



VFW Frontier Post 11453

Monthly Newsletter

February 2012 Edition (Vol. 3)

Commander's Corner

Greetings Comrades;

I hope this finds all of you and your family's well, warm and safe.

Our Post will be receiving a Very Special Gift at our meeting on 14 February 2012 I hope you will attend to be part of it!

Post #11453 membership is at 100% plus. Thanks for a **Great Job!**

Wyoming is at the top of the 50 states in Poppies ordered. Wyoming ordered 43,500 Poppies of which Post 11453 has purchased 20,000 to date, which is 98.86% of past orders.

Quartermaster Smith and I have become involved in a program in Colorado that distributes wheel chairs, portable, electric and special size equipment to Veterans at no cost through the Posts involved to veterans who do not meet the VA percentage requirements to be provided mobility equipment, yet have physical needs for the same. Post 11453 has been invited to join in this program. I would like to name it *Wyoming Automotion for Disabled Vets*, but will entertain any name that anyone desires to submit. We would love to have all of our comrades on board with this wonderful program. Please bring some ideas and some Vets who may benefit to our next meeting on February 14, 2012.

"The highest appreciation is not to utter words, but to live by them." JFK

Please remember your Sweethearts on Valentine's Day, so they will support our meetings!! :)

The VOD/PAT PEN Themes this year are; "Is Our Constitution still relevant?" and "What I would tell America's Founding Fathers"?

Veteran's Tax Exempt benefit for the State of Wyoming goes through May 2012.

Check out this website: www.myhealth.va.gov.

Enjoy you 3.6 COLA Increase effective 1, February 2012.

Be sure to read the handouts at the meeting.

May God Bless our UNITED STATES OF AMERICA.

I would appreciate our comrades supporting the monthly newsletter by contacting Comrade Daniels or Quartermaster Smith to relate one of your military experiences or your military career to benefit all of the readers of our monthly newsletter. It helps all of us to know more about our comrades.

Commander Wink Winkler

Quartermaster's Corner

TRICARE Patients are Curbing Rising Pharmacy Costs by Switching to Home Delivery. In record number, patients with regular prescription medications are getting their 90-day supplies through the mail-order option – TRICARE Pharmacy Home Delivery. That's made a dent in use of more expensive retail pharmacy options.

Retail pharmacy growth slowed from an annual rate of about 7 percent in 2010 to less than 2 percent through July 2011.

"This success is due in large part to great teamwork among TMA staff, our pharmacy contractor, senior DoD leadership, military associations and many more people who took the time to get the word out," said retiring TRICARE Management Activity (TMA) Deputy Director Rear Adm. Christine Hunter. It's a trend she is sure will continue under the leadership of incoming TMA Deputy Director Brig. Gen. Bryan Gamble.

Beneficiaries who use TRICARE Pharmacy Home Delivery get prescription medications shipped conveniently and safely to their door through U.S. mail. Home Delivery also offers the popular option of automatic prescription refills.

"Patients realize significant savings by getting regular prescriptions through Home Delivery," said Hunter, "and so does the Department of Defense."

There's an additional reason to switch to Home Delivery going into effect Oct. 1, 2011. "Pharmacy copays are changing," said Hunter. "We're going to zero copays on generic medications obtained through Home Delivery and you can't do better than that."

For more information about TRICARE pharmacy options, new copayment rates and Home Delivery visit www.tricare.mil/pharmacy. Patients can see if making the switch to TRICARE Pharmacy Home Delivery works for them and move their prescriptions to Home Delivery through the website at www.express-scripts.com/TRICARE. There's even an "app for that" for registered users at www.express-scripts.com/mobile where registered users can order refills, check orders and find a network pharmacy.

House VA Discusses VA Rating Schedule:
This week the House Veterans Affairs' Subcommittee on Disability and Memorial Affairs



discussed VA's Schedule for Rating Disabilities (VASRD). The Subcommittee members questioned witnesses on the differences between DOD and VA ratings systems, ratings they feel are often in direct conflict with each other, causing confusion for the veteran. VSO representatives highlighted equitable compensation for like injuries and that the VASRD has not been reviewed or updated to ensure that disability categories, rating percentages and compensation levels remain accurate. Other areas discussed by all included possible restructuring of the Individual Unemployability (IU) benefit, accuracy of claims and measuring quality of life payments. To view the recorded webcast or for more information from the hearing visit the House VA website at: <http://veterans.house.gov/>

VFW HAS FAR REACHING EFFECTS!

VFW Hosts Libyan Delegation: The VFW Washington Office hosted a six-member delegation this week from the transitional government of Libya, who specifically sought out the advice of the VFW because of our advocacy work on behalf of veterans, service members and their families. They came to learn how the United States cares for her veterans, with hopes of replicating something similar to our Department of Veterans Affairs in their own country. VFW Executive Director Bob Wallace said he was encouraged by the steps Libya's interim government has taken to quickly address the needs of their war wounded. The delegation said their first action should be to care for those who fought and were wounded in the fight to liberate the country from Muammar Gaddafi.

Phony Vets Speech to be Decided by Supreme Court

THE CASE OF *United States v. Alvarez*, to be heard in 2012, will determine the "right" of veteran impostors to lie about military service with legal impunity. At stake is the integrity of the 2006 *Stolen Valor Act*, which makes it a crime to pretend to be a veteran. Opponents of the act claim "white lies, exaggerations and deceptions are an integral part of human intercourse" and "harm no one." In short, they say, lying is protected as free speech under the First Amendment. Critics counter that false statements are not entitled to such protection. The *Stolen Valor Act*, they say, "serves".

(From the VFW Magazine)

Thanks Fellow Comrades for your Support



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.

CHAPLAINS CORNER

A Chaplain Chats: "This month about mourning and grief".

In The New York Times of January 13, 2012 they ran an article titled "Mourning in a Digital Age" By BRUCE FEILER

The following two quotes were included: "We're just too busy in this world to deal with losing people," said Maggie Callanan, a hospice nurse for the last 30 years and the author of "Final Gifts," an influential book about death and dying. "And yet we have to." AND don't wait for the griever to plan. As Maggie Callanan observed: "One thing you can assume with a grieving person is that they're overwhelmed with life". Suddenly keeping up with the bills, remembering to disconnect the hoses or shoveling the sidewalk no longer seems necessary."

Ms. Callanan reminds us that grief is in fact a part of all life, whether we acknowledge it or not. It is the "not acknowledging" that lead to a statement made by Commander Wink: "HURTING PEOPLE, HURT PEOPLE. By that observation I am certain that those who lash out at others during a time of mourning are doing so because they hurt and have not figured out how to deal with their own loss.

So with all of that being said, I would acknowledge to you that mourning in a digital age became a reality about 10 days ago when an email arrived on my computer that the son of a high school classmate had been killed in Afghanistan and would be returned home later last week. Our hometown did it's best to comfort the family and to provide due honor to the dead soldier. Even so my ability to grieve was limited to the news articles, the photos put on Facebook and the fact that my own belief system is in an infinite and eternal God who cries with us in our grief and celebrates with us in our joy.

May God bless you as God provides you the compassion of real people to help you when you hurt until you can learn to acknowledge your own grief.

**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.**



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Augie Palmer – Manager

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SEAL Movie on Target

Finally, Hollywood has produced the motion picture that America needs. *Act of Valor*, to be released 17 February 2012, chronicles the actions of a SEAL team in the post-September 11, 2001 era. And it is a magnificent tribute, pure and simple, absolutely devoid of any political overtones.

The movie cleverly weaves in virtually all of the bad guys we as a nation confront today. An unholy alliance of Chechen Islamist terrorists, Russian narcotics traffickers, *Moro (Spanish for Muslim)* separatists from the Philippines and Mexican drug cartels feel the lethal reach of the Naval Special Warfare units.

Action is non-stop, keeping the viewer riveted to the big screen. Terrorist acts, surveillance and fighting ranges from the streets of the Philippines, deserts of Somalia, jungles of Costa Rica, boat seizures on high seas and cartel tunnels along the Mexican border. Interesting enough and by design, none of the scenes are set in Iraq or Afghanistan.

The beauty of it all is that eight – seven of them still on active duty – Seals actually star in the flick. Of course, their realistic roles garnered no fees. This action adventure also captures their family lives. Navy recruiting is the end beneficiary.

The story lines, plot, authentic portrayals and believable characters make this a must see movie. Listing the names of all 59 Seals and special craft crewmen killed in action and in training accidents in the film credits is a master stroke. Bandito Brothers and Relativity Media are to be congratulated for honoring all who serve.

Perhaps most important are the traditional, “old-fashioned” (said complimentary) values the film imparts. It is a tonic long overdue. At a time when we live in a society consumed by “reality” TV shows, *Act of Valor* is a welcome reminder that at least a few Americans are willing to sacrifice everything so the majority can live in a make-believe world.

(Credit to VFW Monthly Newsletter – Feb 2012)

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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.

Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 14 February 2012 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 your articles by 24 February 2012 to allow time for the newsletter to be compiled. THANKS. Les

Home Phone: (307) 637-877
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Email address: vfw11453@hotmail.com

I am sorry but we do not have an article this month about one of our comrades. I would like to ask each of you to contact me if you would be so kind as to share your military experiences with our fellow comrades and I will make arrangements to have someone interview you so the information can be put in our newsletters.

Thanks so much for your support. Call me at (307) 256-8463.

Thanks again. (Les Smith- Editor)



VFW Frontier Post 11453

Monthly Newsletter

March 2012 Edition (Vol. 3)

Commander's Corner

Greetings Comrades,

As we begin the month of March, it is time to gear up for our upcoming Poppy Season. Please put these dates on your calendar, May 19th and the 20th, but by all means please get permission from your Better Half's. We will need every bodies help on this project!!

I would like to congratulate Lindi Moore from Afton Wyoming on winning the Patriots Pen at the State of Wyoming Level receiving a \$1,000.00 Bond. I am hoping we can increase our participation. I would also like to give our Congratulations to Kayla Wilson from our Post for winning at District and placing 8th in Wyoming Department.

We also have an Eagle Scout who has submitted an application for Scout of the Year contest, thanks to Jim Lambert.

Lord, hold our troops in your loving hands; protect them as they protect us. Bless them and their families for the selfish acts they perform for us in our time of need.

Amen.

Commander Wink Winkler



Top row (l-r): John Stanford, Les Smith – QM; Don Edgar; Earl Reynolds, Sr Vice Cmdr; Wink Winkler, Cmdr.
Bottom row (l-r): Bill Bennett, Leslie Bridwell and Teddy Calkins.

