

VFW Frontier Post 11453

Monthly Newsletter

May 2011 Edition (Vol. 2)

Commander's Corner

Greetings to all Comrades, I hope this news letter finds all of you well and looking forward to spring.

I received a beautiful and wonderful bit of news last week. It was that our Comrade, John Stanford was alive and well after the attack on Kabul. May God continue to bless him, his family and friends.

Our Commander-in-Chief, Richard Eubanks, will be visiting Cheyenne on 17 and 18 May 2011. He arrives in Cheyenne at approximately 1645 hrs on 17 May 2011. He will be at the Robert E. Stoddard Post 4343 at 1800 hrs for an informal luncheon to meet and greet the veterans. You are invited to visit and meet him with me. He will be staying at the Holiday Inn, 204 West Fox Farm Road, Cheyenne, Wyoming.

C-I-C Eubanks will travel to Laramie on the morning of 18 May 2011 and be at Laramie Post 2221 from 1200 to 1400 hrs, then return to Cheyenne. He will then meet everyone at 1800 hrs for a informal lunch to be held at Francis E. Warren Post 4343, 3216 South Greeley Hwy at 1800 hrs. I will be there and would like to invite all our members to attend.

VFW Frontier Post 11453 sponsored a Loyalty Day breakfast in recognition of our homebound VA veterans at Francis E. Warren Post 1881 on Sunday, 31 April 2011. The picture below was taken which shows some of the veterans in attendance. According to all the veterans I spoke with, it was a huge success and much appreciated.



Please remember that 14 June is Flag Day. Contact Comrade Fosdick to give him your worn flags.

Our picnic is on for 7 May (Saturday) starting at 1500 hrs. Hamburgers and hot dogs will be provided by our Post. We request that you please bring a dish of your choice to share with our comrades and our families.

We have two of our veterans, Comrade Jim Paxton and Comrade Francis Oline, who will be departing with the Honor Flight Wyoming on 17 May 2011 that honors our World War II veterans. The Farewell Ceremony will take place at the Taco John's Event Center at 0745 hours.

The Homecoming Ceremony will be held at the Cheyenne Regional Airport Terminal Ramp at 2015 hours, 18 May 2011.

Let us show our appreciation to all these veterans by attending both of these honorable ceremonies. Thanks for your support in advance. I really appreciate the manner in which we support our fellow veterans.

"Wise men talk because they have something to say; fools, because they have to say something."

Please keep the men and women who are fighting for our country in your prayers.

Being Humble is not thinking less of yourself, but thinking of yourself less.



Quartermaster's Corner

VERY IMPORTANT INFORMATION!

WILLS, WHAT ARE THEY AND DO I NEED ONE?

That is a question that everyone should ask. My response as an attorney is that yes, you do. If you don't have one, the State where you live will make one for you. The decision rests with you. When you die (not if), your estate will be distributed by one of three ways, the decisions you make with your estate, your will, or by the State Statute that governs. [An Estate is everything you own.] [The State Statute is the intestate statute which says how much each of your relatives get.] Your choice!

A will is a simple thing!! Who do you want to get your money or your property? You can almost give it to anyone you want, including a home for cats, a charity or your favorite people, but if you don't do it, the State will give it away for you (and it won't be to those people.)

So, how do you do it? The simplest way is to sit down at your desk or kitchen table and write out who gets what. **BUT**, if you do that it must all be written by you and signed by you, preferably in front of witnesses who also sign. There could be problems. Some of the terms put in wills and gifts have a very technical meaning and could change your intent. At the time the will is probated (a later article) your capacity to make to make a will could easily be challenged and we are back to the State solution. You must be of age, have the mental capacity to know who the objects of your bounty (gifts) are, what your bounty is [what property and money you have], and basically so you know what you are doing. If not, the will can be challenged.

The best solution is to have an attorney prepare your will. It is usually not expensive, unless you are really, really rich, and then in perspective it is not expensive then either. The attorneys know the right language (the terms of art), how to make it really easy to get the will through probate and how to get your bounty (property and money) to those you want to get it. [And for those very reasons, you should avoid internet and mail order wills. They may not be valid in your state.]

If you own anything at all, you have an estate and should have a will.

(Article author: Bob Schrader, Judge Advocate)

REMINDER: Laramie County Assessor's Office wants to remind all veterans and surviving spouses that the state statute requires them to file for a claim for property tax exemption each year on or before the fourth Monday of May. The 23rd of May is the filing deadline for 2011. Questions: call 633-4307 or visit at 309 West 20th Street, Room 1100.

WWII MIA Identified: The Defense POW/Missing Personnel Office announced the identification of remains belonging to Army Air Forces Pfc. Mervyn E. Sims, 23, of Petaluma, CA. On April 24, 1943, Sims and four crewmembers aboard a C-87 Liberator Express departed China on a six-hour "Hump" mission over the Himalayas to India. The aircraft never arrived at its destination. No evidence of the aircraft was found until 2003, when an American citizen found aircraft wreckage in the mountains India. of Chabua. Read more http://www.defense.gov/releases/release.aspx?releaseid=14 433.



VFW SUPPORTS OUR TROOPS

Troops stationed overseas were able to wish their loved ones at home a happy Easter, thanks to a *VFW Operation Uplink* "Free Call Day" (FCD) sponsored by the VFW Department of Texas.

Deployed military personnel took advantage of the event by visiting Internet cafes located throughout Iraq, Afghanistan and Kuwait to make over 65,000 connections home with family and friends.

A veteran is someone who, at one point in their life, wrote a blank check made payable to 'The United States of America' for any amount, up to and including their life.



BBC SEEKING WOUNDED WARRIORS

Do you want to get involved in a fun and challenging project for British television? Can you give two British teenagers the chance to have some much-needed structure in their lives?

The British Broadcasting Corporation is looking for American parents with disabilities who have children aged 12-20 years to take part in the 4th season of its series on parenting.

We want to showcase a strong, loving family who are proud of their values, who believe in boundaries and bringing out the best in their kids.

In each one hour episode, two British teenagers will be sent to live with a family abroad to experience life in their culture and under their rule to see how their lives may be enriched and challenged.

We are excited to represent people with disabilities on a prime time UK T.V. show who are there because of their ability (being great parents) rather than their disability. We hope you do too and can't wait hear from you.

If you interested or just want more info about the series. Email alexforeman@twentytwenty.tv or call Alex on 011 44 207 424 7739 and we will call you straight back. We are trying to find families by 13th May so we would really love hear from you as soon as possible.



Palmer's Auto Service, Inc.

4302 Ridge Road Cheyenne, WY 82001 Phone: 307-638-6809 Fax: 307-772-8052

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

DID YOU KNOW?

Congress Returns to Budget Battle: Congress returns next week from their two-week recess. Among the items on the agenda is the FY 2012 Budget. Senate leadership plans to debate and possibly vote on a proposed budget written by House Budget Chairman Paul Ryan (R-WI), which was passed by the House prior to the recess. The plan, H Con Res 34, has been the talk of many town hall meetings during the district work period. VFW will be monitoring any and all provisions that may affect veterans and our active duty guard and reserve members. The proposal is a blueprint for Congressional spending, but is not a law, and therefore can be changed and/or amended at any time during the budget/appropriations process. If passed by the Senate, depending on whether or not there are changes, it may need to go through a conference committee, and then back to both houses for a vote.

The VFW Frontier Post 11453 is forever grateful to our local AMSOIL dealer, Frank and Bertha Carter for the donation of all the lubricants and filters for our Veterans Lift Van. PLEASE SUPPORT THEM AS OFTEN AS YOU CAN.



Customers like you are a pleasure! We appreciate your business and look forward to serving you again.

Frank & Bertha Carter AMSOIL Dealers



DID YOU ALSO KNOW?

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THE BEST MEXICAN FOOD ANYWHERE

Steve and Delilah Pineda **Proprietors**

1820 Ridge Road Chevenne, WY 82001 (307) 632-6828

Chaplain's Corner

I would like to remind everyone, 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.

Wishing will never be a substitute for prayer! Don't forget to pray for our comrades that are guarding the gates of freedom for us.

May God bless you and your family.

Thank you for your support.

Frank Carter Chaplain

VFW Frontier Post 11453

Tel: 638-3663

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.

Remember, today is the tomorrow you worried about yesterday.



Diane E. Martin, LUTCF, CPIW

Timberline Insurance Agency, Inc.

3151 Nationway, Suite K8 P.O. Box 20007 Cheyenne, WY 82003-0007

(307) 637-4757 (307) 637-4266 Fax demartin@timberlineins.com Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 12 May 2011 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.

LINCOLN VALLEY AUTO SALVAGE

CASH FOR YOUR RECYCLEABLE CARS & TRUCKS

William (Bill)

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



(307) 638-0076

Reminder # 2

WE NEED TO RECRUIT MORE SPONSORS TO PLACE ADVERTISING IN OUR NEWSLETTER TO SUPPORT OUR VAN FUND. PLEASE HELP OUR POST NOW.

Please submit articles by 27 May 2011 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

MEMO FROM OUR POPPY CHAIRPERSON:

The following are tentative dates for Poppy Donations by our VFW. Please contact Comrade Steve Wilson (307-635-3895) to volunteer for the donation program.

