

At the conclusion of the sermon, the minister reported the following results:

The first worm in alcohol - Dead.

The second worm in cigarette smoke - Dead

The Third worm in chocolate syrup -Dead

The fourth worm in good clean soil -Alive.

So the Minister asked the congregation "what did you learn from this demonstration?"

Maxine was sitting in the back, quickly raised her hand and said, "As long as you drink, smoke and eat chocolate, you won't have worms!"

That pretty much ended the service.
(Contributed by Comrade Earl Reynolds)

Thanks Fellow Comrades for your Support

Les Smith (Editor)
(VFW Post 11453)
5522 Murray Hill Drive
Cheyenne, Wyoming 82009
Les Smith

**Think for a moment. If you
had sent me an article or two,
this space would have been
filled with something useful!**



VFW Frontier Post 11453

Monthly Newsletter

August 2010 Edition (Vol. 1)

Commander's Corner

Thanks to all the members who attended our July meeting and for you supporting our move from the Cheyenne VA auditorium to the DAV Guthrie-Beck Chapter #2 at 1119 Converse Avenue effective 1 August 2010. Our next meeting, 10 August 2010 will be at the DAV building located at 1119 Converse Avenue. This building has HANDICAP ACCESS ! Let us enjoy our new home and make it a success. I would appreciate that everyone who has any new ideas that will make our Post and our new location more enjoyable, to contact me or any of our Officers.

I would like to thank all of the members for a great turnout at our last meeting who voted to approve the donation of a van with chair lift capability into our Post to transport our wheel chair bound veterans on special occasions. Please let me know if you would like to help in this VAN Project. Also, any donations for our new home or the Van Project would be greatly appreciated. The start-up costs have to be borne by our Post members in order to make this a success. We are planning to have it available for use by mid-September 2010.

The Traveling Vietnam Wall will be in Gillette, Wyoming September 8 through September 12, 2010. There will be ceremonies every day as well as the availability of the Traveling Vietnam wall 24/7 on the front lawn of the Cam-Plex in Gillette, Wyoming. Visit www.gro2010.org for all the information.

If you have any items that you would like to give to our VFW Post that could be sold in a "Garage Sale", contact Earl Reynolds (634-6453) on 15 August 2010 and he will inform you where to deliver those items. The proceeds from this sale will benefit our VFW 11453 Van Program for maintenance and upkeep which in turn helps support our partially ambulatory dependent vet's to enjoy a more vibrant life style in the upcoming days.

VFW Frontier Post 11453 is moving up thanks to all our members. We need to keep recruiting to show others what a great VFW Post like 11453 is really like and the capabilities it has shown.

It is imperative that we keep recruiting new members to build our Post into the best we can be.

Please remember to keep the family and friends of our beloved past Commander (Dr.) Harry McCormick in our prayers. He will be deeply missed by everyone. He has touched the lives of so many people in his journey through life and is now resting in eternal peace. May God Bless him and his family.

Thank you again for your support and I will see on our next meeting on Tuesday, 10 August 2010.



Quartermaster's Corner

Our monthly name draw for a \$10.00 cash prize was accomplished on the monthly meeting 13 July 2010 and Comrade Calkins drew Earl Sorenson's name. Earl was not present to claim the cash. See you at next months meeting.

We are passing out Poppies on Military Appreciation Day (14 August 2010) in the parking lot of the First Christian Church, 219 West 27th Street, Cheyenne, WY. We need volunteers to support our efforts. Please contact Comrade Gaylord Fosdick (638-8538) if you can assist in the Poppy distribution.

VFW Frontier Post achieved 23% of our membership in attendance to our 13 July 2010 meeting. The next large commitment is to continue increasing the attendance at the monthly meetings. Thanks for the great support!

Our Post wishes to express our heart-felt thanks to Melbourne Lee for his \$100.00 donation to start our Van Support Fund rolling. Mr. Lee is instrumental in the success of the van program which supports our fellow veterans where other programs stop. Mr. Lee is our COMRADE OF THE MONTH for July 2010. Congratulations!

I feel it is important to reiterate the advanced preparation necessary to succeed in the Voice of Democracy and Patriot Pen programs. Any assistance that can be provided to Bob Palmer (638-1844)), chair for the Voice of Democracy program, will be greatly appreciated. Any assistance to the Patriot Pen program that can be provided to Gaylord Fosdick (638-8538) will be greatly appreciated.

We need to support our friends who support our VFW with their donations. They continue to support us. Thanks for the van Bill Winkler, it will make the activities outside our VA more easily accessible and allow our disabled veterans to move about our local community more easily.

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**William
(Bill)
Winkler**

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Cheyenne, WY 82003



(307) 638-0076

The Vietnam Wall will be in Gillette, Wyoming 8-12 September 2010 in the Camplex Park. The site will be open 24 hours a day for public viewing. The tribute is sponsored by the Gillette Riders Organization, a coalition of rider's organizations in Northeast Wyoming with the support of The Marna M. Kuehne Foundation, The American Legion Campbell County Post 42 and the VFW Post 7756. For additional information, go to www.gro2010.org.