The preceding picture shows our Cmdr Winkler and some of the Post comrades during the presentation of a power scooter to Les Bridwell. The power scooter was the direct effort of Cmdr Winkler coordinating with a contact from Colorado to procure the scooter and the first unit to be presented from the “*Mobility for Disabled Veterans*” which was officially approved and formed by the comrades attending the VFW Frontier Post 11453 monthly meeting on 14 February 2012.

Quartermaster's Corner

Thanks for your support of our “*Mobility for Disabled Veterans*” program that you voted in at our last meeting. At present, we are waiting for an answer from VFW National on the validity of operating within the VFW Frontier Post 11453 or if it has to be a separate organization set up as a non-profit in order to accomplish our mission.

In the tradition and standards that you, as members of our Post have set, we are looking forward to success. It is within this vision that we will be asking some of our comrades to step up and volunteer to help with the mechanical maintenance (repair, replace or cannibalize) some of the electric mobility chairs (and wheelchairs etc.) that we will receive when our program gets off the ground. I am sure that the majority of the units that will be donated to us will be in good working order, but there will be some that are repairable and others for which there is no hope. We will not refuse to accept any unit regardless of condition as it would be interpreted by the donors that we are “picking only the cream of the crop”.

[Please contact me if you would like to assist in this portion of our program at \(307\) 256-8463.](#)



FILE COPY



**Let's surprise Bill & Kim and have lunch there.
Tell them you are from our VFW.**

VA Adds 47 Ships to Agent Orange List: The VA has added 47 vessels to its list of Navy and Coast Guard ships whose crews may have been exposed to the defoliant Agent Orange. Former service members who served aboard these "blue water" ships as well as the more than 200 others listed in VA's database from 1962 to 1975 may be eligible for disability compensation. According to The Military Times, vessels recently added to the roster include the hospital ship *Repose*, which operated in close coastal waters from 1966 to 1970, and the transport ship *General R.M. Blatchford*, which landed elements of the 1st Infantry Division at Vung Tau in October 1965. Read more at <http://www.publichealth.va.gov/exposures/agentorange/shiplist/index.asp>.

MIA Recoveries to Resume in North Korea: After a seven-absence due to security concerns, Joint POW/MIA Action Accounting Command teams will be heading back into North Korea this spring to search for the remains of missing Americans from the Korean War. The teams are scheduled to work in two areas: Unsan County, about 60 miles north of Pyongyang; and near the Chosin/Jangjin Reservoir, where more than 2,000 soldiers and Marines are believed to be missing. Of approximately 83,000 Americans missing since World War II, almost 8,000 are from the Korean War--with about 5,500 of them believed to be in North Korea. The resumption of recovery operations in North Korea fulfills VFW Resolution #423, which was passed at last year's 112th VFW National Convention in San Antonio. Read more at <http://www.defense.gov/news/newsarticle.aspx?id=66958>.

VFW Denounces Survey Military Benefits: Early last week, [Stars & Stripes reported](#) that a defense think tank, the Center for Strategic and Budgetary Assessments, was conducting a survey of current and former service members to gather data on priority benefits for those who serve. The survey comes in the wake of announcements from Department of Defense officials that personnel benefits and programs could face potential cuts in the coming years – cuts the VFW has vowed to fight. After reading through the survey, VFW leaders balked at the tone of the questions, which

asked participants to rate certain military benefits over others, and then determine the kinds of benefit packages that would be preferable to service members in the future. The VFW discourages members from participating in the survey, since the data will likely be used as an endorsement of certain benefit cuts by service members, themselves. The VFW's reaction caught the attention of Military Times, which discussed the survey in this week's print edition. To read more about the survey and to read VFW's full reaction, click here: <http://www.vfwonthehill.org/2012/01/vfw-denounces-survey-on-military.html>.

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CHAPLAINS CORNER

A Chaplain Chats: "This month about forgiveness". Scripture contains several parables (stories) about what forgiveness looks like in life circumstances. The parable that might cause us the most concern or hard lesson comes from Jesus' story about the servant that owed the master a HUGE debt, which would never be payable. The master calls the servant in and forgives the debt and the servant expresses his gratitude. Immediately he leaves the master and encounters person who owes him a small debt and demands immediate and complete payment. Read the entire story as contained in Matthew 6:15, 21-35 But if you do not forgive men their sins, your Father will not forgive your sins. Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times. "Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand talents was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. "The servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back

everything.' The servant's master took pity on him, canceled the debt and let him go. "But when that servant went out, he found one of his fellow servants who owed him a hundred denarius. He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded. "His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay you back.' "But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were greatly distressed and went and told their master everything that had happened. "Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?' In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. "This is how my heavenly Father will treat each of you unless you forgive your brother from your heart." May God bless you as God provides you the ability to offer and receive forgiveness both from and to those persons in your life that need to learn of the real forgiveness of God.

Please pray for the following comrades: Val Call; Elmer Keslar; Cmdr Winkler's mother; Everett Rhoades; Jim Crawford; Jim Lambert's wife; James Detheridge's wife; Rick Morrisette; Rick Christensen; and all our fellow comrades.

***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.***

***Editor's request. Please keep our wonderful
Chaplain and his wife in our prayers in their times
of illness. Thank you. (Les Smith)***



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**HOME DELIVERY FROM TRICARE
PHARMACY**

The Prescription for Convenience, Safety, and Savings. TRICARE Pharmacy Home Delivery is administered by Express Scripts, a leader in prescription safety, technology and delivery. The pharmacy benefit program is available to approximately 9.7 million active and retired military beneficiaries and their families through three points of service: military treatment facilities (MTFs), retail pharmacies, and Home Delivery.

Home Delivery is designed for beneficiaries using long-term maintenance medications that treat chronic health conditions such as arthritis, high blood pressure, asthma, and diabetes, or for routinely-used prescriptions such as allergy medications and oral contraceptives. Prescriptions for acute or emergent medication should be filled at an MTF or local retail pharmacy.

With Home Delivery, maintenance medications ordered through the TRICARE Pharmacy are delivered directly to your home, so picking up prescriptions is as easy as picking up the mail. Medications are delivered in a plain, secure, weather-resistant pouch for privacy and protection. Prescriptions are filled at the highly automated, state-of-the-art Express Scripts facility in Tempe, Arizona. All TRICARE prescriptions claims are reviewed against dispensing history across all three points of service to guard against any potentially harmful drug combinations.

Home Delivery is the most cost-effective option when not using a military pharmacy. And with the new copayment structure, you can receive a 90-day supply of your formulary generic medications for free through TRICARE Pharmacy Home Delivery. Every order is checked for accuracy by pharmacists who are available 24 hours a day, seven days a week.

There are several convenient options for moving your maintenance medications to Home Delivery. At an MTF, the pharmacy staff can provide more details or there may be a TRICARE Pharmacy Enrollment Coordinator available who can assist you with switching their medications to Home Delivery. Maintenance medications may also be converted online by visiting www.express-scripts.com/TRICARE. You simply fill out the electronic enrollment form and select the existing medications to be converted to Home Delivery. If you prefer to convert by phone, you can call the Member Choice Center (MCC) toll free at 877.363.1433, Monday through Friday, 7 A.M. to 12 P.M. Eastern; and 7 A.M. to 9 P.M. weekends and holidays.

To ensure you never risk running out of maintenance medications, you can enroll in Auto Refills. Express Scripts will automatically refill and main maintenance prescriptions, so you can have peace of mind knowing your medications will always be there when you need it. You may also choose your preference of flexible payment options, including debit card, credit card or Bill Me Later ®. Detailed information about all Home Delivery services is available on the website at <http://www.express-scripts.com/TRICARE/>.

Another convenience is electronic Explanation of Benefits (EOBs). Your information will remain secure and you'll be able to quickly access your pharmacy history whenever you want, wherever you want. You'll receive an email when your EOB is ready to view securely online. (You may receive one more monthly paper EOB before this change takes effect). It takes 49,500 pounds of paper to send EOBs to all our beneficiaries through the mail every month. Just think of how many trees we could save by going paperless ... and how much waste we could keep out of landfills. Simply switch to electronic EOBs to help protect the planet and enjoy the benefits of paperless statements.

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VA Activates On-Line Transition Assistance Program Briefing for VA Benefits. In July 2011, the Department of Veterans Affairs (VA) activated the on-line version of the Transition Assistance Program (TAP) briefing about VA benefits. With the activation of the on-line course, service members have a choice to complete the course either in the classroom, presented by a VA benefit briefer, or on-line. Additionally, Veterans, National Guardsmen, and Reservists also have the capability to complete the TAP briefing about VA benefits through the on-line course. The on-line course can be accessed through the eBenefits web site at www.ebenefits.va.gov.



Diane E. Martin, LUTCF, CPTW

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Please submit your articles by 23 March 2012 to allow time for the newsletter to be compiled. THANKS. Les

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Email address: vfw11453@hotmail.com

MORE INFO FROM YOUR QUARTERMASTER

VFW Members to Storm Capitol Hill

Almost 300 VFW leaders arrive in town this weekend to let lawmakers know their top legislative priorities. Foremost this year is to protect the VA budget from mandatory cuts if sequestration occurs, and to defeat the Defense Department's negative quality of life proposals that would restrict military pay, substantially increase Tricare costs on military dependents and retirees, and to civilianize the military retirement system. Other high-interest topics range from military transition and employment assistance programs to education, the proper care and treatment of wounded warriors, women veterans, the 1.7 million VA claims workload, and combating veteran suicides and homelessness, among others. Recognized with awards will be House Armed Services Committee Chairman "Buck" McKeon (R-Calif.) with the 2012 VFW Congressional Award, the Marine Corps Wounded Warrior Regiment with the VFW Gold Medal & Citation, and the winners of the VFW Voice of Democracy and Patriot's Pen competition. The week began with VFW National Commander Richard DeNoyer and his wife, Theresa, attending a White House dinner Wednesday evening to help salute Iraq veterans, and it will conclude next Wednesday, March

7, when he testifies before a joint session of the House and Senate Veterans Affairs Committees. The VFW will stream live video of the Voice of Democracy Parade of Winners beginning at 6 p.m. (EST), Sunday, and post video Wednesday afternoon of the VFW national commander's testimony. More details at vfw.org.

Join the Fight Messages

Last week, more than **18,000** messages were sent to Congress in response to the VFW's campaign asking the entire military and veterans' community to "Join the Fight" to defeat any proposals that negatively impact our troops. **We still need your help!** With budget hearings coming up, we ask you to continue to contact both House and Senate members and urge them to defeat the proposals that the Defense Department has recommended to restrain future military pay raises, increase healthcare costs for military dependents and retirees, and to civilianize the military retirement system. Add your voice and help us save our all-volunteer force by not allowing the government to break faith with those who have already given so much. [Take action today.](#) [Read](#) the VFW press release.