May 21 & 22 for Memorial Day. Jun 25 & 26 for the Fourth of July. Sept 10 & 11 for Patriots Day. Nov 5 & 6 for Veteran's Day.

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





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June 2011 Edition (Vol. 2)

Commander's Corner

Our Poppy program was a *Huge* success. I want to Thank all of you who donated their time to this event. Without you we couldn't have done it. Our community blessed us with \$6,080.00 dollars for your efforts. Our next Poppy program will be accomplished on 25 and 26th June 2011. I ask that you please contact our worthy Poppy Committee Chairperson Steve Wilson at 635-3895 to inform him of the time and date you will be able to man a table. Please leave a message as Steve has a new job and has varied hours due to his job commitment.

Happy Memorial Day! The ceremony was held at Bethel Cemetery at 11:00 A.M. I laid our wreath with honor and I am pleased with the support of our Post with 11 members participating. It was a wonderful time to reflect, greet other comrades and honor all. With the on-going unrest in our world, please keep all or our service men and women in your thoughts and prayers. May God keep them safe and bring them home soon.

As you know we have teamed up with Post 1881 and the VA to bring some of the residents from the VA to the Sunday morning breakfast at Post 1881. Post 1881 is kind enough to have tables set up to accommodate wheelchairs. The guys really seem to enjoy the outing and the breakfast. One of the comments from the guys is - the eggs are real-Not Powdered.

The Welcome Home (jointly sponsored with our Post and OEF/OIF at the Cheyenne VA) held in Wellington, Colorado is scheduled for September 3, 2011. We need everyone's help on this one. Our Post is the only VFW Post that does this event, with help from the VA Hospital. Please talk with Les, Earl or myself if you can help, and please feel free to bring your families.

Please remember that 14 June is Flag Day. Contact Comrade Fosdick to give him your worn flags.

Please keep the men and women who are fighting for our country in your prayers.

Being Humble is not thinking less of yourself, but thinking of yourself less.



Quartermaster's Corner

Defense Bill Includes TRICARE Increases: The House Armed Services Committee approved its version of the FY 2012 National Defense Authorization Act this week. The \$533 billion defense bill (H.R. 1540) provides a 1.6-percent military pay increase, reduces the SBP-DIC offset for survivors, and would increase TRICARE fees for workingage military retirees. Beginning with FY 2013, the committee voted to link future TRICARE increases to annual cost-of-living-adjustments, or COLAs, which has been zero for military retirees for the past two years. The committee did not vote to prohibit a fee increase for FY 2012, which now opens the door for DOD to raise TRICARE fees by 13 percent this fall. The VFW will continue to oppose all TRICARE fee increases. Military retirees paid for their healthcare through long and faithful service; for their children being uprooted repeatedly from school; for their spouses not being able to have full careers; for their homes accumulating no equity; and for some, for not being fully marketable because they served so many years in uniform. The House, then the Senate, have to agree on the bill before it goes to the president for his signature. The VFW urges you to redouble your efforts and get your representatives to reject the TRICARE increase when the bill comes up for a floor vote, and to contact your senators to reject the proposal if it makes it through the House. To take action against the proposed TRICARE increase, go to http://capwiz.com/vfw/issues/alert/?alertid=46437541.

Gates Suggests Pay Cuts

Week of May 30, 2011. U.S. Defense Secretary Robert Gates, has long avoided using reductions in military pay and active duty benefits to reduce costs. However pressure from the White House to make \$400B in cuts may have forced Gates' hand. In the past Sec. Gates has sought to squeeze the excess cost from TRICARE, by asking to increase annual premiums and fees for military retirees and to tax their employers if retirees opt out of employer provided health care. Although unwilling to say where these compensation cuts may occur, the fact is Gates has now put military pay on the table.

Read more in the Military Advantage Blog

TRICARE Covers Cancer Tests

TRICARE has added coverage for the enhanced cervical cancer screening test called HPV DNA. The test is covered as a cervical cancer screening under TRICARE's clinical preventive services when performed in conjunction with a Pap smear for women aged 30 and older. Preauthorization for HPV testing is not required, and beneficiaries have no copayments or cost-shares for routine cervical cancer screening under TRICARE. TRICARE also covers the CDC recommended vaccine series to prevent HPV infection in girls as well as screening for breast, colorectal and prostate cancer without cost shares or copays. For more information, visit the TRICARE website. Military.com surveys have found that most servicemembers and their families are confused by TRICARE. Get the facts and latest news on TRICARE.

SERVICE OFFICER CORNER (JOHN LAVERY)

During the Vietnam Era, most naval aviation units were either carrier based or operated out of Western Pacific locations other than Vietnam, such as Guam or Okinawa. However, some squadrons were based in South Vietnam itself or aircraft elements of the squadron rotated in and out of South Vietnam for temporary duty. If a Veteran with naval aviation service files an Agent Orange exposure related disability claim based on service in Vietnam he/she can access an additional resource which may reduce processing time and support the claim.

It is the **Dictionary of American Naval Aviation Squadrons.** This is a US Navy website which contains the history of all attack squadrons, designated by the prefix "VA" and all strike fighter squadrons, designated by the prefix "VFA". These histories describe unit locations, including Vietnam in-country rotations.

For those aviators who suffered damage or mechanical problems which forced them to divert to airfields in South Vietnam, these incidents *should* be documented in unit records/histories hopefully.

A Veteran submitting a claim for exposure to herbicides "boots-on-the-ground" exposure is advised to provide the dates as close as possible in any case.

In several cases I have had Veterans tell me that their military personnel records were destroyed in the great fire in St. Louis.

The following is the history of that fire: On July 12, 1973, a fire at the National Personnel Records Center (NPRC) destroyed approximately 80% of the stored records for **Army Veterans serving from November 1**, 1912 to January 1960.

75 percent of the stored records for the Air Force personnel with the surnames Hubbard through Z who were discharged between September 25, 1947 and January 1, 1964.

The above history is what was destroyed. If a Veteran is "told" that their records were destroyed and they are not members of the group as listed above then that information is in error. Veterans should call the VA Customer Service line at 1-800-827-1000 to find their respective branches of service to get help in obtaining their military personnel records.

The Army has announced a clarification in its guidelines for receiving a Purple Heart, with an emphasis on battlefield concussions being eligible for the medal. With recent studies on Traumatic Brain Injuries (TBI), however, the rules have been revised to state what constitutes a concussion, with symptoms including momentary loss of consciousness or memory, dizziness, headache, nausea or light sensitivity. Medical treatment, also required for the medal is defined by the new rules as including merely rest and Tylenol. If you are a Veteran who suffered a concussion and feel you may not have been appropriately recognized for a Purple Heart, the Army urges you to re-apply through your chain-ofcommand. Veterans can call 1-800-276-9472 or email hrc.tagd.awards@conus.army.mil.



BROADMOOR EAST BOARDING & GROOMING

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

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

VFW SUPPORTS OUR TROOPS

A veteran is someone who, at one point in their life, wrote a blank check made payable to 'The United States of America' for any amount, up to and including their life.





Palmer's
Auto Service, Inc.

4302 Ridge Road Cheyenne, WY 82001 Phone: 307-638-6809 Fax: 307-772-8052

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

DID YOU KNOW?

Welcome to Veterans Care Plus. Register for FREE to obtain additional information specific to your needs. You may access us at http://veteranscareplus.com/

We are a membership-based Veterans advocacy group committed to providing access to quality healthcare products and services for Veterans and their family members.

Veterans Care Plus works closely with Veterans Service Organizations (VSOs) such as The American Legion, The Veterans of Foreign Wars, and The Twilight Brigade. Your membership and participation in VCP also enables us to give back to our VSO partners to support their advocacy and community service activities too.

The right choice right now!

Veterans Care Plus offers a growing number of products and services of greatest need to the Veteran population. Our programs and services currently include:

- Diabetes testing supplies and management.
- Hearing evaluations and discounts for hearing aids.
- Discounts on eye exams and eyewear.
- Prescription medication savings for those with or without insurance.
- Natural, homeopathic therapies proven effective at minimizing the symptoms of Parkinson's Disease, PTSD and anxiety, diabetes, and other common conditions among Veterans.

The VFW Frontier Post 11453 is forever grateful to our local AMSOIL dealer, Frank and Bertha Carter for the donation of all the lubricants and filters for our Veterans Lift Van. PLEASE SUPPORT THEM AS OFTEN AS YOU CAN.



Customers like you are a pleasure! We appreciate your business and look forward to serving you again.

Frank & Bertha Carter AMSOIL Dealers



DID YOU ALSO KNOW?

VFW Foundation Needs Your Support: The VFW Foundation has partnered with BUFFALO WILD WINGS to support the troops through the Pepsi's Return the Favor campaign. Participating restaurants will donate 10% of a customer's food purchase when the guest shows a military ID card, VFW membership card or Return the Favor card. To find participating restaurants or to print a Return the Favor card, visit www.returnthefavor.org. The program runs through June 12. For more information about the campaign and VFW Foundation programs, go to http://www.returnthefavor.org/?p=642#more-642.