The link below is a virtual wall of all those lost during the Vietnam war with the names, bio's and other information on our lost heroes. Those who remember that time frame, or perhaps lost friends or family can look them up on this site. Pass this link on to others, as many people knew these great patriots who gave their all for us, will recognize whose names are listed.

If you would like to check the wall for Fallen Heroes that were family, friends, acquaintances or neighbors, you can find those names by following the instructions below once you are on your computer.

Website: <http://www.virtualwall.org/iStates.htm>. (NOTE: you will have to cut and paste this website to your URL.) When you get to the site, click on a state.

When it opens, scroll down to the city and the names will appear. Then click on their names. It should show you a picture of the person, or at least their bio and medals. This really is an amazing web site.

Someone spent a lot of time and effort to create it. I hope that everyone who receives this appreciates what those who served in Vietnam sacrificed for our country.

How Many are Aware?

Wyoming Veterans Benefits by Statute. W.S. 19-14-106 provides for Ten (10) free semesters of tuition and fees at the University of Wyoming OR the Community Colleges.

If you are a veteran, 65 years of age or older OR 100% disabled, you are eligible for free Bird, Small Game and Fishing Licenses in accordance with W.S. 23-1-705. If you are 50% disabled, according to W.S. 23-2-201 (f), you are eligible for a fishing license.

Chaplain's Corner



Dear Comrades,

It is time again to let you know how things are going from the Chaplain's Corner. We celebrated the passing of Comrade Harry McCormick. We sent a sympathy card and visited with Gerry to see if there was anything the Post could help her with. She said she was doing fine and thanks.

VFW Frontier Post 11453 expresses their condolences to the family and friends of Richard L. Gardner. May God Bless his wife, family and friends.

This is also the time of year when everybody has a good time during Frontier Days. Don't forget if you must drink, don't drive. Get someone else to drive. Be safe.

Let us not forget our men and women that are guarding the gates of freedom for us. Stop at some point and say a prayer for them.

Remember to let me know if you know of someone in need. My phone# is 638-3663.

God Bless You and Yours,

Frank Carter
11453 Chaplain



PERSONALS:



SARGE (Gaylord) Fosdick requests you join him to celebrate his 80th birthday. He requests that we join him for snacks and cake. You are welcome to skate, but it is not a requirement, although the SARGE is still "burning the wheels" off his skates at 80 years young. CONGRATULATIONS and thanks for all your support to the VFW in years gone past.

PLEASE support our dedicated patriotic sponsor's who advertise in our newsletter. Call them and thank them.



*Patty Winkler
Manager*

BROADMOOR EAST BOARDING & GROOMING

*7:30 to 5:30 Monday - Friday
1:00 to 4:00 Saturday*

*4214 East Pershing Blvd For Appointments Call
Cheyenne, Wyoming 82001 (307) 632-6607*

Reminder # 1

Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 10 August, 2010 being held in the DAV Guthrie-Beck Chapter #2, 1119 Converse Avenue, Cheyenne, WY. . It is our **only** way of getting credit for all the volunteer hours that our Comrades so freely give of their valuable time and money.

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THANK YOU. LES**

The Humorous Side of Life

There once was a little boy who had a bad temper... His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence... Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence. Finally the day came when the boy didn't lose his temper at all.

He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, 'You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out, but It won't matter how many times you say I'm sorry, the wound will still be there. A verbal wound is as bad as a physical one.

Remember that friends are very rare jewels indeed. They make you smile and encourage you to succeed; they lend an ear, they share words of praise and they always want to open their hearts to us.

YOU ARE MY FRIEND AND I AM HONORED!

Please forgive me if I have ever left a 'hole' in your fence.

Thanks Fellow Comrades for your Support

Les Smith (Editor)
(VFW Post 11453)
5522 Murray Hill Drive
Cheyenne, Wyoming 82009
Les Smith

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been filled with something useful!**



VFW Frontier Post 11453

Monthly Newsletter

September 2010 Edition (Vol. 1)

Commander's Corner

I would like to emphasize that our schools are back in session and that we all be alert and drive carefully in and around our schools. Be alert for the school buses while they are picking up or discharging students.

As everyone knows, I attended the National Convention back east and just returned last Friday. It was an experience! I have received a lot of information that will be passed on to our fellow Comrades at our meetings.

We had our annual Post Inspection after the monthly meeting last 10 August and passed successfully. I want to thank District 5 Commander, Ted Miazga for his inspection and the guidance and advice on how to maintain the standards set in our Congressional Charter By-Laws.

As your Post Commander, it is my desire for our Post to become very active in the support of our community leaders and the programs that VFW offers.

Patriot Pen provides 6th through 8th graders an opportunity to express their opinion of a patriotic theme which changes each year. This also presents an opportunity for our children to improve their writing skills. There are awards for Local, District, State and National winners. The National winner will receive a \$10,000 U.S. Savings Bond. Contact Comrade Gaylord Fosdick (638-8538) for further information or to assist in the program. **Deadline for entries is November 1, 2010.**

The Voice of Democracy (VOD) Scholarship competition provides high school freshman through seniors an opportunity to write and record a broadcast script on a patriotic theme that is provided annually by the National VFW. There are awards for Local, District, State and National winners. First

place for the National winner is a \$30,000 scholarship. Contact Comrade Bob Palmer (638-1844) for further information or to assist in the program.