Senate Committee Discusses VA Budget

The VFW testified Wednesday before the Senate VA Committee as part of an *Independent Budget* (IB) panel on the FY 2013 VA budget. Similar to testimony presented earlier in the House, the VFW spoke about concerns regarding the woefully underfunded construction accounts, noting that Congress projected some \$2.8 billion for projects, while the Administration only asked for \$725 million, more than \$2 billion short of what is needed. Committee Chairman Patty Murray (D-Wash.) and Ranking Member Richard Burr (R-N.C.) agreed with our concerns that, for the past two years, VA has requested only a fraction of the amount it needs to bring their facilities up to date. Other areas of concern brought up by committee members included mental health care funding and the growing backlog of disability claims. [Read](#) VFW's testimony. Watch a recorded [webcast](#) of the hearing.

Stolen Valor Hearing

The VFW also testified this week before the House Oversight Subcommittee on National Security about what the government can do to better track the awards it presents. Government witnesses were noncommittal as to whether a government-run, searchable military decorations database should be created, whereas the VFW insisted that it was absolutely necessary for the military services to take better ownership of military records, which will help deter Stolen Valor imposters as well as make it easier for veterans to correct errors and

omissions in their own service records. [Click here](#) to view the recorded hearing and read submitted testimony.

I am sorry but we do not have an article this month about one of our comrades. I would like to ask each of you to contact me if you would be so kind as to share your military experiences with our fellow comrades and I will make arrangements to have someone interview you so the information can be put in our newsletters.

Thanks so much for your support. Call me at (307) 256-8463.

Thanks again. (Les Smith- Editor)

VFW Frontier Post 11453 Boy Scout of the Year Winner

Thomas J. Freeman has had a very successful record in the Boy Scouts of America. He started in the Boy Scouts back in the year 2000, where he was a member of Pack #123 Dildine Elementary School. He became a Tiger Scout on 10 September 2000. He placed second in their Pinewood Derby that year.

He became a Bobcat on 7 May 2001, a Wolf on 14 March 2002, a Bear on 1 March 2003 and received the Webelos Award on 1 February 2004.

On 1 November 2004, he earned his Arrow of Light.

As a member of Scout Troop #116, sponsored by First Presbyterian Church in Cheyenne became a Scout on 28 February 2005, earned his First Class Badge on 8 May 2006, then on 18 September 2006 earned his Star Scout Badge.



Thomas J. Freeman

On 10 September 2007, he earned his Life Scout Badge, where he served as Quartermaster.

In May 2010, he joined Troop #221, sponsored by Saint Andrew's Church.

On 13 April 2011, he earned his Eagle Palm Bronze Badge; on 13 October 2011, he earned his Eagle Palm Gold and on 26 January 2012 earned the Eagle Palm Silver.

Over his lifetime of scouting, he has earned a total of 41 Merit Badges.

This is an outstanding Scout and a asset to himself, his family, his community and our society.

CONGRATULATIONS THOMAS, WE AT THE VFW FRONTIER POST 11453 ARE PROUD OF YOU AND YOUR ACCOMPLISHMENTS AND WISH YOU WELL AT THE NEXT LEVEL.

Thanks Fellow Comrades for your Support

Les Smith
5522 Murray Hill Drive
Cheyenne, Wyoming 82009



VFW Frontier Post 11453

Monthly Newsletter

April 2012 Edition (Vol. 3)

Commander's Corner

The Wyoming Veterans Commission and The Wyoming VFW have joined together to provide more benefits and information for Veterans. This will be a great combination; there will be more information to follow.

I will be asking all of you for a "yes" vote to purchase 5 books for "Promoting our Women of Wyoming Warriors" (POWWOW) The book is "Zero to Breakthrough" by Captain Armour at a cost of \$16.50 each (\$82.50 total)

Please remember our District #5 Convention will be on April 21st 2012 at Post #4343 in Cheyenne.

Our State Convention is June 8Th, 9Th, and 10Th 2012 in Cheyenne hosted by Post # 4343.

The VFW scholarship themes for 2012-2013 are as follows, Voice of Democracy "Is Our Constitution Still Relevant" Patriot's Pen "What Would I Tell America's Founding Fathers" PLEASE mark your calendar's on Friday April 13, 2012, it is "Purple Up! For Military Kids" I would like to encourage everyone to wear purple to show support and thank military children for their strength and sacrifices. So look in your closets and find something purple, put a purple collar on your cat, one on your dog and ask the wife's to join in. We would love to see some pictures, and we can add them to the Wyoming OMSK (operation military kids) website, where military youth and families from across the state will see them. April marks the nation's "Month of the Military Child", a time to honor youth impacted by deployment.

" NO ONE DOES MORE FOR VETERANS"

Remember our Poppy Distribution on May 19th and 20th 2012 Contact Steve Wilson 635-3895

"There is so much good in the worst of us and so much bad in the best of us that it hardly behooves any of us to talk about the rest of us."

Congratulations to our comrades. According to the Adj/QM at the Department of Wyoming, our post is at 107.93 percent in the membership category.

Our [Mobility for Disabled Veterans](#) has been successful and we will continue to succeed as our advertisements (Traders) and the posters that are being posted in various businesses in Cheyenne.

I and our Post want to personally thank Mrs. Diane Kopulos for her donation of power chairs to the [Mobility for Disabled Veterans](#) program.

A personal thank you also goes to Mrs. Joyce Mowery for her donation of scooters to the [Mobility for Disabled Veterans](#) program.

[Mobility for Disabled Veterans](#) program wants to thank Mrs. LaVetra Lanning for her donation of a power chair.

We are so proud and blessed to have the wonderful and caring spouses that have made the [Mobility for Disabled Veterans](#) program a success and to know that their generosity has given another deserving disabled veteran a chance at the mobility they need to make their lives better and fulfilled. THANK ALL THE DONORS AGAIN FOR BEING SO THOUGHTFUL, KIND, AND CARING TOWARD OUR VETERANS.

Commander Wink Winkler

Quartermaster's Corner

This month we are having our annual elections and it would be really great if we could get as many members to attend our next two meetings, (10 April and 8 May 2012). The more that attend will assure that all voices are heard when it comes to the election of officers and trustees. Those elected are your direct representatives and should be in office as voted upon by the majority of members in attendance on the night of the election. Be sure and contact our Election Committee Chairman, Rex Daniels (638-8681) if you desire to place a name in consideration for any of the offices. Thanks for your support.

Our Commander has been involved in the furniture business as of late. He has accumulated donations and stored them until a needy veteran comes to his attention and he sees that the donations go to the veteran in need.

The welcoming home template is compliments of our Department of Wyoming Adjutant/Quartermaster Bob DeBernardo. I felt it is quite appropriate for our Vietnam Veterans.



 **FILE COPY**

VFW BUDDY POPPY INFORMATION:

The VFW Buddy Poppy Program has a new assembly location. The Northport VAMC, Northport, New York recently became our third new assembly facility since VFW Programs took over the Buddy Poppy Program in late 2009. However, production is still behind schedule and the search will continue for more assembly locations and more veteran assemblers.

To ensure maximum production of the traditional red poppies, we are temporarily suspending production of anniversary (Silver, Gold and Diamond) poppies. We will notify you when these anniversary poppies will again be available.

Steve Van Buskirk
Director of Programs
VFW National Headquarters
(816) 968-1116

DID YOU KNOW?

The true measure of a man is the height of his ideals, the breadth of his sympathy, the depth of his convictions, and the length of his patience.

Taken from the VFW Magazine, April 2012:

First COLA increase in Three Years

VA encourages all vets, their dependents and survivors to sign up for **eBenefits**, VA's website where those receiving VA benefits can check their COLA increases online. The site, www.ebenefits.va.gov, allows vets to perform multiple self-service functions, such as filing a claim and checking its status.

Vets can enroll in **eBenefits** by verifying their identity at the nearest VA regional office or calling VA toll free at 1-800-827-1000. Active-duty troops can enroll using their *Common Access Card* during their service or during their Transition Assistance Program briefing before discharge.

VA Expands Medical Forms – 2/2/2/2

DBQ's can be found at <http://benefits.va.gov/disabilityexams>. The newly released DBQs follow the initial release of three DBQs for Agent Orange-related conditions.

Veterans may file a claim online through the eBenefits web portal at <https://www.ebenefits.va.gov>. The Department of Defense and VA jointly developed the eBenefits portal as a single secure point of access for online benefit information and tools to perform multiple self-service functions such as checking the status of their claim.

Servicemembers may enroll in eBenefits using their Common Access Card at any time during their military service, or before they leave during their Transition Assistance Program briefings. Veterans may also enroll in eBenefits and obtain a Premium account in-person or online depending on their status.



**Let's surprise Bill & Kim and have lunch there.
Tell them you are from our VFW.**



**Department of
Veterans Affairs**

FOR IMMEDIATE RELEASE March 22, 2012

VA Expands Medical Forms Program to Support Faster

Claims Processing

WASHINGTON -- The Department of Veterans Affairs announced today the release of 68 new forms that will help speed the processing of Veterans' disability compensation and pension claims.

"VA employees will be able to more quickly process disability claims, since disability benefits questionnaires capture important medical information needed to accurately evaluate Veterans' claims," said Secretary of Veterans Affairs Eric K. Shinseki. "Disability benefits questionnaires are just one of many changes VA is implementing to address the backlog of claims."

The new forms bring to 71 the number of documents, called disability benefits questionnaires (DBQs), that guide physicians' reports of medical findings, ensuring VA has exactly the medical information needed to make a prompt decision.

When needed to decide a disability claim for compensation or pension benefits, VA provides Veterans with free medical examinations for the purpose of gathering the necessary medical evidence.

Veterans who choose to have their private physicians complete the medical examination can now give their physicians the same form a VA provider would use. It is very important that physicians provide complete responses to all questions on the DBQs. VA cannot pay for a private physician to complete DBQs or for any costs associated with examination or testing.

"By ensuring relevant medical information can be found on one form, we will cut processing time while improving quality," added Under Secretary for Benefits Allison A. Hickey.



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

Frank & Bertha Carter
AMSOIL Dealers



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

CHAPLAINS CORNER

A Chaplain Chats about the up-coming Holy Days . . . In the Jewish tradition the feast of pass-over is rapidly approaching and in the Christian Tradition the Resurrection Sunday is almost here as well. Yet, between here and there, we have a Good Friday, Triumphant entry (Palm Sunday) and all of the final week of ministry which Jesus did before the betrayal, cross, the death of Christ and the total darkness of Good Friday afternoon.

The disciples were at a low point in their spirits and the fear factor became part of their reality. So the day of the resurrection they were probably still in their doubts and disbelieving. When the women returned to them with the good news that Jesus had indeed defeated death and had risen from the dead. A miracle of unprecedented proportion and causing still more questions than it provided answers.