ESTEVAN'S CAFE



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Steve and Delilah Pineda Proprietors

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Chaplain's Corner

LET'S DO THIS: JUST 19 WORDS:

GOD OUR FATHER, WALK THROUGH MY HOUSE AND TAKE AWAY ALL MY WORRIES; AND PLEASE WATCH OVER AND HEAL MY FAMILY; AND PLEASE PROTECT OUR FREEDOMS, AND WATCH OVER OUR TROOPS, WHO ARE DEFENDING THOSE FREEDOMS. AMEN.

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

May God Bless you and your family.

Thank you for your support.

Frank Carter Chaplain VFW Frontier Post 11453 Tel: 638-3663

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Diane E. Martin, LUTCF, CPIW

Timberline Insurance Agency, Inc.

3151 Nationway, Suite K8 P.O. Box 20007 Cheyenne, WY 82003-0007

(307) 637-4757 (307) 637-4266 Fan demartin@timberlineins.com

Reminder # 1

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LINCOLN VALLEY AUTO SALVAGE

CASH FOR YOUR RECYCLEABLE CARS & TRUCKS

William (Bill) Winkler



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

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Home Phone: (307) 637-8777 Cell Phone: (307) 256-8463

Email address: vfw11453@hotmail.com

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Jun 25 & 26 for the Fourth of July. Sept 10 & 11 for Patriots Day. Nov 5 & 6 for Veteran's Day.

Thanks Fellow Comrades for your Support



VFW Frontier Post 11453

Monthly Newsletter

September 2011 Edition (Vol. 2)



Commander's Corner

I would like to thank all of our comrades for the support of my family and myself in the loss of my brother, Bill. We appreciate your thoughts and prayers.

On another note, all VFW members in good standing are insured under the VFW national sponsored \$1,000.00 personal accident protection plan at no cost to the member. Benefits are payable in the event of an accidental death or dismemberment. This policy includes a \$1,500.00 travel rider in the event the member should pass away due to an accident while traveling as a paid passenger in a bus, plane, train, etc. Many posts mistakenly tell their members that they have a free life insurance policy through the VFW; however this is not life insurance, rather it is an accidental death and dismemberment policy.

According to the weather reports, it is our understanding that it is 122 degrees in Iraq right now and the low will be 111. Our troops need our prayers for strength, endurance, and safety. If it be God's will, give these men and women the strength they need to prevail.

'Lord, please hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need Amen' Commander Winkler



Quartermaster's Corner

I apologize for not publishing a newsletter for the last couple of months because I was not sure that it was time worthy and desired by our Comrades. We have now met our agreement with DAV Guthrie-Beck Chapter # 2 relating to the new sign in front of our meeting home. A special Thank You goes to our Cmdr Winkler for pursuing the completion of this commitment. Our thanks also go to Larry Janos, Junior Vice for the DAV and Cmdr Winkler for the finalization of the installation. It is through hard work and dedicated Comrades that brings these tasks to fruition. Thanks again!

WHEN WILL YOUR SOCIAL SECURITY NUMBER COME OFF YOUR ID CARD?

Beginning 1 June 2011, social security numbers on military identification cards began to disappear, said Air Force Maj. Monica M. Matoush, a Pentagon spokeswoman.

The effort is part of a larger plan to protect service members and other DOD identification card holders from identity theft, officials said. Criminals use Social Security numbers to steal identities, allowing them to pillage resources, establish credit or to hijack credit cards, bank accounts or debit cards.

The Social Security number has been printed on the back of common access cards, and on the front of cards issued to dependents and retirees. When current cards expire, they are being replaced with new cards having a DOD identification number replacing the Social Security number, officials said. The DOD identification number is a unique 10-digit number that is assigned to every person with a direct relationship with the Department. The new number also will be the service member's Geneva Convention identification number.

An 11-digit DOD benefits number also will appear on the cards of those people eligible for DOD benefits. The first nine digits are common to a sponsor, the official said, and the last two digits will identify a specific person within the sponsor's family.

Social Security numbers embedded in the bar codes on the back of identifications cards will remain

there for the time being, and will be phased out beginning in 2012.

The Department will replace identification cards as they expire. Retirees can go to their nearest ID card facility to replace their cards at their convenience since their cards do not expire.

"Because cards will be replaced upon expiration, it will be approximately four years until all cards are replaced with the DOD ID number," Matoush said.

The identity protection program began in 2008, when DOD started removing Social Security numbers from family member identification cards.

DoD Re-evaluating Retirement Determinations for Some Veterans

The DOD Physical Disability Board of Review (PDBR) is re-evaluating Medical Evaluation Board (MEB) and Physical Evaluation Board (PEB) disability ratings for some Veterans medically separated between September 11, 2001, and December 31, 2009, to ensure a correct disability retirement determination was made. Veterans who received a combined disability rating of 20 percent or less and were not found eligible for retirement can apply to have their MEB/PEB disability rating reviewed for fairness, consistency, and accuracy. Former reserve members with greater than 20 years of total federal military service but fewer than 20 years of active duty, who meet the above criteria, are also eligible to apply. Learn more about the PDBR and how to apply. Questions on the PDBR can be sent to PDBRPA@afncr.af.mil.

TRICARE Questionnaire: The TRICARE

Beneficiary panel on communications and customer service is looking for feedback on how customers get their prescriptions filled to possibly help them save on medications taken regularly. Please be advised that this is a questionnaire, not a survey, and results will be shared with participants at a later date.

To participate in the survey, go to this site: https://tricare.inquisiteasp.com/cgi-bin/qwebcorporate. dll?idx=D9GAC7

God Can't Be Used in National Cemetery?

On behalf of your religious liberty – and the hope of your children and grandchildren being able to worship freely in America – Liberty Institute is sharing the powerful stories of veterans and their families. These patriots are being told that they cannot invoke the name of God at a National Cemetery. Liberty is fighting back in court.

Liberty Institute is fighting to restore God's name to the prayers and historical rituals performed at veterans' funerals in national cemeteries. Liberty takes on case after case, standing up for your religious freedom in local, state, and federal courts.

From the Circuit Courts of Appeal to the Supreme Court of the United States, Liberty works – free of any charge – to defend your rights.

1. VFW Calls on Super Congress to Protect

Vets: Last week, VFW Executive Director Bob Wallace sent letters to each member of the new 12-member Joint Select Committee on Debt Reduction---also known as the "Super Congress"---that's been tasked with developing a bipartisan road map to reduce the national debt over the next few months. In his letter, Wallace asked each member to preserve military personnel programs and veterans' benefits, and offered the VFW's input in the process. Read the VFW's letter and learn more about the Super Congress by visiting the VFW's Voice on the Hill blog.

SERVICE OFFICER CORNER (JOHN LAVERY)

Items for the WY VFW Website from: John P. Lavery, VFW-DSO Cheyenne VA 2360 E Pershing Blvd Cheyenne, WY 82001 (307-778-7340)

If a Veteran wishes to file for a claim or claims then the following will be of great help:

If the Veteran has already retired or been honorably discharged from the military the Veteran will want to fill out a VA Form (VAF) 21-526. The first four pages are instructions on how to fill out said form. If the Veteran is filling out the form for disability only then the portion of the VAF 21-526 dealing with Pension need not be filled out. It would be of a great help that when the Veteran is ready to file the form he/she has any copies of their military medical records that they may have on hand. Instead of hoping or thinking that the VA will acquire those medical records, it would be wise to provide the VA copies of what he/she may have. Being proactive is better than being reactive, I always say.

The Veteran will also have to provide a copy of their marriage certificate and/or birth certificates of any children/dependents under 18 years of age and/or children in college under the age of 23 years of age.

If the Veteran is still in the service and is retiring/getting out within the next 180 days a VAF 21-526c will have to be filled out. If this Veteran is married/has children then a VAF 21-686c will also have to be filled out.

A copy of the marriage certificate and birth certificates for children (as outlined above in "a") will be needed also.

A "yet to be discharged/retired" Veteran will <u>not</u> know the status of their claim(s) until the VA receives a copy of their DD 214.

All QUICKSTART/BENEFITS DELIVERED UPON DISCHARGE (BDD) claims go to Salt Lake City, UT. So when the VA in Cheyenne or Sheridan gets the DD 214 they will FEDEX/UPS next day deliver it to SLC.

As I have mentioned before, the VA, in going through a Veteran's service treatment records (SMR) will notate those disabilities that are chronic in nature. If a Veteran was seen several times for his/her back *and* it was documented by that military facility/sick call/clinic/hospital properly.

If the Veteran wants to file a claim for bilateral hips because he was a paratrooper; then hopefully he was seen on several occasions for that condition. If the Veteran was never seen for his hips while in the military, chances are the claim(s) will be denied. Food for thought!

At this time I would like to address the issue of *Individual Unemployability (IU)*.

In order to meet the minimum requirements for the following must be met:

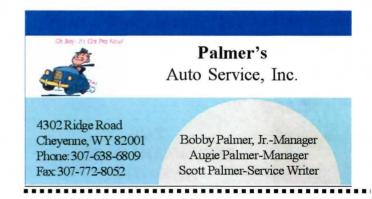
Veteran has a service-connected disability at 60% or a disability of 40% for a combined total of 70% or more *and* a doctor's statement (either VA or private provider) that states the Veteran is unemployable because of his/her service-connected PTSD or back condition or whatever. So if a Veteran is service-connected (60%) for his/her back (person is, for instance, a truck driver) and cannot work anymore because of this disability; then we can file for IU if the Veteran can get a statement from his/her doctor informing the VA of this new development.