Deadline for entries is November 1, 2010.

There is a strong need for our Post to become involved with the youth of our community. Being involved in the Boy Scouts is one that readily comes to mind. First place Scout of the Year carries a \$5,000 award.

Awards are available for recognizing the teachers of our children.

Also, the Veterans of Foreign Wars selects emergency services persons, law enforcement officers and firefighters for National Awards.

I would very much like to have a volunteer to chair each of these committees and show our community that we are responsible, care and recognize the great efforts our educators put forth to teach our children to become good citizens who have received the best education available in the great State of Wyoming.

Any assistance involving how to conduct these committees or needing information pertaining to these programs may contact our Post Quartermaster.

We are in need of volunteers to pick up our veterans at the VA hospital on the night of the meeting. As of this time, we need rides to and from the VA for Jim Paxton and Francis Oline. Rick Morrisette needs a ride from his home on Pinto Lane. Contact me if you can volunteer to transport our Comrades to our new meeting place.

We are still in need of sponsors for our Van Program. Your help will be greatly appreciated. The cost of a business size advertisement is \$15.00 per month OR \$150.00 for one year. Contact our Quartermaster with any sponsors and he will set up the graphic.

I want to thank everyone who donated to our garage sale. We had a good turnout. Thanks to all of our fellow Comrades for all the time and effort they expended to make this endeavor a success.

Thank you again for your support and I will see on our next meeting on Tuesday, 14 September, 2010.



Quartermaster's Corner

We are distributing Poppies on 4 September 2010 in support of the Cheyenne Medical Center **OEF/OIF** Program. The **OEF/OIF** Program (**O**peration **E**nduring **F**reedom/**O**peration **I**raqi **F**reedom) is a Welcome Home for returning veterans. **OEF/OIF** is hosting this event at the Harvest Farms in Wellington, Colorado. The park will be open as well as the picnic grounds. This Welcome Home event is to ensure our returning veterans know what services are available to them and show our appreciation for their patriotism and service. We need volunteers to support our efforts. Please contact Comrade Steve Wilson (635-3895) if you can assist in the Poppy distribution.

As part of our desire to add new features and items of importance to our Comrades, I would like to start interviewing one of our Post Comrades each month and write a small article involving their experiences they would like to share. Too often, we fail our fellow veterans by the silence of words of their life experiences. As our veterans join the "gray ranks", it would only seem appropriate that we record some of their stories, actions and adventures relating to their military service.

VFW Frontier Post achieved 21.5% of our membership in attendance to our 10 August 2010 meeting. Thanks for the great support!

COMRADE OF THE MONTH for August 2010 is Senior Vice Commander Reynolds for his dedication to the success of our annual garage sale. His organizational abilities and commitment are exemplary. Congratulations Earl! We also want to salute Ruth for her total support for this event. Thanks Ruth.

I feel it is important to reiterate the advanced preparation necessary to succeed in the Voice of Democracy and Patriot Pen programs. Any assistance that can be provided to Bob Palmer (638-1844)), chair

for the Voice of Democracy program, will be greatly appreciated. Any assistance to the Patriot Pen program that can be provided to Gaylord Fosdick (638-8538) will be greatly appreciated.

We need to support our friends who support our VFW with their donations. They continue to support us. Thanks for the van, Bill Winkler, it will make the activities outside our VA more easily accessible and allow our disabled veterans to move about our local community more easily.

LINCOLN VALLEY AUTO SALVAGE CASH FOR YOUR RECYCLEABLE CARS & TRUCKS

**William
(Bill)
Winkler**

**2607 Whitney Road
P.O. Box 5422
Cheyenne, WY 82003**



(307) 638-0076

The Vietnam Wall will be in Gillette, Wyoming 8-12 September 2010 in the Complex Park. The site will be open 24 hours a day for public viewing. The tribute is sponsored by the Gillette Riders Organization, a coalition of rider's organizations in Northeast Wyoming with the support of The Marna M. Kuehne Foundation, The American Legion Campbell County Post 42 and the VFW Post 7756. For additional information, go to www.gro2010.org.

The link below is a virtual wall of all those lost during the Vietnam war with the names, bio's and other information on our lost heroes. Those who remember that time frame, or perhaps lost friends or family can look them up on this site. Pass this link on to others, as many people knew these great patriots who gave their all for us, will recognize whose names are listed.

If you would like to check the wall for Fallen Heroes that were family, friends, acquaintances or neighbors, you can find those names by following the instructions below once you are on your computer. Website: <http://www.virtualwall.org/iStates.htm>. (NOTE: you will have to cut and paste this website to your URL.) When you get to the site, click on a state.