The story spread and the believers became more numerous. Yet not before they were behind closed locked doors for two Sundays. Thomas said I won't believe unless I can put my hand in his side and touch the nail prints. So was Thomas the only doubter? What about the others who were hiding behind closed locked doors? More importantly what about us? Are we still living in fear? Where is our faith? What do we believe? and Can we explain why we believe? TRUST in God and He will give you life eternal!

Please pray for the following comrades: Val Call; Elmer Keslar; Cmdr Winkler's mother; Everett Rhoades; Jim Crawford; Jim Lambert's wife; James Detheridge's wife; Rick Morrisette; Rick Christensen; and all our fellow comrades.

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

Please let me know of anyone who is in distress.

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

*Editor's request. Please keep our wonderful
Chaplain and his wife in our prayers in their times
of illness. Thank you. (Les Smith)*

This is the month that we honor Comrade Frank Zavorka for his exemplary military service.

Thursday, April 12, 1945

Shoots Rhine Target



Sgt Frank Zavorka, son of Mr. and Mrs. Louis Zavorka of Yoder, Wyo., Was in the news not long ago when the Ninth Army reached the Rhine. "Not a moving civilian could be found along the Rhine—except an occasional military policeman directing traffic up to the front". The only audible fire in one sector was the bark of a rifle in the hands of Sgt Zavorka, former Yoder, Wyoming cowboy, who potted anything he saw floating toward a newly-made bride.

Frank was born in September, 1925. The Army drafted him from his Family farm in Yoder, Wyoming when he was 18 years old. After two weeks in Ranger training he went to Belgium to join the 106th Division just days before the Battle of the Bulge in December, 1944.

He was just a kid who had to grow up in a big hurry. His commander once

told them, "Don't give up, for crying out loud. You're going to get killed anyway." For nine months he marched across Europe, shooting, freezing and digging. None of the men were prepared for 40 below zero temperatures. I stay warm, they dug holes. The men who didn't dig, who sat down to rest, were the men who didn't make it through the night. "We were asked if we wanted long johns. I got some. Some guys said they wouldn't be caught dead in long johns . . . they froze." When supplies didn't come, they gnawed on tree roots and mixed bouillon cubes in water inside their helmets to make soup. When the Battle of the Bulge ended, Zavorka, now a staff sergeant, was one of only 48 men left from his original company. After watching his buddies fall in battle at a tremendous rate, he decided to just quit making new friends. After marching for nine months, taking only two showers and earning a Bronze Star, his company was sent home. The Army offered to raise his rank if he would extend his enlistment, collect dead soldiers and bring their bodies home. "No thanks," he told them. "I've seen enough death." With that, he accepted his honorable discharge and came home to Wyoming and marry Ruth in 1946.

For decades on his farm in the Big Horn Basin, Frank slept in a separate bed from his wife, Ruth. He worried that he would hurt her during one of his violent nightmares. Those nightmares lingered, worsening as he got older. Finally he learned to talk about even the hardest of times. Years later, he found a support group in Cheyenne with other veterans who heard screaming in the night. There he told his stories that had been hidden inside for so many years. Zavorka still meets with that group in Cheyenne even though his nightmares have faded. Few of those initial 24 members are still alive.

He was married to his wife, Ruth, for 60 years and has four children: Janet, Jeane, Ben, Dan and his granddaughter, Kelsi.

Frank is an active member of Meadowbrooke Baptist Church, the American Legion and a Life Member of VFW Post 11453.

Staff Sgt. Frank Zavorka, Cheyenne



Staff Sgt. Frank Zavorka, 85, holds an Eisenhower jacket, a replacement for the one he received after crossing the Rhine River into Germany. Zavorka spent nine months marching across Europe starting in Belgium during the Battle of the Bulge. (Dan Cepeda/Star-Tribune)

Posted in History-and-events on Sunday, January 16, 2011 12:00 am Updated: 6:08 pm. | Tags: World War II, They Served With Honor, Christine Peterson, Cheyenne, Wyoming, Veterans, Army

Oh Boy! It's Got Me! About!



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Fax: 307-772-8052

Augie Palmer — Manager

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Update: TriWest Loses TRICARE Contract

Although the TriWest was awarded the TRICARE West Region contract in 2009, TRICARE Management Activity decided to reopen the bidding to the original competitors. As a result the TMA procurement team opted to void the TRICARE West Region contract with Triwest and award it to UnitedHealth Military & Veterans Services. According to the DoD the instant obligation on the contract is \$10,000,000 and the total potential contract value is estimated at \$20,462,202,594.

The Fight for Commissaries and Exchanges

Week of March 26, 2012

Shopping at your local commissary can save between 20 to 50 percent on your grocery bills. During the budget debate last year, some members of Congress considered proposals that would have radically restructured commissaries and exchanges and raised prices and negatively impacting military families. In response to this threat, military families, advocacy groups, and American industry formed the [Save Our Benefit](http://www.SaveOurBenefit.org) coalition to help preserve commissary shopping privileges on military bases along with the network of outlets at veterans' hospitals.

For more information, please visit www.SaveOurBenefit.org.



Diane E. Martin, LUTCF, CPIW

**Timberline
Insurance Agency, Inc.**

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P.O. Box 20007
Cheyenne, WY 82003-0007

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

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.

Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 10 April 2012 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 your articles by 23 April 2012 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

MORE INFO FROM YOUR QUARTERMASTER:

WASHINGTON — Sen. Patty Murray interrupted a budget hearing Wednesday to question the Army's top brass about why hundreds of soldiers had mental health diagnoses overturned because of the expense of paying for their medical retirement.

Army Secretary John McHugh and Chief of Staff Gen. Ray Odierno visited Capitol Hill to discuss the military's fiscal needs with the Senate Defense Appropriations Subcommittee. Murray instead steered the discussion in a different direction.

Doctors at Joint Base Lewis-McChord in Washington state stripped post-traumatic stress disorder diagnoses from more than 40 percent of soldiers in the medical retirement process since 2007, said Murray, D-Wash.

The challenges of mental health care and PTSD are real and no one, no one should be denying any servicemember care purely because of a question of cost," she said.

McHugh told Murray that the Army was re-evaluating the more than 300 soldiers whose PTSD diagnoses were taken away at Lewis-McChord.

The number of reversals clearly called for an investigation into whether it was done appropriately, he said.

The Army's inspector general was also investigating all the forensic psychiatric units service-wide that evaluate whether a service member should be allowed to medically retire, McHugh said.

"Fiscal considerations should be nonexistent, and we're going to do everything we can to make sure they are," he said.

At Lewis-McChord, one forensic psychiatrist cautioned his colleagues that it can cost taxpayers \$1.5 million to treat a soldier for PTSD over a lifetime should they be allowed to medically retire with the diagnosis. The Seattle Times reported that of 690 patients with a PTSD diagnosis, the forensic psychiatry unit reversed at least 290 diagnoses.

That service members were diagnosed during their military service and received treatment, only to have their diagnoses changed when they entered the medical retirement process is "one of the most troubling aspects," Murray said at the hearing.

She said that the medical evaluation process must be consistent across the service in order to work properly.

McHugh said part of the Inspector General's investigation would be to make "very, very clear" to all bases that they cannot diverge from the Army's standardized system for evaluating medical retirements.

mcclloskeym@stripes.osd.mil

CONGRATULATIONS to Thomas J. Freeman, VFW Frontier Post 11453 Boy Scout of the Year. He has won at State level and is now completing at National.

DID YOU KNOW?

Men of genius are admired; men of wealth are envied; men of power are feared; but only men of character are trusted.

A man never gets so rich that he can afford to lose a friend.

MEMORANDUM

To: National Council of Administration
Past Commanders-in-Chief
VFW Employees
VFW State Headquarters
From: Allen "Gunner" Kent, Adjutant General
Date: March 13, 2012

The VFW is in the process of unveiling a powerful new approach to messaging and branding that more clearly communicates our mission as an organization. During the recent conference in Washington DC, VFW leadership approved a new tagline, "No One Does More for Veterans," that we will immediately start transitioning to, culminating in a major "roll out" during the national convention in July.

The new branding will be launched across the board, to include VFW's website, e mail, stationary, envelopes, etc. Upon deleting current inventory, it will be necessary for you to adopt the new tagline to any re-order or new product.

We are excited and pleased to present the new branding and the accompanying messaging that will strongly serve to convey the VFW as the most far-reaching, powerful.



Commander "Wink" Winkler presenting Comrade Ray Livermont with a Buddy Poppy pin for his contribution to the donation of Poppies during our last Poppy Donation days. Congratulations Ray, on a job well done.

THE QUIZ

A professor was giving his students a quiz and the last question was: "What was the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor.. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello."

Our Quartermaster Smith contacted VFW National to be sure that we were setting up the "MOBILITY FOR DISABLED VETERANS" program correctly. The following is their response:

Lester,
Thank you for contacting VFW National Headquarters. All you need to do is have your Commander set up a new committee in the Post and work your wheel chair and scooter support from the Post

William C. Bloomquist
Assistant Director, Administrative Operations
Phone # 816-968-2730
Fax# 816-968-1149

NOTES FROM OUR SERVICE OFFICER:

Some of you probably have been receiving letters/notifications from your VA that "appears" to be different and they are. No more will you see "You are a Veteran of the Vietnam Era and Peacetime. You were on active duty June 9, 1967 to.....and so on".

The new process is called the Simplified Notification Letter (SNL). The letter will start off with ALL of the evidence gathered to decide your claims and then the claims will be listed with certain codes. There will be clarification included with the notification to "school" you up on the codes.

This procedure was instigated to help streamline the claims process. Vicki and I have started to receive our copies of those Veterans we represent. Any questions, please call us.

Time to time we get calls from Veterans asking why did he/she get a "BIG" check form the VA. Well, we can go into a program called SHARES and see what amount you got on such and such a date, but the program doesn't tell us why you receive a chuck-of-change from the VA.

Best advice I can give is to call 1-800-827-1000 and "they" can tell you why.

May 19, 2012
Casper Events Center
10am-4pm
Promoting Our Women
Warriors of Wyoming

A one day event for all women who have served in the Armed Forces featuring Vernice "FlyGirl" Armour! Ms. Armour, America's first African-American female combat pilot, a former Captain in the United States Marine Corps, and now a world-renowned motivational speaker.

Space is limited
Register On Line TODAY at <https://powwow2012.regis>

Thanks Fellow Comrades for your Support



VFW Frontier Post 11453

Monthly Newsletter

May 2012 Edition (Vol. 3)

Commander's Corner

Greetings Comrade's,

May has arrived and it's time to get our Poppy Program in full swing. As always we would like to have everyone's help on this project, it takes all of us to make it a success. Please get in touch with Steve Wilson (Tel: (307) 635-3895 and let him know when you can be available. We will be meeting at 8:00am on May 19, and May 20 at our Post to plan our strategy and have donuts and coffee.