If this particular Veteran is a truck driver and is service-connected at 40% for his/her back condition, but is rated at (combined) 70% for all disabilities then we can file for IU as long as we get the health-care provider statement. Many, many times we are getting request for IU and it is because the Veteran has decided he/she doesn't want to work or can't work because of the service-connected disabilities. If the Veteran is service-connected at a lower degree of disability we can file for IU, but we must ask for an "Extra-Scheduler Decision" which is VA lingo that a managerial decision has to be made for this type of IU from the VA. I have been in this office for a year and I have yet to see a ESD IU approved!

" A FRIEND IS THE FIRST PERSON WHO COMES IN WHEN THE WHOLE WORLD HAS GONE OUT"



THE VFW SUPPORTS OUR TROOPS!



The VFW Frontier Post 11453 is forever grateful to our local AMSOIL dealer, Frank and Bertha Carter for the donation of all the lubricants and filters for our Veterans Lift Van. PLEASE SUPPORT THEM AS OFTEN AS YOU CAN.



Customers like you are a pleasure! We appreciate your business and look forward to serving you again.

Frank & Bertha Carter AMSOIL Dealers



DID YOU KNOW?

Military Retirement System Threatened: The VFW remains very skeptical of Pentagon announcements that they have no plan to change the existing military retirement system. We believe they have embraced a Defense Business Board recommendation to end the automatic receipt of retirement and revert to a corporate 401(k)-style system that would provide more incentives for midcareer officers and NCOs to separate instead of staying 20 or more years. DOD just might be waiting to judge the amount of pushback from the military and veterans' communities. As a VFW spokesman was quoted saying Tuesday on FOX News, "this proposal is about money, not about people, and could signal an end to the All Volunteer Force, which is an expense this nation can ill afford to pay." The military retirement system is just one of 10 services and programs that the VFW believes Congress or the Administration want to reduce or eliminate to help pay for 10 years of war. Read more about the "10 for 10" plan.

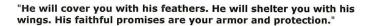
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CHAPLAINS CORNER



Psalm 91:4

THE WINDOW

A young couple moves into a new neighborhood. The next morning while they are eating breakfast, the young woman sees her neighbor hanging the wash outside.

"That laundry is not very clean", she said. "She doesn't know how to wash correctly. Perhaps she needs better laundry soap."Her husband looked on, but remained silent.

Every time her neighbor would hang her wash to dry, The young woman would make the same comments.

About one month later, the woman was surprised to see a nice clean wash on the line and said to her husband:"Look, she has learned how to wash correctly. I wonder who taught her this."

The husband said, "I got up early this morning and cleaned our windows."

And so it is with life. What we see when watching others depends on the purity of the window through which we look.

May God Bless you and your family! Thank you for your support.

Please let me know of anyone that is distress.

Frank Carter Chaplain VFW Frontier Post 11453 Tel: 638-3663.

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.



Diane E. Martin, LUTCF, CPIW

Timberline Insurance Agency, Inc.

3151 Nationway, Suite K8 P.O. Box 20007 Cheyenne, WY 82003-0007

(307) 637-4757 (307) 637-4266 Fax demartin@timberlineins.com

Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 13 September 2011 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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(307) 638-0076

Please submit articles by 23 September 2011 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

MEMO FROM OUR POPPY CHAIRPERSON:

The following are tentative dates for Poppy Donations by our VFW. Please contact Comrade Steve Wilson (307-635-3895) to volunteer for the donation program.

COMRADE WILSON AND THE VFW 11453 NEEDS YOUR HELP!

Sept 10 & 11 for Patriots Day. Nov 5 & 6 for Veteran's Day.





This month we honor Louis "Jack" Wascher and salute his service. May we always remember that serving one's country is the ultimate expression of love for family, friends and neighbors! (Article is compliments of our Comrade Rex Daniels) THANKS REX – LES.

Jack Wascher, born September, 1927, enlisted in the US Navy in 1945. He rose to the rank of Petty Officer 2nd class and was rated a Damage Controlman. In this technical specialty he performed the work necessary for damage control, ships stability, firefighting and preparing defenses against chemical, biological and radiological warfare He served aboard the aircraft attacks. carrier - USS Cape Gloucester (CVHE-109) and the destroyer escort - USS Nicholas (DDE-449) before being stationed for shore duty in Washington DC for 2 years. In 1053, after 8 years of service, Jack accepted an honorable discharge and moved back to Cheyenne. He worked for Cheyenne Light Fuel & Power and the Western Area Power Company before retiring in 1986.

An active member of First Baptist Church since 1953, Jack has served as church Trustee for 3 terms and President of the Forever Young Seniors Club for over 14 years.

He is a Past Master and member of the AF&AM Masonic Lodge #41 in Burns, WY, a member of the American Legion, and a founding life member of VFW Post 11453.

Jack and his wife, Shirley, have been happily married for 63 years and have a daughter, Connie Ludke and granddaughter, Mandy.





VFW Frontier Post 11453

Monthly Newsletter

October 2011 Edition (Vol. 2)

Commander's Corner

I would like to thank all of our comrades for the support of our homebound VA veterans that enjoyed the pork chop breakfast at VFW 1881 Post on 2 October 2011. I also would like to thank Mrs. Debbie Janos for her never-ending support to transport our veterans from the VA to the VFW 1881 and take them back. A VERY HEART-FELT THANK YOU DEBBIE, FOR ALWAYS BEING THERE FOR OUR CLC VETERANS.

A very special thanks to all the volunteers that donated their time and efforts to make our Patriot Day Poppy donation program a tremendous success. Anither tsk well done!

On another note, all VFW members in good standing are insured under the VFW national sponsored \$1,000.00 personal accident protection plan at no cost to the member. Benefits are payable in the event of an accidental death or dismemberment. This policy includes a \$1,500.00 travel rider in the event the member should pass away due to an accident while traveling as a paid passenger in a bus, plane, train, etc.

Many posts mistakenly tell their members that they have a free life insurance policy through the VFW; however this is not life insurance, rather it is an accidental death and dismemberment policy.

'Lord, please hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need Amen'

Commander Winkler



Quartermaster's Corner

Effective October 1, 2011, the Post-9/11 GI Bill Pays a housing stipend to students enrolled solely in online classes. The stipend is half the national average of BAH (Basic Housing Allowance) for an E-5 with dependents – **\$673.50 per month for 2011.**

In addition, the Post-9/11 GI Bill provides up to **100% Coverage of Tuition and Fees.** Take the next step and find **Schools with VA Approved Programs**. It's important to compare schools to find the one that best meets your specific needs.

VA Posts Online List of Ships Associated with Presumptive Agent Orange Exposure

WASHINGTON – Veterans who served aboard U.S. Navy and Coast Guard ships operating on the waters of Vietnam between January 9, 1962, and May 7, 1975, may be eligible to receive Department of Veterans Affairs (VA) disability compensation for 14 medical conditions associated with presumptive exposure to Agent Orange.

An updated list of U.S. Navy and Coast Guard ships confirmed to have operated on Vietnam's inland waterways, docked on shore, or had crewmembers sent ashore, has been posted at http://www.publichealth.va.gov/exposures/agentorange/ to assist Vietnam Veterans in determining potential eligibility for compensation benefits.

"Posting of the ships list is an important recognition of the sacrifices U.S. Navy and Coast Guard Veterans made for this Nation," said Secretary of Veterans Affairs Eric K. Shinseki. "It provides an easier path for Veterans who served in Vietnam to get the benefits and services they are entitled to under the law."

VA presumes herbicide exposure for any Veteran with duty or visitation within the country of Vietnam or on its inland waterways during the Vietnam era. Comprehensive information about the 14 recognized illnesses under VA's "presumption" rule for Agent Orange is also located on the webpage.

In practical terms, Veterans with qualifying Vietnam service who develop a disease associated with Agent Orange exposure need not prove a medical link between their illnesses and their military service. This presumption simplifies and speeds up the application process for benefits.



For questions about Agent Orange and the online list of ships, process may vary. Veterans may call VA's Special Issues Helpline at 1-800-749-8387 and press 3.

When a claim is filed by a Veteran, surviving spouse or child, VA will determine whether the Veteran qualifies for the presumption of exposure based on official records of the ship's following must apply: operations. Ships will be regularly added to the list based on information confirmed in these official records.

Even if a Veteran is not filing a claim, a Veteran may conduct his or her own research and submit scanned documentary evidence such as deck logs, ship histories, and cruise book entries via email to 211 AOSHIPS.VBACO@va.gov.

Service on board ships anchored in an open water harbor, such as Da Nang Harbor, or on ships on other open waters around Vietnam during the war, is not considered sufficient for the presumption of Agent Orange exposure. For Veterans interested in obtaining deck logs, contact the National Archives at College Park, Md., at http://www.archives.gov/dcmetro/college-park/researcher-info.html.