When it opens, scroll down to the city and the names will appear. Then click on their names. It should show you a picture of the person, or at least their bio and medals. This really is an amazing web site.

Someone spent a lot of time and effort to create it. I hope that everyone who receives this appreciates what those who served in Vietnam sacrificed for our country.

How Many are Aware?

Free tickets for the Mountain West rivalry with Air Force at the University of Wyoming's War Memorial

Stadium, on Sept. 25, are available to Wyoming veterans thanks to a joint venture of the University of Wyoming and the Wyoming Veterans Commission.

There are 500 free tickets available to Wyoming veterans for the game, in Laramie. Kickoff is at noon. Veterans can request two tickets per veteran by contacting the Wyoming Veterans Commission at (307) 265-7372, in Casper.

Veterans will need to provide their name, mailing address, and some basic proof of their veteran status such as a veterans service organization membership, VA health care eligibility, retired military status, or other proof of veteran status.

Proof of status over the phone is sufficient. All requests for tickets must be received by the close of business on Sept. 8 and will be awarded on a first come, first served basis. Tickets will be mailed, as the orders are filled and no later than Sept. 8.

Veterans are invited to a special pre-game on-field recognition ceremony and will help cheer on the Cowboys as they enter the field.

"Thank you to the University of Wyoming Athletic Department for supporting Wyoming veterans," said Ron Wood, Wyoming Veterans Commission chairman. "Wyoming veterans have a long tradition of supporting Cowboy football. This is a great way to recognize our veterans' service to our state and nation."

Chaplain's Corner



Dear Comrades,

It is once again that time of the month to let you know what the Chaplain of VFW Post 11453 has been doing. I talked to Harry McCormick's wife. She said she is doing fine but has a lot of paperwork.

I haven't heard from any comrades or anyone that needs our help.

I am very fortunate to have been invited to go fishing in Alaska. We will leave on the 3rd of September and be back on the 10th.

Sorry I missed the last meeting. I am looking forward to the next one, my first one in our new place.

Don't forget to let me know of anyone that is sick or needs help. My phone number is 638-3663. [God Bless You and Yours.](#)

Frank Carter
VFW Post 11453 Chaplain



PERSONALS:

PLEASE support our dedicated patriotic sponsor's who advertise in our newsletter. Call them and thank them.



Patti Winkler
Manager

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Cheyenne, Wyoming 82001 (307) 632-6607

Reminder # 1

Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 14 September, 2010 being held in the DAV Guthrie-Beck Chapter #2, 1119 Converse Avenue, Cheyenne, WY. It is our **only** way of getting credit for all the volunteer hours that our Comrades so freely give of their valuable time and money.

Reminder # 2

We need our Comrades to submit any articles they would consider appropriate to me by email, in person or call me and I will pick the articles up. The following are my contact numbers and address:

Les Smith
5522 Murray Hill Drive
Cheyenne, WY 82009
Home Phone: (307) 637-8777
Cell Phone: (307) 256-8463
Email address: vfw11453@hotmail.com

Please submit articles by **24 September 2010** to allow time for the newsletter to be compiled. THANKS.

**IF YOU HAVE AN EMAIL ADDRESS, PLEASE
SEND IT TO ME TO SAVE THE POSTAGE.
THANK YOU. LES**

Thanks Fellow Comrades for your Support

Les Smith (Editor)
(VFW Post 11453)
5522 Murray Hill Drive
Cheyenne, Wyoming 82009



VFW Frontier Post 11453

Monthly Newsletter

October 2010 Edition (Vol. 1)

Commander's Corner

I am sorry to have missed the last meeting, but I had something terrible that I sure did not want to pass on to my fellow Comrades. I want to thank Junior Vice Commander Wascher for conducting the meeting. Thanks Jack for doing a great job.

We are progressing in our Poppy sales at a good rate. Steve Wilson has been checking with businesses to find the best deal on table covers that will make our Poppy Donation sites more professional. I am sure he will have some very good information for us at the 12 October 2010 meeting.

Recruiting is one of the important programs over which we have direct control. We need to actively pursue veterans to join our VFW. Contact our Quartermaster and he will give literature to anyone requesting it.

I am requesting volunteers to support our responsibility or the upkeep of the building where our post meets. We need personnel to cut grass, pull weeds and police the area around the building.

Our van is getting close to being "roadworthy". I instructed our Quartermaster to have insurance placed on it effective 1 October 2010. We are waiting for tires. Senior Vice Commander Reynolds is taking care of procuring the tires. The next thing we need to have is the safety tie-downs for our wheel chair bound comrades. Last, but certainly not least is the solicitation of advertiser's to sponsor our van program. We need to have about 15 to 20 advertisers to make this program successful. As of this date, we have 4 sponsors. If you do business with businesses here in town and are a good customer, contact them with a request to take out advertisement in our newsletter. The ad is \$15.00 per month OR \$150.00 per year, a savings of \$30.00 to the advertiser. Let's get together and get this project rolling.

Thank you again for your support and I will see on our next meeting on Tuesday, 12 October 2010.