Our Mobility for Disabled Veteran's Program is privileged to be offered a fund raiser by Point Frontier. They are having the Fund raiser on May 12, 2012 at Point Frontier at 2:00 pm; please plan on attending as we need all of the support we can manage to show our support for Point Frontier and Our Veterans.

REMEMBER May 8, 2012 @ 7:00pm is our next meeting night, and it is Election, and installation of officers. Please make every effort to attend.

Yet again, we are asking for your help, May 11, 2012 for Bingo night, and refreshments at the CLC unit at the VA Hospital at 6:30pm, this is an event that our comrades look forward to, not only for the games, but for the camaraderie with other Veterans. Your help would be greatly appreciated!!!

Our Post is growing, with Positive Steps, our Member Statistics are at 111%, and we could not have reached this % without all of your help. Thank you for your support.

"Love the people who treat you right, pray for those who don't"

Please remember that our State Convention is June 8th, 9th, and 10th 2012 in Cheyenne and will be hosted by Post # 4343.

This month is a busy month for the VFW. We need every comrade that can attend these events to do so as we set the example for the State of Wyoming on what a VFW organization is all about.

"NO ONE DOES MORE FOR VETERANS"

Wink Winkler /s/

Commander Wink Winkler

Quartermaster's Corner

I want to let everyone know that our Commander was taken by ambulance to Cheyenne Regional Medical Center on the

morning of Tuesday, 1 May 2012 at approximately 0930 hours with arm and chest pains.

He underwent a series of tests and received medications and was kept overnight for observation and some more testing. He was released from CRMC in the afternoon of 2 May 2012 and is back home now doing all the things he is so interested in. Please keep him in our prayers.

VA EXEMPT FROM SEQUESTRATION

WASHINGTON (April 23, 2012) — A letter sent today from the Office of Management and Budget to the General Accountability Office officially exempts the Department of Veterans Affairs from mandatory budget cuts should sequestration occur.

The letter, signed by OMB Deputy General Counsel Steven D. Aitken to Julia C. Matta, GAO assistant general counsel for Appropriations and Budget, clearly states that "all programs administered by the VA, including Veterans' Medical Care, are exempt from sequestration."

"Disabled veterans can breathe a sigh of relief today knowing that VA programs are exempt from sequestration," said Richard L. DeNoyer, national commander of the 2 million-member Veterans of Foreign Wars of the U.S. and its Auxiliaries.

"Today's decision means the healthcare plans and programs the VA currently provides to millions of disabled veterans will continue unabated, as will claims processing and veterans' burial benefits," he said. "Protecting the VA is exactly what President Obama told me he would do during a meeting in the Oval Office in March, and now he has come through for America's veterans and survivors. It's a great day to be a veterans' advocate."

Read the OMB letter at

http://www.vfw.org/uploadedFiles/VFW.org/VFW_in_D/4-23-12.%20sequestration%20letter.pdf.

Beware: scam email that appears to be sent by DFAS employees

The VFW has been made aware of scam emails that appear to come from a DFAS employee and displays .mil address, but it is actually from a non-government email account.

The email indicates that individuals receiving VA disability compensation can receive additional funds from the IRS. It states that such funds can be obtained by sending copies of your VA



award letter, your income tax returns, your 1099-Rs, your RAS statements, and a copy of your DD 214, to a so-called retired Colonel at an address in Florida. **Do not follow the suggestions in the email because you will be providing a significant amount of your personal information to a complete stranger, which could result in a financial loss to you. Please share this information with your fellow Soldiers, Sailors, Airmen, and Marines, military retirees and families so they are aware of this scam.**

The 1099-Rs that are issued by DFAS reflect only the taxable portion of a member's retired pay. DFAS is not aware of any legal basis for the alleged additional funds that the IRS would supposedly pay over. By ignoring the email, you will avoid frustration, the release of personal information to a stranger, and the possibility of financial loss by ignoring the email. If you have any questions or concerns about these or any other tax issues, you should contact a known, reputable tax consultant, tax attorney, or legal assistance officer for advice and assistance. Read our agency email policy that has been developed to protect customer privacy.

Below is the text of the scam email:

*Sent: Thu, March 17, 2011 7:04:17 PM
Subject: FW: Income Tax*

Sandra,

here you go!

I been informed that you can receive additional funds from IRS for SM who retired with 20 years of AFS, information required to receive this entitlement is as follows:

Copy of your VA award letter (note: if your VA rating has been increase within the last three years, you'll need to send all ratings).

Copies of your 1040's for tax years: 08, 09 and 10

Any copy of your 1009R for year 08, 09 and 10

Copies of your RAS statements (Retired pay statements) for year 08, 09 and 10

Copy of your DD Form 214

This information should be mailed by Priority Mail to:

Willie Brooks

726 Mayflower Ave.

Ft. Walton Beach, FL 32547-3175

850-862-1673.

Mr. Brooks is a retired AF COL who worked for IRS and charges you 10% of what you receive. I have known of several within the AW2 program who has received from \$8,000.00 to \$19,000.00. For additional information concerning this matter below is the link to verify this information.

DO NOT RESPOND TO THIS TYPE EMAIL NOR GIVE THE INFORMATION REQUESTED TO ANYONE EXCEPT AUTHORIZED PERSONS AND AGENCIES.

FOOD FOR THOUGHT!

A person can save himself from many hard falls by refraining from jumping to conclusions.



Buffalo Wild Wings are graciously raising funds to support the VFW Foundation's "Return the Favor" campaign. Please thank them for their support when you patronize their facility.

House Subcommittee Clears Vets' Bills

The House VA Subcommittee on Disability and Memorial Affairs cleared several VFW- supported bills out of committee. They now move to the full committee for a vote. They included:

- **H.R. 4142**, which would automatically adjust the cost-of-living increase for veterans to the same percentage as social security COLA, thereby eliminating the need for legislation every year.
- **H.R. 2051**, which provides burials for unclaimed veteran remains identified by the Missing in America project.

For a listing of all of the bills, visit the House VA Committee website.

DID YOU KNOW?

VA encourages all vets, their dependents and survivors to sign up for **eBenefits**, VA's website where those receiving VA benefits can check their COLA increases online. The site, www.ebenefits.va.gov, allows vets to perform multiple self-service functions, such as filing a claim and checking its status.

Vets can enroll in **eBenefits** by verifying their identity at the nearest VA regional office or calling VA toll free at 1-800-827-1000. Active-duty troops can enroll using their *Common Access Card* during their service or during their Transition Assistance Program briefing before discharge.

VA Expands Medical Forms – 2/2/2

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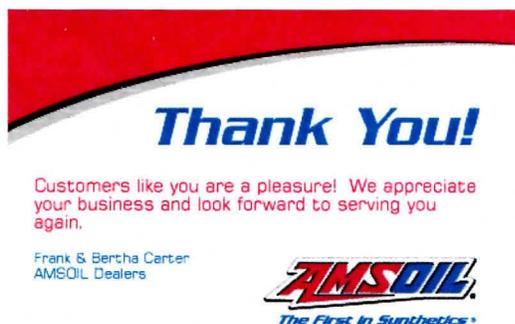
Veterans may file a claim online through the eBenefits web

portal at <https://www.ebenefits.va.gov>. The Department of Defense and VA jointly developed the eBenefits portal as a single secure point of access for online benefit information and tools to perform multiple self-service functions such as checking the status of their claim.

Service members may enroll in eBenefits using their Common Access Card at any time during their military service, or before they leave during their Transition Assistance Program briefings. Veterans may also enroll in eBenefits and obtain a Premium account in-person or online depending on their status.



**Let's surprise Bill & Kim and have lunch there.
Tell them you are from our VFW.**



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.

CHAPLAINS CORNER

A Chaplain Chats about the upcoming elections . . . Yes, this has a political slant to it . . . not like you might think though.

I ask you to pay attention, (READ, HEED, LEARN, and FEED this information to others), to the call God gave us in 2 Chronicles 7:14-16: "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land. Now my eyes will be open and my ears attentive to the prayers offered in this place. I have chosen and consecrated this temple so that my Name may be there forever. My eyes and my heart will always be there."

The issue is this; we are commanded as people of God to pray for our nation. More importantly we are called to make the necessary changes in our lives to leave the sins of our lives behind us and turn to God as a part of this command. Now, that does not cause God to love us more nor does it cause him to love us less if we don't. The promise is that God himself will hear from heaven and heal our nation. I for one believe our nation needs the presence and power of God to bring us back into right relationship with him. All you need to do is read our newspapers and you will see our need for God has never been greater. So from now through the election let each one of us exercise our God given right and pray for the healing of our nation. TRUST in God and He will fulfill his promises to us.

Please pray for the following comrades: Val Call; Elmer Keslar; Cmdr Winkler; Cmdr Winkler's mother; Everett Rhoades; Jim Crawford; James Detheridge's wife; Rick Morrisette; Rick Christensen; and all our fellow comrades.

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

Please let me know of anyone who is in distress.

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

**Editor's request. Please keep our wonderful
Chaplain and his wife in our prayers in their times
of illness. Thank you. (Les Smith)**



Please remember to support our advertisers as well as they support us. It helps them as well as our Post.

VFW Frontier Post supported the annual "Loyalty Day" on Monday evening, 1 May 2012 by providing Bingo for the Cheyenne VA veterans living in the CLC quarters.

I want to personally thank Comrades Ray Martinez, Gaylord Fosdick and Ray Livermont for their helping our CLC vets play Bingo and then to serve ice cream and cake after the games were completed.

Also, a big THANK YOU goes to Bill Webber, who on short notice, came through like the trooper he is, and called Bingo for us.

Thanks also goes to Debbie Janos and Leslie Smith for their support of our home-bound veterans on Loyalty Day.

Below are some pictures taken at the event.



Diane E. Martin, LUTCF, CPIW

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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.

Please remember to give your volunteer hours to Junior Vice Commander Wascher at our next monthly meeting on Tuesday evening at 1900 hrs, 8 May 2012 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 your articles by 23 May 2012 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

**MORE INFO FROM YOUR QUARTERMASTER:
VA Adding Family Therapists
and Mental Health Counselors to
Workforce Follows Announce-
ment of Additional 1900 Mental
Health Staff Nationwide**

WASHINGTON— The Department of Veterans Affairs has expanded its mental health services to include professionals from two additional health care fields: marriage and family therapists (MFT) and licensed professional mental health counselors (LPMHC).