The Agent Orange Claims Processing System website located at https://www.fasttrack.va.gov/AOFastTrack/ may be used to submit claims related to the three conditions added to the list of Agent Orange presumptives last year (Parkinson's disease, hairy cell and other chronic B-cell leukemias, and ischemic heart disease).

This website makes it easy to electronically file a claim and allows Veterans and their physicians to upload evidence supporting the claim. It also permits online viewing of claim status.

Veterans claiming other conditions may file online at VA's MyeBenefits web site at: https://www.ebenefits.va.gov/ebenefitsportal/ebenefits.portal. They can check the status of their claim with a premium account (confirming their identity), and use a growing number of online services.

Servicemembers may enroll in My-eBenefits using their Common Access Card at any time during their military service, processing and establishing a claim for PTSD, or before they leave during their Transition Assistance Program but the Veteran will still need a diagnosis of briefings.

Veterans may also enroll through their myPay or MyHealtheVet claim for PTSD only to be diagnosed with a accounts, by visiting their local VA regional office or Veteran Service Organization, or by calling 1-800-827-1000.

DID YOU KNOW?

Wyoming Financial Assistance **Programs**

Wyoming Veterans Tax Exemption

The exemption applies to taxes on a VeteranA?s primary residence lowering the assessed value by \$3,000. The \$800 cap was removed in 2007. Veterans who reached the previous cap should reapply. Veterans should check with their County Assessor each year prior to the deadline as the reapplication

Veterans must be residents of Wyoming three or more years

prior to claiming the tax exemption and must have a DD 214 or equivalent from their branch of service. Additionally, one of the

- Served in the Armed Forces during one of the following periods: World War II December 7, 1941 A? December 31, 1946 Korean War June 27, 1950 A? January 31, 1955 Vietnam War February 28, 1961 A? May 7, 1975 OR
- Must have served overseas during an armed conflict and received an Armed Forces Expeditionary Medal or equivalent. OR
- Be a disabled Veteran with a compensable service connected disability as certified by the U.S. Department of Veterans Affairs or a branch of the Armed Forces of the United States. VA or DOD agency disability letter required.
- Be the surviving spouse of a qualifying Veteran who resides in Wyoming and does not remarry.

SERVICE OFFICER CORNER (JOHN LAVERY)

Items for the WY VFW Website from: John P. Lavery, VFW-DSO Cheyenne VA 2360 East Pershing Blvd Cheyenne, WY 82001 (307-778-7340)

There seems to be some confusion as to why a Veteran, who was awarded a combat badge or a combat medal of some type, cannot be awarded compensation automatically for Post Traumatic Stress Disorder (PTSD) by the VA. The badge and/or award will help in PTSD from a qualifying physician. Many times we have seen Veterans who have submitted a mental health issue related to something else. It could be depression/anger/anxiety from family issues, financial issues or civilian / military work-related issues.

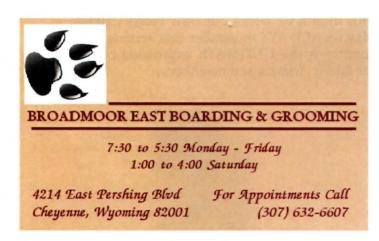
The VA is required by law to help the Veteran obtained any and all service medical records that are available. Quite frequently we have Veterans inform us that the Army Post or Air Force Base he/she was stationed at has been closed over the years and, after fruitless endeavors, the VA cannot obtain any medical treatment records for that individual Veteran.

Sadly, it is up to the Veteran to acquire those medical records in order for the VA to process their claim(s). Some Veterans have stated, either in our office or to me over the phone, that the VA has to approve their claims since no service medical/treatment records are to be found. That is false. Without a copy of the Veteran's service medical records the VA cannot process the claim and will not, of course, award said claim(s). That action would constitute fraud on the part of the VA.

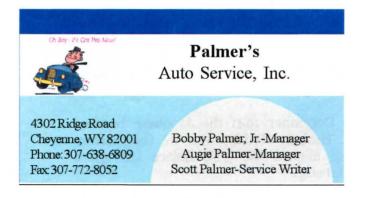
Veterans who feel that they may be facing homelessness as a result of losing their home can call (877) 4AID VET (877-424-3838) or go to:

www1.va.gov/HOMELESS/NationalCallCent er.asp to receive immediate assistance from the VA.

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Customers like you are a pleasure! We appreciate your business and look forward to serving you again.

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CHAPLAINS CORNER

Please keep our Comrade Franklin Dyke in our prayers. He was admitted to the Veteran's affairs Medical Center on 2 October 2011. He is in Room 320 at this time. Our prayers are with you Franklin and your family and friends.

Facing Temptation

"Let us therefore come boldly unto the throne of grace that we may obtain mercy, and find grace to help in time of need." Hebrews 4:16

When you face temptation, remember it is not a sin to be tempted. Temptation to sin is not sin.

If temptation were a sin, then Jesus would be a sinner, because Hebrews 4:15 says,

"For we have not a high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without in." Jesus was tempted in all points like as we are, yet without sin. Jesus felt what you feel.

He was just as much a man as though He were not God at all, and He was as much God as though He were not man at all. He was the God-Man, and praise God, Jesus never sinned though He knew those temptations. Are you facing a temptation today that you feel no one has ever faced?

Turn to Jesus and He will meet you there.

May God Bless you and your family! Thank you for your support.

Please let me know of anyone that is distress.

Frank Carter Chaplain VFW Frontier Post 11453 Tel: 638-3663.

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.



Diane E. Martin, LUTCF, CPIW

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3151 Nationway, Suite K8 P.O. Box 20007 Cheyenne, WY 82003-0007

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Please submit articles by 25 October 2011 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

MEMO FROM OUR POPPY CHAIRPERSON:

The following are tentative dates for Poppy Donations by our VFW. Please contact Comrade Steve Wilson (307-635-3895) to volunteer for the donation program.

COMRADE WILSON AND THE VFW 11453 NEEDS YOUR HELP!

Nov 5 & 6 for Veteran's Day.

Thanks Fellow Comrades for your Support

This month we honor our own Teddy Calkins. May we ALWAYS remember that serving one's country is the ULTIMATE expression of love for family, friends and neighbors.



Teddy Calkins was born 9 February 1923. He enlisted in the U.S. Navy in 1941. He rose to the rank of Petty Officer 1st Class and was rated a Hospital Corpsman. As a medic he was the primary caregiver and often the only medical health care professional for sailors aboard ship.

On 7 December 1941 the Japanese bombed Pearl Harbor. Teddy was in the harbor, serving aboard the USS Solace (AH-5), a hospital ship.

The Solace sent motor launches and stretcher parties to the burning USS Arizona to evacuate the wounded and pull men from the water which was covered in burning oil. After several trips to the USS Arizona and the USS Virginia, the boat crews then went to assist the USS Oklahoma.

In early 1942, the Solace was ordered to the South Pacific. This assignment took him to Guam, New Hebrides Islands, New Caledonia and the Fiji Islands caring for fleet casualties and men wounded in the island campaigns.

In 1943 Teddy was given advanced hospital training and assigned to a Garrison Beach Battalion to assist in beach landing assaults. While aboard the LST headed to Japan for a planned invasion, bombs were dropped on Hiroshima and Nagasaki. The ship continued and set up station in Sasebo. After a short time he returned to Pearl Harbor and was assigned to the USS PC-487, a patrol craft designed for anti-submarine warfare, convoy escort and coastal patrol.

In Late 1947, he was separated from active duty, moved back to Nebraska and became a barber.

After a couple of short years of reserve duty, he was called back to active duty and sent to Japan. After 18 months in Yokosuka, he was sent to Korea to work with the U.S. Marines.

While on maneuvers, he came down with an illness that the Navy could not properly diagnose. Now, as a patient, he was sent to hospitals in Japan, Hawaii, California and finally to Great Lakes. After 13 years of service, he was offered an Honorable Discharge for his medical condition.

In 1953, he went back to being a barber. He lived in Colorado (Oak Creek, Leadville and Fort Collins) before moving to Rawlins, Wyoming. When he learned of a barber shop for sale in Cheyenne, he bought it and moved his business and family to Cheyenne. Teddy finally retired in 1985.

He is a member of the Oddfellows and a founding life member of VFW Frontier Post 11453.

A widower after 50 years of marriage, Teddy met his present wife, Elaine, and has been happily married for 15 years.



THANK YOU TEDDY CALKINS, FOR YOUR SERVICE

(Article compliments of Comrade Trustee Rex Daniels)

Wyoming Veteran Housing Programs

Veterans' Home of Wyoming

This home is located on the historic site of Fort McKinney. It was built in the summer and fall of 1878. The home was established in 1895 with the first member being housed at Fort D. A. Russell (now F.E. Warren AFB) in Cheyenne, Wyoming. The home and its resident were transferred from Cheyenne to the home's present location in 1903. It is located three miles west of Buffalo, one-half mile south of Highway 16, at the base of the majestic Big Horn Mountains. Clear Creek from the Big Horns runs through the center of the area surrounding the home and supplies the fresh water for the resident trout pond.