Quartermaster's Corner

VFW Frontier Post achieved 21.2% of our membership in attendance to our 14 September 2010 meeting. The next large commitment is to continue increasing the attendance at the monthly meetings. Thanks for the great support!

I feel it is important to reiterate the advanced preparation necessary to succeed in the Voice of Democracy and Patriot Pen programs. Any assistance that can be provided to Bob Palmer (638-1844), chair for the Voice of Democracy program, will be greatly appreciated. Any assistance to the Patriot Pen program that can be provided to Gaylord Fosdick (638-8538) will be greatly appreciated. REMEMBER, APPLICATIONS MUST BE IN TO THE POST NOT LATER THAN 1 NOVEMBER 2010.

The Veterans of Foreign Wars of the U.S. is a non-profit veteran's organization composed of combat veterans and those who currently serve on active duty or in the Guard or Reserves. Founded in 1899 and chartered by Congress in 1936, the VFW is the nation's largest organization of war veterans and is one of the oldest veterans' organizations. With 2.1 million members located in 7,700 VFW Posts worldwide, the VFW and its Auxiliaries are dedicated to "*honor the dead by helping the living*" through veterans service, legislative initiatives, youth scholarships, Buddy Poppy and national military service programs. The VFW and its Auxiliaries contribute more than 13 million hours annually in community service to the nation. For more information, visit the organization's web site at www.vfw.org.

Development in Progress

Washington DC – Secretary Shinseki has announced plans to develop a fully automated on line system for handling Veterans' disability compensation claims. More than a simple digitizing of existing paper-based claims, the new system is part of the VA's modernization of the end-to-end processing workflow. Automation will substantially reduce processing time and increase accuracy while simplifying the way Veterans interact with the claims process.

"The new program accelerates our effort to eliminate the claims backlog through automation and modernization of our systems," said Secretary Shinseki. "It's another step in transforming VA into a 21st Century department that better serves our Veterans."

Veterans exposed to herbicides while serving in the Republic of Vietnam who today have B-cell leukemia (hairy cell leukemia), Parkinson's disease or ischemic heart disease are slated to be the first users of the automated system.

The regulation implementing the presumption of service connection for these three diseases is poised to become effective later this year. While the first use of the new system will be limited to this pending subset of disabilities, usage will expand over time to include claims for other conditions.

The new system will guide Veterans through automated, program-assisted menus to capture the information and medical evidence that will drive faster claims decisions. In the initial configuration, VA estimates the new system may assist as many as 100,000 Veterans.

Comrade of the Month

Steve Wilson has been selected as the Comrade of the Month for his diligent efforts to get the Veterans Day Poppy drive set up and arranging for some professional looking table set-ups.

How Many are Aware?

The VFW has their own insurance for just about everything a veteran could need. A few are listed below:

21st Century Auto: 800-354-0181

Cancer Insurance: 800-749-6983

Dignity Memorial Veterans Burial

Benefits Program: 800-300-0436

Medicare Supplement: 800-247-1771

Medicare Part D – Prescription Drug &

Medicare Advantage Plans: 800-772-6882

Senior Hospital Indemnity Plans: 800-749-6983

You will find many more programs available by going to www.vfwinsurance.com.

NATIONAL LEGISLATIVE SERVICE/ACTION CORPS:

Host a Get out the Vote - Town Hall Meeting

With the 2010 mid-term elections fast approaching, now is a great time to host a VFW Get out the Vote Drive to ensure VFW and Auxiliary members, families, friends, and supporters' turnout to vote in a visible manner.

Why not consider hosting a "Meet Your Candidates for Congress Forum" and/or a Town Hall Meeting to discuss critical veterans issues.

Coordinate election events with the Posts and the Auxiliaries in your Department. Provide them with the tools they need to elect pro-veteran candidates. Be educated on the issues, ask key questions about VA health care services, benefits and veterans employment. The key to electing pro-veteran candidates is through education and grassroots activism at the local level. We can affect real change by getting all veterans advocates to the polls to ensure that those elected share our concerns for America's veterans, active duty military and Guard and Reserve members. Together we can make a difference!

Did You Know?

There is a website where a veteran can find a multitude of travel information. The site is called "Veterans Travel" and can be found at www.vtstvl.com.

Chaplain's Corner

Dear Comrades,

It's that time again to let you know what your Chaplain has been doing.

I made a trip to Alaska to go fishing. My daughter and her fiancée invited me to come along with them. While there, I performed their wedding for them as the state of Alaska can grant a person a permit to perform weddings, so I did it.

I heard Wink's brother is in the hospital so I will go up tomorrow and visit him. As of this date, Wink's brother is the only one that is in the hospital or sick, so if anybody knows of someone in the hospital or sick, let me know

My phone number is 638-3663.



P.S. Don't forget to pray for our comrades that are guarding the gates of freedom for us.

Sincerely,

Frank Carter VFW Post 11453 Chaplain

PERSONALS:

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Diane E. Martin, LUTCF CPIW
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The VFW POST 11453 sends a "Special Thanks" to the Allstate Insurance Company, 1518 Converse Avenue, Cheyenne, Wyoming for the donation of a windshield and the installation of the same for our VFW Veterans Van. Please support Allstate (Don Budd-Owner) when you need good service.