“The addition of these two mental health professions is an important part of VA’s mission to expand access to mental health services,” said Secretary of Veterans Affairs Eric K. Shinseki. “Veterans and their families can face unique challenges. By providing a complete range of services, we can help them address those challenges and help keep more families together.”

The two fields will be included in the hiring of an additional 1,900 mental health staff nationwide that VA announced last week. Recruitment and hiring will be done at the local level. The new professionals will provide mental health diagnostic and psychosocial treatment services for Veterans and their families in coordination with existing mental health professionals at VA’s medical centers, community-based outpatient clinics, and Vet Centers.

VA has developed qualification standards for employment as LPMHCs and MFTs and has announced the appointments of mental health and health science professionals to serve on professional standards boards.



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The boards will review applicants for LPMHC and MFT positions in the Veterans Health Administration (VHA) to determine eligibility for employment and the government grade level appropriate for the individual in the selected position. The boards will also review promotions in these positions.

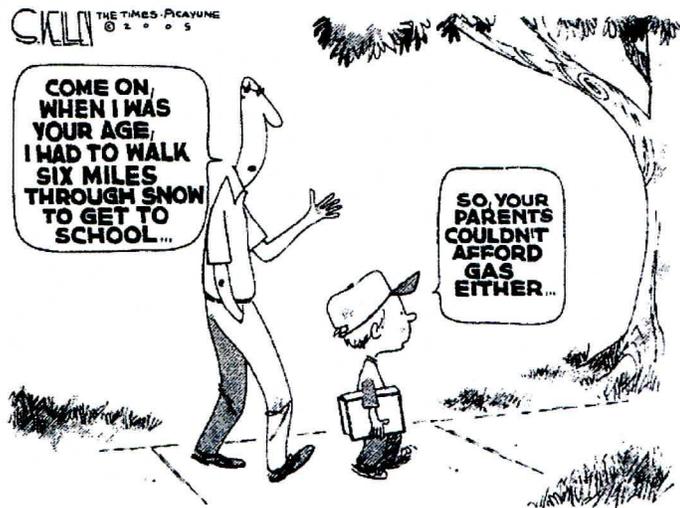
For more information about mental health care that VA provides, visit: <http://www.mentalhealth.va.gov/>

DID YOU KNOW?

VFW Frontier Post 11453 will be requiring the organization to have their Post and quartermaster bonded for \$30,000.00 this year to make sure that the bond is large enough to cover our assets (which are primarily money in our account) due to the efforts of all our comrades supporting our Poppy Program. Thanks to all of our comrades for a "job well done". Let's set the standard higher for next year.

Let all your words be kind, and you will always hear kind echoes.

The fellow who thinks he is full of knowledge is especially annoying to those of us who are.



May 19, 2012
Casper Events Center
10am-4pm
Promoting Our Women
Warriors of Wyoming

A one day event for all women who have served in the Armed Forces featuring Vernice "FlyGirl" Armour! Ms. Armour, America's first African-American female combat pilot, a former Captain in the United States Marine Corps, and now a world-renowned motivational speaker.

Space is limited
Register On Line TODAY at <https://powwow2012.regis>

WHEN OTHERS TURN AWAY, VFW ENSURES JUSTICE

Tuesday, May 1, 2012 - Daniel Crocker, Veterans Service Office Director, VFW Department of Michigan

"All he cared about was that his wife would be taken care of ..."

Vietnam veteran Jarod White (name changed for privacy) heard the call of duty loud and clear. Between 1965 and 1975, he served in three military branches: Marines, Navy and Air Force. Injuries sustained during Vietnam earned him the Purple Heart.

Years later, he was in the thick of a different battle—and losing. This fight was in convincing the VA to award him full benefits.

By the time VFW Michigan Veterans Service Office Director Daniel Crocker met White, he was ailing from diabetes, heart disease and PTSD. He was physically and emotionally exhausted from years of trying to get the VA to properly acknowledge his illnesses.

White had tried everything ... filed claims himself ... written letters to every government official he could think of ... even sought the help of a variety of veterans' service organizations.

But very little ever came through. He was rated 10% disabled due to PTSD, and 20% for diabetes.

In 2004, White reached out to VFW.

"The first time I looked at his file, I thought there is something really wrong here," explained Crocker.

Crocker immediately filed a claim for White's heart disease, noting it was a condition secondary to his service-connected diabetes. The claim was granted at 10%. In the months that followed, VFW effectively argued it should be rated at 30%.

But then White's health began failing fast.

"He told me he felt the VA was waiting for him to die before awarding benefits," said Crocker. "At that point, all he cared about was that his wife would be taken care of. I assured him I would see this battle through."

On October 9, 2009, White passed away.

Just one month later, the VA announced that Ischemic Heart Disease would be added to the list of presumptive conditions secondary to herbicides exposure in Vietnam.

Crocker was determined that White would receive justice, even in death. He helped White's widow receive Dependency and Indemnity Compensation (DIC) in July of 2010. Problem was, the VA made no mention of the heart disease, which should have factored into the rating.

Crocker effectively argued that case and, in August of 2010, the VA elevated White's rating. As a result, White's widow received a sizable retroactive payment that improved her quality of life immensely.

The case still continues to this day. Crocker is now fighting for Individual Unemployability benefits, as an accrued amount, based on service-connected conditions.

"Knowing what this veteran went through and the roadblocks he faced, I'm going to make sure his widow gets every last dime to which she is entitled. That was my pledge to Jarod," concluded Crocker.

Thanks Fellow Comrades for your Support



VFW Frontier Post 11453

Monthly Newsletter

June 2012 Edition (Volume 3)



Commander's Corner

Greetings Comrades,

What a fabulous May we have had, thanks to all of you and your team work. With all of your help and hard work, this Poppy season has proven to be one of our Best. It makes me Very Proud to be a VFW Frontier Post 11453 member. Again, Thank You.

June 8, 9 & 10 are the dates for our State Convention here at Post 4343, it could result in some possible changes for the Good. If you can attend please do so, we need your positive inputs.

Our next Post Meeting is on June 12. Please try to attend.

June 14 is Flag Day we need a good show of Flags to show our Love of Country and support.

June 17 is Father's Day, so start now on the kid's and the spouse's for that new riding lawn mower, or better yet, for someone else to mow your yard for you!

If anyone knows of a Veteran in need let me or Les know so we can see if we can be of any help. May God bless you and your families, and keep you safe always.

Commander "Wink" Winkler



Cmdr Winkler at the Proclamation signing



Quartermaster's Corner

I have decided to set the monthly newsletter up in a much different format, hopefully one you will be happy with. Please let me know by email, phone or at our next meeting (12 Jun 2012) what your opinion is. -- Thanks. Les



SASC Kills Big TRICARE Increase Proposals: The Senate Armed Services Committee voted this week to reject Defense Department recommendations that in five years would have quadrupled annual TRICARE enrollment fees on some military retirees. Also rejected were proposals to create enrollment fees for those retirees enrolled in TRICARE Extra, Standard and for Life programs. The Senate committee vote comes one week after the House also rejected

DOD's proposals in their version of the FY 2013 defense bill. This does not yet mean that military retirees will not see some enrollment fee increase. Congress last year tied TRICARE Prime increases to annual cost-of-living adjustments, which in January was 3.6 percent for retirees. The 2013 COLA is anticipated to be 1.7 percent. Slight increases in pharmaceutical copays are still being worked out. The House and now the Senate Armed Services Committee listened to the VFW and rejected drastic TRICARE fee increases, which is why we continue to urge you to contact your senators today and tell



Cmdr Winkler at the Beth El Cemetary memorial ceremony

them the VFW expects their support of the committee-passed bill as it now moves to the floor for debate. Contact your members at <http://capwiz.com/vfw/dbq/officials/>.



Tell Us Your Story: VFW advocacy efforts have helped stop harmful legislation from moving forward and have advanced many bills improving benefits for service members, veterans and their loved ones for more than a century. However, our sustained voice in Washington is only as strong as the voice of VFW members and all of our veterans' advocates around the country. Without your help and your grassroots action in communities from coast to coast, accomplishments like the Post-9/11 GI Bill, Agent Orange presumption, veterans' hiring preference, advance health care appropriations and Family Caregiver benefits would not have been possible. With this in mind, we want to hear your stories of advocacy and highlight your news on our Capitol Hill blog, www.vfwonthehill.org. The VFW Capitol Hill blog brings together the efforts of the VFW Action Corps and the VFW National Legislative Service to provide updates in real time on veterans and military issues as they develop in Washington and around the nation. We hope that you will send us your stories and help us inspire members to reach out to their representatives and take

action!

To send us your news, use the Blog Submission Form posted here: <http://www.vfw.org/Forms/Capitol-Hill-Blog-Submissions/> or simply email photos and stories directly to vfwac@vfw.org.



MSNBC host Chris Hayes responds to VFW's demand for apology

"Chris Hayes' recent remarks on MSNBC regarding our fallen service members are reprehensible and disgusting. His words reflect his obvious disregard for the service and sacrifice of the men and women who have paid the ultimate price while defending our nation. His insipid statement is particularly callous because it comes at a time when our entire nation pauses to reflect and honor the memory of our nation's fallen heroes. It is especially devastating to the many broken hearted children, spouses, and parents, left behind to grieve for a loved one. Such an ignorant and uncaring and blatant disregard for people's deep feelings, are indefensible and that is why the Veterans of Foreign Wars of the United States demand that Mr. Hayes and MSNBC provide an immediate and unequivocal apology."

-VFW Commander-in-Chief Richard DeNoyer

MSNBC host apologizes after saying he's 'uncomfortable' calling fallen soldiers heroes

The MSNBC host, who on the eve of Memorial Day said it makes him "uncomfortable" to describe fallen soldiers as heroes, apologized Monday after outcry from a top veterans group.

"On Sunday, in discussing the uses of the word "hero" to describe those members of the armed forces who have given their lives, I don't think I lived up to the standards of rigor, respect and empathy for those affected by the issues we discuss that I've set for myself," Chris Hayes, host of "Up With Chris Hayes," said in a statement. "I am deeply sorry for that."

The comment was made while kicking off a panel discussion on his show and he noted, it's "very difficult to talk about the war dead and the fallen without invoking valor, without invoking the words 'heroes.'"

Hayes tried to explain why that makes him uneasy: "I feel ... uncomfortable about the word hero because it seems to me that it is so rhetorically proximate to justifications for more war."

Veterans of Foreign Wars, in addition to a throng of conservative bloggers and groups, slammed Hayes for being so conflicted about the term.

"Chris Hayes' recent remarks on MSNBC regarding our fallen service members are reprehensible and disgusting," VFW National Commander Richard DeNoyer said in a statement to FoxNews.com. "His words reflect his obvious disregard for the service and sacrifice of the men and women who have paid the ultimate price while defending our nation. His insipid statement is particularly callous because it comes at a time when our entire nation pauses to reflect and honor the memory of our nations' fallen heroes."