Eligibility

- Honorably discharged Veteran and resident of Wyoming
- Cannot be gainfully employed
- Allowed to have some qualified non-Veterans
 - Must be related to a Veteran that would be eligible
 - Non-Veteran admitted when there is a 10% vacancy

For more information, please visit the <u>Veteran's Home</u> of Wyoming website or call (307) 684-5511.

For more information contact the Wyoming Veterans Commission:

Wyoming Veterans Commission 5500 Bishop Blvd. Cheyenne, WY 82009 (307) 772-5145 (307) 772-5202 fax lbartt@state.wy.us



VFW Frontier Post 11453

Monthly Newsletter

November 2011 Edition (Vol. 2)

Commander's Corner

As some of you may know, we have a new Department Commander, his name is Larry Parkins, he resides in Cody, Wyo.

Our next Poppy dates are the 5th and 6th of November. I hope we can all- as a Post be proud to hand them out again this year. We will be meeting at our post on November 5th at 0730 and at 0800 on the 6th at Post 1881, See you there.

Voice of Democracy and Patriots Pen entries are due to the Post by November lst.

Veterans day proclamation signing is on November 3rd at 9:00 am at the Governors Formal conference Room. I would like to see more of our comrades at the signing.

There will be a Memorial Service in Casper on October 31, 2011 for more information, please contact me for.

On a health note, it has become more and more important that we all get our Flu shots. If you have not gotten one yet, go to the VA or I heard that at Albertson's the cost was \$14.00.

Governor Mead will be signing the Veterans Day Proclamation on 3 November (Thursday) 2011at 0900 hours in the Governor's formal conference room at the Capitol here in Cheyenne. I request that we have another great participation by attending the first Veterans Day Proclamation to be signed by Governor Mead.

Seek what is Right, not who is Right.

Commander Winkler



Quartermaster's Corner

Fellow Comrades. We are in dire need for volunteers to support our Poppy Donation Program for the 5th and 6th (this coming Saturday and Sunday). It is your support and efforts that make our program a success. You have come through in the past, please continue the support for our Veteran's Day Poppy Donation Program. Contact Comrade Steve Wilson (307) 635-3895 or email him at smwilson65@yahoo.com to let him know what time(s) you can volunteer to make our program a success. All volunteers should meet at our Post headquarters (1119 Converse Avenue) to receive their poppies, have a donut and start the weekend out as a fun event.

VA backs down: no more religious discrimination.

Houston National Cemetery agrees to allow prayer and religious speech at funerals for our veterans

October 18, 2011

Dear Frank,

Several veterans groups who had sued the U.S. Department of Veterans Affairs over claims of religious discrimination by Houston VA officials have agreed to settle their lawsuit, according to attorneys at Liberty Institute representing the groups. <u>See earlier AFA Action Alert</u>.

According to <u>Associated Press</u>, the settlement agreement lists 50 provisions that VA officials agree to adhere to. The VA said in the decree that certain of these provisions "are already the policy or practice of the department."

Some of these actions include no banning or interfering with prayers or recitations at committal services; agreeing to not edit or control the content of private religious speech and expression by speakers at special ceremonies or events at the cemetery; and agreeing not to ban religious speech or words such as "God" or "Jesus" in condolence cards or similar documents given by some of the groups that filed the suit.



The VA also agreed to pay the veterans groups' legal fees, which total \$215,000. It is not known if Director Ocasio has been or will be removed from her position.

Because of your support of the AFA Action Alert, we were able to deliver over 375,000 emails to the Veteran's Administration, clearly contributing to the VA's decision to stop its religious discrimination. Because of your action, and God's help, we are making a difference.

Sincerely,



Tim Wildmon, President American Family Association

VFW Call to Action

Stop Balancing Budget on Backs of Military and Veterans

WASHINGTON (October 18, 2011) — The national commander of the country's largest and oldest major combat veterans organization is asking his 2 million members and all their friends and families to urge their elected officials to not break faith with the nation's military and veterans' communities.

"We and our families who have and continue to serve and sacrifice the most need to raise our voices loudly and clearly before the nation's debt is placed squarely on the shoulders of our military families and veterans," said Richard L. DeNoyer, a retired Marine and Vietnam combat veteran who leads the Veterans of Foreign Wars of the U.S. and its Auxiliaries.

"It is critical that our voices not be lost in the ongoing budget debate that seems to now equate national service and sacrifice with the size of healthcare premiums," he said. "The 'people programs' inside the Departments of Defense and Veterans Affairs are expensive because it takes people to fight our wars, and with less than one percent of our citizens currently in uniform, any degradation of these hard fought-for programs will break faith with those who sacrifice the most, and will place the continued viability of the all volunteer military in serious jeopardy."

The VFW national commander's call to action is the result of three letters sent last Friday by the leadership of the Senate Armed Services Committee and both House and Senate Veterans Affairs Committees to the Joint Select Committee on Deficit Reduction. The letters support or suggest possible ways to eliminate or reduce quality of life programs and benefits in order to avoid more drastic budget cuts should a deficit reduction deal fail to pass by Thanksgiving Day.

Sending individual letters were Senate Armed Services Committee Chairman Carl Levin (D-Mich.) and Ranking Member John McCain (R-Ariz.). The joint Senate/House VA Committee letter was signed by Senate Chairman (and Select Committee member) Patty Murray (D-Wash.) and Ranking Member Richard Burr (R-N.C.), and House Chairman Jeff Miller (R-Fla.) and Ranking Member Bob Filner (D-Calif.).

The joint VA committee letter was short on specifics, since the four signers believe existing laws exempt all VA programs from sequestration — forced reductions without discussion or modification — but they did provide an eight-page summary of cost-saving acts that Congress considered in the past to reduce, modify or extend VA programs ranging from disability compensation to educational assistance. Another attachment was a one-page list of current proposals to tighten income verification requirements, slow GI Bill tuition expenditures, reaffirm VA pensions to significantly disabled veterans, and round down annual cost of living adjustments to the nearest dollar, while delaying payment for one month.

The individual letters signed by Levin and McCain were far more ominous, because they both agreed with proposals President Obama announced last month to create a commission to examine the current military retirement system, and to alter military TRICARE benefits for those retirees age 65 and older. The president also wants to increase pharmacy copayments for military dependents and retirees of all ages, but both senators suggested the proposal needs further DOD review.

Regarding the military retirement system, Levin wrote the commission should expand its scope to "encompass all aspects of military compensation, including the current system of basic pay, allowances (including the housing allowance), special and incentive pays, and health care, as well as the tax treatment of the various components of military pay." Levin also agreed with the president's proposal to institute a \$200 annual fee for military retirees age 65 and older who are enrolled in TRICARE for Life, but he would link future fee increases to the percentage amount of a retiree's annual cost of living adjustment. The president's proposal has no such linkage, and if approved as is, TRICARE for Life fees would rise from the recommended \$200 in 2012 to \$295 in 2013. This would be in addition to Medicare Part B payments they must already pay.

The senior Republican on the Senate Armed Services Committee also supports the presidential commission to review the military retirement system, and agrees with Levin that the entire military compensation package needs to be included. Regarding TRICARE, McCain recommended that the Select Committee also consider a Congressional Budget Office proposal to exclude working age military retirees from enrolling in TRICARE Prime, which has the least out-of-pocket expenses. Retirees and their families would instead have the option of enrolling in TRICARE Standard or Extra.

"The VFW is very disappointed in Senator Levin and Senator McCain for not only acquiescing to the president's proposals, but for suggesting additional ways to further balance the budget on the backs of military members, families and retirees," said DeNoyer, of Middleton, Mass.

"Our nation's financial situation cannot be solved by breaking faith with those who singlehandedly fight our nations wars — be it today or tomorrow," he said. "You cannot pass along our nation's security to future generations just for short-term financial gain. That is an extremely dangerous assumption, and totally disregards the fact that there is an inherent cost that our nation must be more than willing to pay in exchange for asking someone to join, much less donate 20 or more years of their youth to defend our country."

In his call to action, the VFW national commander is now asking his 2 million members, along with their friends and family, to contact their congressional members today to urge their support to protect the current military retirement and pay and allowance system, all TRICARE programs for military families and retirees, and all VA healthcare programs for wounded, ill and injured veterans. Click here to contact your legislators:

http://capwiz.com/vfw/issues/alert/?alertid=54813711

Walgreens Prescription Change

VFW has learned of a coming change to the Express Scripts system and Walgreens.

Effective 1/1/12, Walgreens will no longer be a provider for the Express Scripts system. Express Scripts is the prescription system for Tricare and they are pulling out of Walgreens because Walgreens refuses to honor the prices of \$5 for generic and \$12 for name brand prescriptions.

http://www.expressscripts.com/services/members/networkchange/

Please share this information with fellow VFW members so they do not fill their prescriptions at a higher cost than necessary.

VFW Communications VFW National Headquarters 406 W. 34th St., KCMO 64111 816-756-3390

DID YOU KNOW?

From the VA...