Please submit articles by 22 October 2010 to allow time for the newsletter to be compiled. THANKS. Les

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VFW Frontier Post 11453

Monthly Newsletter

November 2010 Edition (Vol. 1)

Commander's Corner

I would like to remind everyone to get out and vote to support your candidate. Voting is one of our greatest freedoms. If you don't vote, don't complain about the results.

Comrade Steve Wilson, telephone number (307) 635-3895, is doing an outstanding job as Chairperson of the Poppy Committee. I ask that all of us support him this coming weekend by assisting him by volunteering to work a table at one of the places that he has arranged with to distribute our Poppies. Poppies is a very needed program, worthy of our support and participation by our Comrades.

It is requested that everyone who will be handing donation of Poppies on Saturday or Sunday (6 and 7 November 2010) meet at our post (located at 1119 Converse Avenue, Cheyenne, Wyoming) at 0800 hrs for a short briefing. Tables, chairs and other necessary paraphernalia will be distributed at this time. If you have a folding chair would you please bring it. Thanks for all your support.

Our support for the Pearl Harbor Memorial dinner will be held at the First Christian Church located at 219 West 27th Street, Cheyenne, Wyoming at 1900 hours on 7 December 2010. Col (Ret) Larry Barttelbort will be our guest speaker. Tickets will be \$10.00 per person. For tickets, contact Cmdr Winkler (640-0060), Sr. Vice Cmdr Reynolds (634-6453), Jr. Vice Cmdr Wascher (634-1035) or Quartermaster Les Smith (256-8463).

Thank you again for your support and I will see on our next meeting on Tuesday, 9 November 2010.



Quartermaster's Corner

DEPARTED HEROES AND COMRADES:

On 10 October 2010, one of our highly decorated and VFW Frontier Post 11453 Life Members left us for his place in heaven. Comrade Dorance "D.C." Berry was a true patriot, a very successful rancher, beloved husband, father, grandfather and great grandfather who will be missed by everyone. We wish to send our condolences to his lovely wife of 63 years, Dorothy, their family and friends. Dorothy, if our VFW Post can assist in any way, please contact the Chaplain (see the Chaplain's Corner below) or contact Quartermaster Les Smith at 307-256-8463. May God Bless him, his family and his friends.

Comrade Eldon Triggs Sr. left this earth for heaven on 11 October 2010 while at the Cheyenne Regional Medical Center. Comrade Triggs is also a patriot. He served in the Navy and was wounded twice. He received a Purple Heart for his service. Comrade Triggs was a highly respected government employee and an outstanding Tax and Management Consultant. He gave many, many hours of free advice and tax support to a multitude of local veterans, all who appreciated his expertise and guidance. He will be missed by everyone who ever knew him. We wish to send our condolences to his lovely wife, April, their family and friends. April, if our VFW Post can assist in any way, please contact the Chaplain (see the Chaplain's Corner below) or contact Quartermaster Les Smith at 307-256-8463. May God Bless him, his family and friends.

VFW Frontier Post achieved 20.8% of our membership in attendance to our 12 October 2010 meeting. The next large commitment is to continue increasing the attendance at the monthly meetings. Thanks for the great support!

Military Imposters Get Prison: A convicted felon thief and a con-man deserter, who separately posed as Army combat veterans, were each sentenced to prison last month in a federal court in Alabama. Douglas Lee Weaver was sentenced to 30 months after pleading guilty to

THIS IS A COPY

charges he wore unauthorized decorations, including the Distinguished Service Cross, and for illegally possessing a firearm. Skyler Tarquin Smith got 24 months for wearing an unearned Purple Heart and for trying to sell a \$13 cubic zirconia as a diamond. Smith pleaded guilty to fraud and Stolen Valor charges. Read the complete story at <http://www.navytimes.com/news/2010/10/army-fakers-sentenced-to-prison-100910w/>. In unrelated cases, a three-judge panel of the 9th U.S. Circuit Court of Appeals in San Francisco and a federal district court in Denver ruled the Stolen Valor Law to be unconstitutional on First Amendment grounds. It is unknown if those rulings will affect the sentences handed down to Weaver and Smith.

Veterans Benefits Seminar

Whispering Chase Retirement Community, located at 4350 East Lincolnway, is hosting a free veterans benefits seminar at 1830 hours, Thursday the 11th of November 2010.

The seminar, led by David Anthony of the American Association of Wartime Veterans will shed light on the little known VA Aid & Attendance pension program, which provides eligible veterans and surviving spouses up to \$2,582 per month tax free. The VA estimates that 100,000 people are eligible, but many are unaware these benefits exist.

To meet eligibility, a veteran must have served at least 90 days, with one day during a declared war, among other requirements. This free seminar is designed to both educate veterans and families, as well as help them navigate the sometimes difficult application process to ensure they are receiving the benefits they deserve.