On the show, Hayes couched his remarks and acknowledged his concerns might not be justified.

"I don't want to obviously desecrate or disrespect memory of anyone that's fallen, and obviously there are individual circumstances in which there is genuine, tremendous heroism — of you know, hail of gunfire, rescuing fellow soldiers and things like that. But it seems to me that we marshal this word in a way that is problematic," he said. "But maybe I'm wrong about that."

In his statement, he went on to say, "In seeking to discuss the civilian-military divide and the social distance between those who fight and those who don't, I ended up reinforcing it, conforming to a stereotype of a removed pundit whose views are not anchored in the very real and very wrenching experience of this long decade of war. And for that I am truly sorry."

Read more: <http://www.foxnews.com/politics/2012/05/28/host-draws-vfw-rebuke-for-saying-uncomfortable-calling-fallen-soldiers-heroes/#ixzz1wDHWKzIZ>



The California department of the nation's largest veterans organization has filed a lawsuit against federal authorities, demanding the Obama administration obey a congressional order permitting the Veterans of Foreign Wars to maintain the Mojave Memorial Cross.

The Cross, originally erected by veterans in 1934, had stood as the country's only national monument dedicated specifically to World War I veterans, until a lawsuit brought against it in 2001 resulted not only in legal controversy over "the separation of church and state," but also the courts ordering the Cross be shrouded in a plywood box so it couldn't be seen.

In 2002, Congress passed an act that would have transferred the land the Cross stood upon to the VFW to alleviate First Amendment concerns. And even though the Supreme Court last year affirmed the constitutionality of the transfer, the administration has yet to carry through.

Furthermore, less than two weeks after the Supreme Court ruling last year, vandals tore down and stole the Cross, leaving little more than an empty hole in the ground.

The administration has so far both refused to permit the Cross' reconstruction and [declined to answer an appeal](#) sent by a coalition of concerned citizens, veterans groups and religious and political leaders, asking President Obama for help in restoring the memorial.

"The way our government has treated the veterans in this case is a disgrace to their service and dedication," said Kelly Shackelford, president of [Liberty Institute](#), which is representing the VFW Department of California and VFW Post 385 in their lawsuit. "Members of the VFW and those this Memorial represents paid for this land with their own blood, sweat, and tears." *(Article submitted by Comrade Earl Reynolds) --Thanks, Les.*



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



Forgotten Vet is 1,000th Buried with Dignity and Military Honors

The Dignity Memorial network is a proud partner of VFW

On a rainy winter day in Portland, Ore., veterans, active-duty military personnel, local leaders and community members gathered to honor the life and service of Navy Chief Petty Officer Stevenson Roy. Few of those in attendance knew Roy. He passed away with no family and no place to call home.

Despite Roy's challenges in life, the Dignity Memorial® Homeless Veterans Burial Program made sure his service to his country was remembered with full military honors. Roy, who served in the Navy, was the 1,000th veteran to be served by this program.

Without assistance from the Dignity Memorial Homeless Veterans Burial Program and similar efforts, Roy and the scores of America's forgotten veterans who pass away without a home, money and family would risk burial in pauper's graves, without services or military honors.

Since its inception in 2000, the program has provided qualified homeless veterans with honorable burials in VA or state cemeteries. The program is a cooperative effort among Dignity Memorial funeral, cremation and cemetery service providers, local medical examiners and coroners, VA, VFW and other veterans advocates.

The Dignity Memorial network is a proud partner of VFW. It has assisted, free of charge, thousands of VFW members secure VA burial benefits through local funeral homes.

Chaplain's Corner

I am the newly elected Chaplain for the VFW Frontier Post 11453. If I can be of service to anyone, please feel free to contact me at (307) 632-2465.

On this Memorial Day we were treated to many ceremonies both locally and nationally. On many of these ceremonies Taps was played. As a young trumpeter growing up in Arco, Idaho I had many an occasion to assist our local VFW unit in honoring our deceased veterans at their burial ceremonies by playing Taps. This haunting song has long been associated with our fallen comrades, and the other day I found a very interesting story on the internet about the origin of the song. I have not been able to verify this report, but it makes for interesting reading and thought.

Reportedly, it all began in 1862 during the Civil War, when Union Army Captain Robert Elli 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 Elli 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 and the haunting melody, we now know as "Taps" used at military funerals, was born.

Remember those lost and harmed while serving their Country in our prayers. Also keep those who have served and returned; and for those presently serving in our Armed Forces in our prayers. Remember Freedom is not Free; it has been paid for by all that have served.

May God Bless you and your family.

Please let me know of anyone in distress.

James Rish, Chaplain (307) 632-2465



VFW SALUTES NEW GI BILL PROTECTIONS

Executive Order better protects military and veterans' communities from predatory practices

April 27, 2012

WASHINGTON — The Veterans of Foreign Wars of the U.S. is saluting President Obama for signing an Executive Order today to better protect the military and veterans' communities from the predatory recruiting and financial loan practices of some colleges who fail to deliver on their educational promises.

The VFW-supported Post-9/11 GI Bill became law in June 2008, but since then there have been reports of aggressive and deceptive targeting of service members, veterans, and their families by educational institutions, particularly for-profit career colleges, according to the White House. Some institutions, for example, recruit veterans with serious brain injuries and emotional vulnerabilities without providing academic support and counseling; they encourage service members, veterans and their families to take out costly institutional loans instead of first recommending less expensive federal student aid; and they engage in misleading recruiting practices on military installations, and do not disclose the institution's graduation rate.

"The VFW is big on education, but we are even bigger on the proper administration and oversight of a new GI Bill we fought for 10 years to get enacted," said Richard L. DeNoyer, national commander of the 2 million-member VFW and its Auxiliaries.

"The VFW has worked very hard to get these protections created, and the president's Executive Order will go far to crack down on the predatory recruiting practices and poor performance of all schools who participate in the Post-9/11 GI Bill, but our fight isn't over," he said.

"Our veterans are America's future leaders, and what they expect is a solid education that is marketable and relevant to today's environment. The VFW looks to the Departments of Veterans Affairs, Defense and



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Education to quickly implement the requirements of the Executive Order." Read more at <http://www.whitehouse.gov/the-press-office/2012/04/26/we-can-t-wait-president-obama-takes-action-stop-deceptive-and-misleading>.



Social Security: timing is everything

May 22, 2012 • [J.J. Montanaro](#)

Q: Question regards when is best time for my wife to begin drawing Social Security benefits on her record in order not to be penalized at a future point for drawing on my record. I am 65 and do not plan to draw my benefits till age 70. My wife is 62 and her benefits would be about 25% of what mine will be. If she draws on her record now, will that affect her benefit on my record when I die, regardless of the age of my death? Thanks.

—Billy, San Antonio, Texas

A: Actually, it appears that you are doing just about the right stuff when it comes to position-ing your wife for the largest benefit possible if you should die. While drawing benefits early on her own record will permanently impact her retirement benefits or spousal benefits, it will not impact her survivor benefits. So, by delaying your benefits beyond normal retirement age and accumulating delayed retirement credits you're doing the right thing in terms of maximizing her survivor benefit. Here's one more twist you might not have thought about. Once you have hit normal retirement age and she's begun taking her benefits you could elect to begin to take benefits as a spouse. This will allow you to get a small stream of income based on her record while your own benefit grows based on the delayed retirement credits. You can only make this move after you've hit normal retirement age. Hope this helps. Good luck.

Read more: <http://askjune.military.com/2012/05/social-security-timing-is-everything.html#ixzz1wYQrETXG>
AskJune.Military.com

MILITARY TO BE HONORED

These 18 men from Wyoming, gave there all for their country. Let us always keep them and their loved ones in our prayers.

Name, Hometown, Age, Event in that order

CPT BRUCE E. HAYS CHEYENNE, WY 42 Enduring Freedom
Capt DENNIS C. CRESSEY CHEYENNE, WY 25 Vietnam War
PFC DENNIS B. FARRIS CHEYENNE, WY 19 Vietnam War
SP4 EDWARD MCNALLY CHEYENNE, WY 21 Vietnam War
PFC EDWARD R. BRAUN CHEYENNE, WY 21 Vietnam War
SSG ERNEST C. BALLAND CHEYENNE, WY 21 Vietnam War
Pfc FRANK M. DARLING CHEYENNE, WY 19 Vietnam War
PFC JAMES J. ARELLANO CHEYENNE, WY 19 Iraqi Freedom
CPL JOHN W. KOBELIN II CHEYENNE, WY 24 Vietnam War
SPC JONN J. EDMUNDS CHEYENNE, WY 20 Enduring Freedom
SP4 JOSEPH A. PADILLA CHEYENNE, WY 22 Vietnam War
L/Cpl LAWRENCE D. TORREZ CHEYENNE, WY 19 Vietnam War
1LT LEIF E. NOTT CHEYENNE, WY 24 Iraqi Freedom
Pfc MICHAEL R. BECK CHEYENNE, WY 19 Vietnam War
SP4 RICHARD E. TABOR CHEYENNE, WY 21 Vietnam War
PO3 ROBERT F. GUTHRIE CHEYENNE, WY 21 Vietnam War
MAJ THEODORE W. GOSTAS CHEYENNE, WY 34 Vietnam War (Returnee)
Pfc WILLIAM B. ESSLINGER CHEYENNE, WY 21 Vietnam War

Ted Gostas lived and recovered

(Contributed by Comrade Earl Reynolds) Thanks, Les



REMEMBER

We cannot all be great, but we can attach ourselves to a great cause.

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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 them.



Please remember to give your Volunteer Hours to Junior Vice Commander Quentin Schaffer at our next monthly meeting on Tuesday evening at 1900 hours on 12 June 2012 being held in the DAV Guthrie-Beck Chapter #2, 1119 Converse Avenue, Cheyenne, Wyoming 82001. 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 your articles to Les Smith by 22 June 2012 to allow time for the newsletter to be compiled. THANKS - Les



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Cheyenne, WY 82001
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Fax: 307-772-8052

Augie Palmer – Manager



I am sorry that I do not have an article available this month about one of our Comrades. I would like to ask you to contact Rex Daniels, 638-8681 if you would desire to be our "Comrade of the Month". Please understand that your story (or article) will be very interesting to the rest of your fellow Comrades.



HUMOR

We don't stop laughing because we grow too old, we grow old because we stop laughing.



Don't laugh at the fallen, there may be some slippery places in your path!



VFW Frontier Post 11453

Monthly Newsletter

July 2012 Edition (Vol. 3)

Commander's Corner

Greetings Comrade's,

Thank you for the beautiful flowers sent to my mother's funeral. They were greatly appreciated and my whole family is proud of your VFW 11453.