Helping a Homeless Veteran is only a phone call away. VA's Homeless Veterans Program Office is on a mission to ensure that everyone from VA employees, to first responders and civilian personnel know who and where to call should they FOR THE PILE OF LAUNDRY AND IRONING, BECAUSE IT MEANS I encounter a homeless Veteran or a Veteran at-risk of be-

coming homeless. A major homeless outreach and awareness campaign is under way in 28 cities across the nation as part of VA's commitment to eliminate Veteran homelessness by

2015. The initial phase of the massive outreach effort is designed to inform and educate those in frequent contact with homeless Veterans have them serve as messengers by directing Veterans to three primary channels: the National Call Center for Homeless Veterans (1-877-424-3838); the VA Homeless Veterans Website at

http://www.va.gov/HOMELESS/) and local VA medical centers. These major events will include brochures and other information as well as advertising posters at bus stops and radio and TV ads to promote "Make the call."

Larry D. Barttelbort COL, USA (Ret.) Director Wyoming Veterans Commission

CHAPLAINS CORNER

Please keep our Commander Wink in our prayers and his mother. Our Commander is at her side as you read this newsletter.

24 November 2011 is Thanksgiving Day. Here are some things to be "Thankful" for:

I AM THANKFUL FOR THE WIFE WHO SAYS IT'S HOT DOGS TONIGHT BECAUSE SHE IS HOME WITH ME, NOT WITH SOMEONE ELSE.

FOR THE TEENAGER WHO IS COMPLAINING ABOUT DOING DISHES, BECAUSE THAT MEANS SHE IS AT HOME & NOT ON THE STREETS.

FOR THE TAXES THAT I PAY, BECAUSE IT MEANS THAT I AM EMPLOYED.

FOR THE MESS TO CLEAN AFTER A PARTY, BECAUSE IT MEANS THAT I HAVE BEEN SURROUNDED BY FRIENDS.

FOR THE CLOTHES THAT FIT A LITTLE TOO SNUG, BECAUSE IT MEANS I HAVE ENOUGH TO EAT.

FOR MY SHADOW THAT WATCHES ME WORK, BECAUSE IT MEANS I AM OUT IN THE SUNSHINE.

FOR A LAWN THAT NEEDS MOWING, WINDOWS THAT NEED CLEANING, AND GUTTERS THAT NEED FIXING, BECAUSE IT MEANS I HAVE A HOME.

FOR ALL THE COMPLAINING I HEAR ABOUT THE GOVERNMENT, BECAUSE IT MEANS THAT WE HAVE FREEDOM OF SPEECH.

FOR THE PARKING SPOT I FIND AT THE FAR END OF THE PARKING LOT, BECAUSE IT MEANS I AM CAPABLE OF WALKING AND THAT I HAVE BEEN BLESSED WITH TRANSPORTATION.

FOR MY HUGE HEATING BILL, BECAUSE IT MEANS I AM WARM.

FOR THE LADY BEHIND ME IN CHURCH THAT SINGS OFF KEY, BECAUSE IT MEANS THAT I CAN HEAR.

HAVE CLOTHES TO WEAR.

FOR WEARINESS AND ACHING MUSCLES AT THE END OF THE DAY, BECAUSE IT MEANS I HAVE BEEN CAPABLE OF WORKING HARD.

FOR THE ALARM THAT GOES OFF IN THE EARLY MORNING HOURS, BECAUSE IT MEANS THAT I AM ALIVE.

May God Bless you and your family! Thank you for your support.

Please let me know of anyone that is distress.

Frank Carter Chaplain VFW Frontier Post 11453 Tel: 638-3663.

" A FRIEND IS THE FIRST PERSON WHO COMES IN WHEN THE WHOLE WORLD HAS GONE OUT"

THE VFW SUPPORTS OUR TROOPS!



Palmer's
Auto Service, Inc.

4302 Ridge Road Cheyenne, WY 82001 Phone: 307-638-6809 Fax: 307-772-8052

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

The VFW Frontier Post 11453 is forever grateful to our local AMSOIL dealer, Frank and Bertha Carter for the donation of all the lubricants and filters for our Veterans Lift Van. PLEASE SUPPORT THEM AS OFTEN AS YOU CAN.



Customers like you are a pleasure! We appreciate your business and look forward to serving you again.

Frank & Bertha Carter AMSOIL Dealers



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(307) 637-4757 (307) 637-4266 Fax demartin@timberlineins.com

Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 8 November 2011 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.

Please submit articles by 25 October 2011 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

MEMO FROM OUR POPPY CHAIRPERSON: The

following are tentative dates for Poppy Donations by our VFW. Please contact Comrade Steve Wilson (307-635-3895) to volunteer for the donation program. **COMRADE WILSON AND THE VFW 11453**

NEEDS YOUR HELP!

November 5 and 6 is our Poppy Donation Days.

Thanks Fellow Comrades for your Support

Les Smith 5522 Murray Hill Drive



VFW Frontier Post 11453 Monthly Newsletter

December 2011 Edition (Vol. 2)

Commander's Corner

Greetings Comrades,

I hope all of you and your families had a wonderful Thanksgiving, and were able to enjoy a meal together. It won't be long and we will be upon another holiday. If you and yours are traveling I Pray for safe travel.

Keep December 7th open on your calendars so you can attend the Pearl Harbor Memorial dinner at 6pm.First Christian Church 219 West 27th Street. If you would like to purchase tickets, please contact Wink at 640-0060 or Gaylord at 631-1301

If anyone knows of a Veteran in need, please get their information to myself, Earl Reynolds or Les Smith so we can determine if we can help. You can also bring the info. to our next Post Meeting on December 13, 2011.

Ideas for donations, "Operation Uplink" Free phone calls for the troops starting at \$15.00. Year to date, over 1,400,000 phone calls connecting our deployed service men and women to their homes.

nationalmilitaryservices@vfw.org

We have enough youth! How about a fountain of Smart.

Midwinter will be January 14, 2012, hosted by Mills Post #10969. Headquarters hotel will be the Parkway Plaza, the cost per person is \$65.00 if received by December 20, 2011 and \$75.00 after that. The registration forms are available at www.wyomingvfw.com under "Forms".

Do to circumstances beyond our control; our Post will not be having the Sunday breakfast at 1881. Commander (Wink) Winkler

Quartermaster's Corner

Warning to all Veterans:

The following message was passed along to us by Kevin Secor, VSO Liaison, and Office of the Secretary of the Department of Veterans Affairs.

An organization called Veterans Affairs Services (VAS) is providing benefit and general information on the 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. 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.

The General Counsel 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, to please pass information to Mr. Daugherty at the address below.

Michael G. Daugherty Staff Attorney Department of Veterans Affairs Office of General Counsel (022G2

DD214s are Free: It has come to our attention that there are people advertising to obtain a veteran's DD214 for a fee when this service is in fact free for veterans and their family members. Need a copy? Read more here: http://www.army.mil/article/67903/.

Richard DeNoyer returned home from Afghanistan earlier this week extremely concerned that White House and congressional proposals to eliminate or reduce military pay and benefits is impacting the morale of 190,000 deployed American troops. "They see it as a breach of faith and a complete lack of support, understanding and appreciation for what it is they do daily for the rest of America," he said. "They also cannot comprehend why anyone would even propose such measures while our nation is still engaged in two wars." Help the VFW to protect military pay and benefits by contacting your congressional members today. Urge them to protect the current military retirement and pay and allowance system, all TRICARE programs for military families and retirees, and all VA healthcare programs for wounded, ill and injured veterans.

House Passes COLA Bill: This week, the House passed legislation that would increase the rates of VA disability compensation and dependency and indemnity compensation for surviving spouses and children. S. 894, which passed the Senate a few weeks ago, authorizes the increase which is based on the Bureau of Labor Statistics Consumer Price Index. As in the past, Congress must pass a bill allowing the increase to ensure disabled veterans and their families are also included in the COLA raise Social Security and military retirees receive. The bill has been sent to the President for his signature. The COLA is expected to be a 3.6% increase.

For the House VA Committee Press Release click here: http://veterans.house.gov/

VFW Joins House Dems for Veterans' Roundtable: On Wednesday, VFW Legislative Director Ray Kelley attended a roundtable with the House Democratic leadership at the U.S. Capitol to discuss issues ranging from survivor benefits to veterans employment. VFW's primary concerns included preserving military benefits and retirement, protecting the Post-9/11 G.I. Bill from caps and reductions and finding alternative treatments for Post Traumatic Stress and Traumatic Brain Injury. Two members of the Joint Select Committee on Deficit Reduction attended and spoke broadly on their progress, saying they believe Veterans Affairs will be protected from across-the-board cuts if Congress is unable to meet its own mandate of finding at least \$1.2 trillion dollars in reductions. The committee members also said that all other areas are on the table, meaning VFW members must continue our calls asking our Senators and members of Congress to leave military benefits and retirement alone.

National Military Families, Caregivers Month: Calling on the nation to celebrate military families' service and sacrifice, President Obama signed proclamations on Tuesday that designated November as Military Family Month and National Family Caregivers Month. "With every step we take on American

soil, we tread on ground made safer for us through the invaluable sacrifices of our service members and their families," the president said in his proclamation. Read more at http://www.defense.gov/news/newsarticle.aspx?id=65910.

Military Family Survey: Blue Star Families has asked VFW to help distribute their 2012 Military Family Lifestyle Survey to active-duty, Guard, Reserve and veteran families. You can access the survey at http://tiny.cc/surveyVFW.