The public is invited to attend this seminar. To RSVP, or to learn more, call Whispering Chase at 632-1113. (Article compliments of Wyoming Tribune Eagle)

Comrade of the Month

Steve Wilson has been selected as the Comrade of the Month for his diligent efforts to get the Veterans Day Poppy drive set up and arranging for some professional looking table set-ups.

How Many are Aware?

The VFW has their own insurance for just about everything a veteran could need. A few are listed below:

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Did You Know?

There is a website where a veteran can find a multitude of travel information. The site is called "Veterans Travel" and can be found at www.vtstvl.com.

COLA and Social Security

It looks likely that there will be no cost of living adjustment (COLA) raise for military retirees (and social security recipients) this January. This marks the second year in a row where military retirees will not see a raise in their monthly retirement pay.

So, what's going on? According to the Federal Government, it's a lack of inflation. By law, annual military retiree pay raises are connected to the increases on the Consumer Price Index (CPI) Workers, which measures inflation. Officials compare inflation in the third quarter of each year—the months of July, August and September—with the same months in the previous year. By law, if inflation increases from year to year, military retirees automatically get a pay raise beginning in January. If inflation does not increase, or is negative, military retirement pay stays the same.

This year, like last year, the CPI inflation rate is projected to be negative, which means no military pay raise.

By the way, the same system is used to compute COLA increases in Social Security, so military retirees who also receive monthly social security wages will not see an increase, either.

Military retired pay last increased by 5.8% in 2009, the largest increase in 27 years, after energy prices spiked in 2008.

But energy prices quickly took a down-turn. In the summer of 2008, the average price for a gallon of gasoline was \$4.00. However, by January 2009, the prices had dropped by 50%. However, because of the

way that military retirement pay raises are computed, this resulted in a COLA increase in 2009 of 5.8%.

Officially, the Government won't announce next year's rates until the end of October. However, the numbers are in, leaving little doubt that there will be no military retiree pay raise for next year.
(Article from The VOICE of the Enlisted)

Chaplains Corner

Dear Comrades,

First off, I want to thank Comrade Smith for letting me know about our Comrade Dorance Berry who passed away in the VA hospital on 10 October 2010.

Please don't forget Veteran's Day on November 11. Pray for all our Veterans and their families and especially those that now guard the Gates of Freedom for all of us.

As a reminder, our Poppy distribution is being accomplished on 6 & 7 November this year. We need all the help we can give our Chairperson, Comrade Steve Wilson, who can be contacted at 307-635-3895.

Also, do not forget to inform me of any of our Comrades that are in the hospital or are in need.



Frank Carter (Phone: 638-3663)

VFW Post 11453 Chaplain

Please help our Editor by giving him articles to publish in our monthly newsletter. These articles can be about an incident or a certain time in your military career that would be interesting reading to our comrades.

PERSONALS:

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Email address: vfw11453@hotmail.com



VFW Frontier Post 11453

Monthly Newsletter

December 2010 Edition (Vol. 1)

Commander's Corner

I want to express my gratitude to all who participated in our 6 & 7 November Poppy Donations to support our veterans and their families in a time of need. Thanks again for the great support.

REMEMBER PEARL HARBOR

On Sunday morning, December 7, 1941, the American Army and Navy base in Pearl Harbor, Hawaii was attacked by the Imperial Japanese Navy. The attack came as a surprise to the American Army and Navy and led to great losses of life and equipment. More than 2,000 American citizens were killed and more than 1,000 were injured. The Americans also lost a large portion of their battle ships and nearly 200 aircraft that were stationed in the Pacific region. More than 60 Japanese servicemen were killed, injured or captured. The Japanese Navy also lost five midget submarines and 29 aircraft. The Japanese military had hoped that the attack on Pearl Harbor would prevent the United States of America from increasing her influence in the Pacific. However, the events in Pearl Harbor actually led to the escalation of World War II. The day after the attack, the United States declared war on Japan and so entered World War II. President Franklin D. Roosevelt in a speech to Congress stated that the bombing of Pearl Harbor was "a date which will live in infamy". Shortly afterwards, Germany also declared war on the United States. In the months that followed the attack, the slogan "Remember Pearl Harbor" swept the United States and radio stations repeatedly played a song of the same name. (The Voice)

As a tribute to our veterans who survived Pearl Harbor and the veterans who lost their lives at Pearl Harbor, our VFW Frontier Post 11453 is holding a Memorial Dinner at 1800 hrs on December 7, 2010 at the First Christian Church, 219 West 27th Street, Cheyenne, WY. Tickets are \$10.00 per adult and \$8.00 per child under 18. For tickets, contact Cmdr

Winkler (640-0060), Sr. Vice Cmdr Earl Reynolds (634-6453) or Quartermaster Les Smith (256-8463). Please plan to attend.

MEMORANDUM

Our Commander-in-Chief, Richard L. Eubank has reviewed the Political Action Committee (PAC) Board of Directors' request to rescind this year's Congressional endorsements. He disagrees with their assessment.

According to C-I-C Eubank, he states "It is now evident to most of the VFW leadership, both National and especially departments, that the VFW has been subjected to extreme negative publicity throughout the nation,, and the recent endorsement decisions have, in fact, harmed the VFW's reputation and future ability to fulfill our mission."

He further states "I cannot let this erosion of public support for our great organization continue. The apparent lack of the committee to address these concerns will lead to a proposal by me, as Commander-in-Chief, to amend the by-laws at the 112th National Convention for the purpose of dissolving the PAC. Meanwhile, under the authority granted to me as Commander-in-Chief in section 619 of the VFW National By-Laws and under section 620 of the Manual of Procedure, I am withdrawing all PAC appointments effective 15 October 2010."

Thank you again for your support and I will see on our next meeting on Tuesday, 14 December 2010.



FILE COPY

Quartermaster's Corner

VFW Frontier Post achieved 24.2% of our membership in attendance to our 9 November 2010 meeting. The next large commitment is to continue increasing the attendance at the monthly meetings. Thanks for the great support!



*Patti Winkler
Manager*

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How Many are Aware?

Should I salute or place my hand over my heart?

Public Law 110-181 states "all persons present in uniform shall render the military salute. Members of the Armed Forces and veterans who are present but not in uniform may render the military salute.

All other persons should face the flag and stand at attention with their right hand over the heart, or if applicable, remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Citizens of other countries should stand at attention. All such conduct toward the flag in a moving column should be rendered at the moment the flag passes."

To clarify, retirees may salute or place their hand over their heart to render respect to the U.S. flag.



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Bobby Palmer, Jr.-Manager
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Scott Palmer-Service Writer

DID YOU KNOW?

Your input is SO valuable for our Post to succeed and grow. Please remember that your fellow veterans are counting on you to help us as an organization to help our fellow vets and their families for not only the living, but the deceased members and their families. Thanks for your help!

DID YOU ALSO KNOW?

The Honor Flight leaving from Cheyenne, Wyoming in May 2010, has 30 slots remaining. This a chance for World War II vets to see the D.C. Memorial built in their honor.

WARNING TO VETERANS

Forwarded by Kevin Secor, VSO Liaison, Office of the Secretary of the Department of Veterans Affairs.

An organization called Veterans Affairs Services (VAS) is providing benefit and general information on VA and gathering personal information on veterans. This organization is not affiliated with VA in any way.

<http://www.vaservices.org/us/index.html>

VAS may be gaining access to military personnel through their close resemblance to the VA name and seal. Our Legal Counsel has requested that we coordinate with DoD to inform military installations, particularly mobilization sites, of this group and their lack of affiliation or endorsement by VA to provide any services.

In addition, GC requests that if you have any examples of VAS acts that violate chapter 59 of Title 38 United States Code, such as VAS employees assisting veterans in the preparation and presentation of claims for benefits, please pass any additional information to Mr. Daugherty at the address below.

Michael G. Daugherty
Staff Attorney
Department of Veterans Affairs
Office of General Counsel (022G2)
810 Vermont Avenue, NW
Washington, D.C. 20420

Sincerely,
Dean Mahaffey
State Veterans Service Officer
Wyoming Veterans Commission
5905 CY AVE
CASPER WY 82604
Office (307) 265-7372
Cell (307) 258-1100
(800) 833-5987
Fax (307) 265-7392

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Chaplain's Corner

Dear Comrades,

We need to keep Comrade Don Edgar in our prayers while he recovers at home from surgery. We support you Don.

As a reminder of our Comrades who are guarding the gates of freedom for all of us, don't forget to say a prayer for them and their families.

And, if you know of a Comrade who is sick or needs help, please let me know. My address: 4320 Ridge Rd, Cheyenne, WY 82001 – my phone#: 638-3663.

May God bless you and your family!

Frank Carter

We need to support our friends who support our VFW with their donations by advertising in our newsletter. Personally thank them when you do business with their company.

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Thanks Fellow Comrades for your Support



Diane E. Martin, LUTCF, CPIW

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Reminder # 1

Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 14 December 2010 being held in the DAV Guthrie-Beck Chapter #2, 1119 Converse Avenue, Cheyenne, WY. . It is our **only** way of getting credit for all the volunteer hours that our Comrades so freely give of their valuable time and money.



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Manager/Partner

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Fax: 307.638.0226 Cheyenne, WY 82009
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The VFW POST 11453 wishes to express a BIG "THANK YOU" to Brakes plus, 2015 Dell Range Blvd, Cheyenne, Wyoming for their contribution of a complete brake service for our VFW Veterans Van. Please support this company every chance you get.

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Please submit articles by 27 December 2010 to allow time for the newsletter to be compiled. THANKS. Les

Home Phone: (307) 637-8777
Cell Phone: (307) 256-8463
Email address: vfw11453@hotmail.com

**IF YOU HAVE AN EMAIL ADDRESS, PLEASE
SEND IT TO ME TO SAVE THE POSTAGE.
THANK YOU. LES**

Les Smith (Editor)
(VFW Post 11453)
5522 Murray Hill Drive
Cheyenne, Wyoming 82009