CHAPLAINS CORNER

Pray for our fellow comrade Franklin Dyke as he moved into Assisted Living on Sunday, 27 November 2011. May God Bless him and his family.

Chaplain Carter is going through some severe eye problems and back pain.

Comrade Keslar is home bound and ill.

Mrs Winkler (Cmdr Winkler's mother) is recuperating at home.

Comrade Everett Rhoades is confined to home with illness.

Rick Christensen (DAV Transportation coordinator) has cancer and is taking Chemo and other medications.

A Chaplain Chats: this time about the holiday season and how and why different people will respond so differently and sometimes unexpectedly to the season. In particular the many and varied responses to the days and our memories surrounding them.

For some these are seasons of great joy and pleasant memories. For others they will be memories and reflections of old injuries and bad events. Still for others they will be the first ever holidays without friends and loved ones due to deaths and other life circumstances.

With that being stated, we each need to be aware of how and why people react to the events surrounding the holiday season and provide a listening and compassionate ear to their stories and why they react the way they do.

May God bless you as you provide the compassionate listening ears to your friends and families just as God provided for us a listening and compassionate Lord and Savior during this time of year.

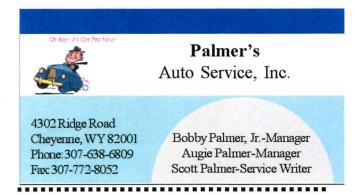
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Customers like you are a pleasure! We appreciate your business and look forward to serving you again.

Frank & Bertha Carter



Franklin L. Dyke was born April 30, 1925, twelve miles west of Carmargo, Oklahoma. His parents are Jesse Neal and Millie Dyke. Frank is the 4th child of nine. His brothers and sisters are Don, Daisy, Melford (Buddy), Lida, Mary Emma, Donna, Jesse Dale and Ila Mae (died in birth). He spent most of his childhood living in the country. In 1942 his parents moved to Arnett, Oklahoma, the county seat for Ellis County.

His parents bought the Arnett "Help Yourself Laundry. Frank worked at various jobs, such a haying, and wheat harvesting. In 1943, he went into the Army.



Frank received two wounds serving in the European Theater. He took shrapnel in his right calf near St. Die, France. Upon returning to combat he was shot by a German sniper in the battle for Nuremburg, Germany. The bullet hit him just below the heart and torn a hole in his large intestine. He spent 7 months at Fitzsimmons General Hospital and was honorably discharged from the Army in November of 1945.

On June 7, 1946 he married Leatha M. Shelton Riggs. Leatha had a son, Jimmy F. Riggs from a previous marriage. Frank proudly accepted Jim as his son. On September 1, 1947, Frank and Leatha added another son to the family, Alvin L. Dyke.

Over the years Frank worked in an IGA grocery store, he worked roads for Ellis County, at a National Gypsum ant in Kansas and worked as a ranch hand on two different ranches. While employed as a ranch hand he injured his back. Following surgery on his back, he was severely crippled as a result of nerve and hip damage. He was told he would never walk again. After years of shear determination he regained his ability to walk again, although limited physically, he worked hard and provided for his family. Following the surgery on his back he attended Oklahoma A&M, a trade school and earned a Certificate in Accounting. While at Oklahoma A&M he also earned his high school diploma by passing the general education tests.

He worked in the insurance business for several years, first in Woodward, Oklahoma and later establishing his own agency in Belen, New Mexico. He was granted a contract from the Santa Fe railroad which involved picking up the train crews and transporting them to the engine and bringing the incoming crews back to the roundhouse. He developed this contact into a successful business and subleased it to another person that eventually purchased the contract rights.

He was hired as an Operator and Station Agent for the Santa Fe Railroad, from which he retired in December, 1986.

In November 1996, Frank lost his eldest son to cancer and in July 11, Leatha, his companion for 65 years went to her peace.

Frank has two grandsons from Jimmy F. Riggs, and 4 great grand-daughters. He has a grandson and a grand-daughter from Al Dyke and another great grandson and two great granddaughters.

Influenced by Frank, his son, Jimmy Riggs served over 20 years in the Air Force and his son Al Dyke served 20 years in the Air Force. His grandson, Scott Dyke is currently on active duty in the Air Force.

(Written and submitted by Al Dyke)

ESTEVAN'S CAFE



THE BEST MEXICAN FOOD ANYWHERE

Steve and Delilah Pineda Proprietors 1820 Ridge Road Cheyenne, WY 82001 (307) 632-6828

DID YOU KNOW?(Contributed by Sr. Vice Reynolds)

Interesting Veterans Statistics off the Vietnam Memorial Wall "Carved on these walls is the story of America, of a continuing quest to reserve both Democracy and decency, and to protect a national treasure that we call the American dream." ~ President George W. Bush

SOMETHING to think about - Most of the surviving Parents are now deceased.

There are 58,267 names now listed on that polished black wall, including those added in 2010..

The names are arranged in the order in which they were taken from us by date and within each date the names are alphabetized. It is hard to believe it is 36 years since the last casualties.

Beginning at the apex on panel 1E and going out to the end of the East wall, appearing to recede into the earth (numbered 70E - May 25, 1968), then resuming at the end of the West wall, as the wall emerges from the earth (numbered 70W - continuing May 25, 1968) and ending with a date in 1975. Thus the war's beginning and end meet. The war is complete, coming full circle, yet broken by the earth that bounds the angle's open side and contained within the earth itself.

The first known casualty was Richard B. Fitzgibbon, of North Weymouth, Mass. Listed by the U.S. Department of Defense as having been killed on June 8, 1956. His name is listed on the Wall with that of his son, Marine Corps Lance Cpl. Richard B. Fitzgibbon III, who was killed on Sept. 7, 1965.

- · There are three sets of fathers and sons on the Wall.
- · 39,996 on the Wall were just 22 or younger.
- · The largest age group, 8,283 were just 19 years old 33,103 were 18 years old.
- · 12 soldiers on the Wall were 17 years old.
- · 5 soldiers on the Wall were 16 years old.
- · One soldier, PFC Dan Bullock was 15 years old.
- · 997 soldiers were killed on their first day in Vietnam.
- · 1,448 soldiers were killed on their last day in Vietnam.
- · 31 sets of brothers are on the Wall.
- · Thirty one sets of parents lost two of their sons.
- · 54 soldiers on attended Thomas Edison High School in Philadelphia. I wonder why so many from one school.
- · 8 Women are on the Wall. Nursing the wounded.
- · 244 soldiers were awarded the Medal of Honor during the Vietnam War; 153 of them are on the Wall.
- · Beallsville, Ohio with a population of 475 lost 6 of her sons.

West Virginia had the highest casualty rate per capita in the nation. There are 711 West Virginians on the Wall.

The Marines of Morenci - They led some of the scrappiest high school football and basketball teams that the littleArizona copper town of Morenci (pop. 5,058) had ever known and cheered. They

along the Coronado Trail, stalked deer in the Apache National Forest. And in the patriotic camaraderie typical of Morenci's mining families, the nine graduates of Morenci High enlisted as a group in the Marine Corps. Their service began on Independence Day, 1966. Only 3 returned home.

The Buddies of Midvale - LeRoy Tafoya, Jimmy Martinez, Tom Gonzales were all boyhood friends and lived on three consecutive streets in Midvale, Utah on Fifth, Sixth and Seventh avenues. They lived only a few yards apart. They played ball at the adjacent sandlot ball field. And they all went to Vietnam. In a span of 16 dark days in late 1967, all three would be killed. LeRoy was killed on Wednesday, Nov. 22, the fourth anniversary of John F. Kennedy's assassination. Jimmy died less than 24 hours later on Thanksgiving Day. Tom was shot dead assaulting the enemy on Dec. 7, Pearl Harbor Remembrance Day.

The most casualty deaths for a single day was on January 31, $1968 \sim 245$ deaths.

The most casualty deaths for a single month was May 1968 - 2,415 casualties were incurred.

For most Americans who read this they will only see the numbers that the Vietnam War created.. To those of us who survived the war, and to the families of those who did not, we see the faces, we feel the pain that these numbers created. We are, until we too pass away, haunted with these numbers, because they were our friends, fathers, husbands, wife's, sons and daughters. There are no noble wars, just noble warriors

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Please submit articles by 26 December 2011 to allow time for the newsletter to be compiled. THANKS. Les

Home Phone: (307) 637-877 Cell Phone: (307) 256-8463

Email address: vfw11453@hotmail.com

SPECIAL NOTICE:

If you or someone you know could use any of the items listed below, please give the person listed below a call.

Theresa with the Weld and Larimer County Vets Service Offices has furniture and household goods in her garage. She said it was donated for veterans in need.

There is a couch, entertainment center for a 27" TV (big), stove, TV stand, baby crib, 2 twin mattresses, toys, 70 or so VHS tapes (she'll donate the VCR), clothing, dishes, blankets and more. She said it takes up half of a double garage.

If any of you know of veterans who could use anything like this, Theresa may be reached at the Fort Collins office Mondays & Fridays at 970-498-6645 or at the Greeley office on Tuesdays & Thursdays at 970-353-3800 x6712.

Cindy Stockdale Voluntary Service Assistant Cheyenne VAMC 307-778-7317