We are planning a picnic jointly with the DAV during the month of August. My family will be doing the cooking and serving. It is tentatively planned to be held at the First Christian Church, 219 West 27th Street here in Cheyenne. We will be open for discussion on menu, date and time at our next meeting on 10 July 2012. We need everyone's input to make this another success.

"NO ONE DOES MORE FOR VETERANS"

Wink Winkler /s/

Commander Wink Winkler

Quartermaster's Corner

VA Extends Verification Term for Veteran Entrepreneurs

Two Years to Help Efficiency, Accountability

WASHINGTON (June 29, 2012)-- The Department of Veterans Affairs is doubling the amount of time before the owners of service-disabled, Veteran-owned small businesses (SDVOSB) and Veteran-owned small businesses (VOSB) must re-verify with VA that they are, in fact, owned and operated by qualified Veterans and other legal requirements.

"The community of Veteran-owned businesses and businesses owned by service-disabled Veterans is a vital partner with VA and the federal government," said Secretary of Veterans Affairs Eric K. Shinseki. "To ensure we have improved our verification policies and processes, I have directed that VA simplify the verification process immediately and move from an annual to a biennial re-verification – every two years."

The interim final rule, which took effect June 27, will benefit thousands of small businesses by reducing the uncertainty and administrative burden associated with a yearly verification cycle. Public comments on this interim final rule may be submitted within the next 60 days.

By increasing the verification period to two years, SDVOSBs and VOSBs will be able to plan and operate their companies more efficiently and effectively instead of working within the current 12-month business cycle. Under this interim final rule, businesses at the end of their two-year verification period would be required to be re-verified through VA's Center for Veterans Enterprise (CVE).

In 2011, VA awarded \$3.2 billion in contracts to VOSBs and SDVOSBs. To participate in VA's Veterans First program, a Veteran-owned and controlled small business must be verified as an eligible firm by initiating and completing the application process with CVE through the web-based Vendor Information Pages database. Information about the process for verification can be found on the VA website at <http://www.vetbiz.gov/>.

Businesses removed from the VIP database that were verified from June 2010 to December 2010 will have their remaining months added to coincide with their one year extension via the interim change.

These designated businesses will be required to re-verify within 120 days of their expiration date. All future applications for re-verification will be required to submit a complete set of new documentation with each application.

VA Continues PTSD Outreach with *AboutFace* Campaign

Veterans Provide Video Testimonials on Experiences with PTSD

WASHINGTON (June 20, 2012) – In observance of June as PTSD Awareness Month, the Department of Veterans Affairs National Center for Post-Traumatic Stress Disorder (PTSD) has begun a new online initiative, *AboutFace*, focused on helping Veterans recognize PTSD symptoms and motivating them to seek treatment.

We must do all we can to help Veterans identify possible indicators that they may be suffering from PTSD," said Secretary of Veterans Affairs Eric K. Shinseki. "It requires a comprehensive, multi-faceted approach to be effective. We hope that this initiative, while just one aspect of our program, will play an important role in that effort."

The *AboutFace* campaign introduces viewers to Veterans from all eras who have experienced PTSD and turned their lives around with treatment. Through personal videos, viewers will meet Veterans and hear how PTSD has affected them and their loved ones. Visitors will also learn the steps to take to gain control of their lives.

AboutFace, which is PTSD specific, was designed as a complementary campaign to VA's current *Make the Connection* (www.MakeTheConnection.net) campaign. *Make the Connection* uses personal testimonials to illustrate true stories of Veterans who faced life

events, experiences, physical ailments, or psychological symptoms; reached out for support; and found ways to overcome their challenges.

"VA is committed to ensuring the men and women who bravely served our Nation can access the resources and services tailored for them that can lead to a more fulfilling life," said Dr. Robert Petzel, VA's under secretary for health. "We want Veterans to recognize themselves in these stories and to feel optimistic that they can overcome their challenges with proper treatment. We set aside this month of June to urge everyone to increase awareness of PTSD so those in need can get effective treatment that will enable them to lead productive, fulfilling and enjoyable lives."

AboutFace launched in June in time to help bring attention to PTSD Awareness Month. It is located on the National Center for PTSD website, www.ptsd.va.gov. There viewers will watch as Veterans candidly describe how they knew they had PTSD; how PTSD affected the people they love; why they didn't get help right away; what finally caused them to seek treatment; what treatment is like and how treatment helps.

VA provides effective PTSD treatment and conducts extensive research on PTSD, including prevention. Those interested in further information can go to www.ptsd.va.gov to find educational materials including courses for providers on the best practices in PTSD treatment and the award-winning VA/DoD PTSD Coach Mobile App for electronic devices, which provides symptom management strategies.

These campaigns are part of VA's overall mental health program. Last year, VA provided quality, specialty mental health services to 1.3 million Veterans. Since 2009, VA has increased the mental health care budget by 39 percent. Since 2007, VA has seen a 35 percent increase in the number of Veterans receiving mental health services, and a 41 percent increase in mental health staff.

In April, as part of an ongoing review of mental health operations, Secretary Shinseki announced VA would add approximately 1,600 mental health clinicians as well as nearly 300 support staff to its existing workforce of 20,590 to help meet the increased demand for mental health services. The additional staff would include nurses, psychiatrists, psychologists and social workers.

For more information on *AboutFace*, visit www.ptsd.va.gov/aboutface/ or contact the National Center for PTSD at (802) 296-5132.

FOOD FOR THOUGHT!

A person can save himself from many hard falls by refraining from jumping to conclusions.

Automobiles wouldn't be so dangerous if the horsepower of the engine was proportioned to the horse-sense of the driver.

Stolen Valor Act Overturned

The VFW was very disappointed to also learn Thursday that the U.S. Supreme Court overturned the Stolen Valor Act of 2005 in a 6-3 decision. Still, the high court did mention in their decision that a more narrowly defined law in the future might perhaps survive a First Amendment free speech trial. Despite the ruling, VFW National Commander Richard DeNoyer said the "VFW will continue to challenge far-fetched stories, and to publicize these false heroes to the broadest extent possible as a deterrent to others." Read the justices' opinions at <http://www.supremecourt.gov/opinions/11pdf/11-210d4e9.pdf>.

What do you think? Let us know what you think of the Supreme Court's decision on Stolen Valor by taking our poll and leaving comments on the blog: <http://www.vfwonthehill.org/2012/06/what-do-you-think-supreme-court.html>

DID YOU KNOW?

Community Service Post reporting period runs May 1st, 2012 through April 30, 2013. Since the State report to National must be in by May 15th and we sure don't want anything to go unreported if you have anything to report since May 1st, please send it to Jr. Vice J. Dee Darnell, Community Service Chairman.

THOUGHT OF THE DAY:

"Nothing gives an author so much pleasure as to find his works quoted by other learned authors" (*Benjamin Franklin*)

If George Washington never told a lie, what's his picture doing on a one dollar bill that is worth about 43 cents?



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.

CHAPLAINS CORNER

Happy Birthday America! July is a great month. For one we are almost guaranteed that we will not have to shovel any snow, at least until after Frontier Days. The other is we get to celebrate the birth of our nation and the ground work for the greatest document that has ever been written our Constitution. No constitution has endured longer than ours. We seek and usually find the answers to today's hardest legal questions within this document of yesterday. The Constitution was and is a miracle. Both Washington and Madison referred to it as such. It was an inspired document, written under the divine guidance of the Lord. James Madison, commonly called the Father of the Constitution, recognized this inspiration and gave the credit to "the guardianship and guidance of the Almighty Being whose power regulates the destiny of nations whose blessings have been so conspicuously displayed to the rising of the republic."

The writing of the Constitution was a miracle. But the miracle was not that the Lord found fifty-five men who understood so well the principles of a representative government. It is unlikely that any one of those men could have written the Constitution as it was in its finished form. The miracle lies in how that great document was produced: The spirit of revelation is the spirit of peace, and there was a prevailing spirit of peace among them. It was a miracle that these men – who represented extremely diverse political philosophies and who, in some instances, almost hated each other – sat during that sweltering summer of 1787, to talk and compromise until they had written a document which is an expression of "just and holy principles." They created a government so well balanced that it prevented any one of its social or

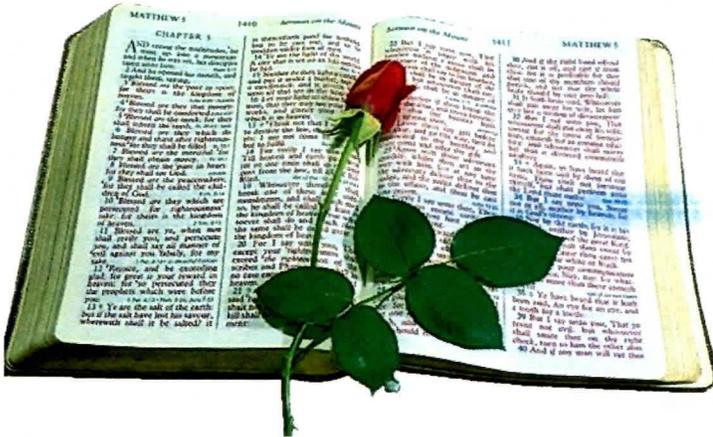
geographical factions from getting dominance over the other, a government so strong that it could protect the individual rights of all its citizens and yet so weak that it could not invade their private lives or infringe upon the exercise of their free agency.

It is up to us, the U.S. citizens to protect and preserve the Constitution that has served us so well. We should be familiar with its great fundamentals: the separation of powers, the individual guarantees in the Bill of Rights, the structure of federalism, the sovereignty of the people, and the principles of the rule of the law, and we should oppose any infringement of these inspired fundamentals. I close with a poetic prayer. It is familiar to everyone, because we sing it in one of our loveliest hymns. It expresses gratitude to God for liberty, and it voices a prayer that he will continue to bless us with the holy light of freedom:

**Our fathers' God, to thee,
Author of liberty,
To thee we sing;
Long may our land be bright
With freedom's holy light.
Protect us by the might,
Great God, or King!**

May God grant you and yours a great 4th of July holiday and may God Bless America.

James C. Rish, Post Chaplain
307-632-2465



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Augie Palmer – Manager

4302 Ridge Road
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Let's surprise Steve and Delilah and have a meal with them to show our support. Tell them you are from VFW Frontier Post 11453.

(Steve or Delilah, please call Les (307) 256-8463) with your comment. THANKS.



Diane E. Martin, LUTCF, CPIW
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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.

Please remember to give your volunteer hours to Junior Vice Commander Shaffer at our next monthly meeting on Tuesday evening at 1900 hrs, 10 July 2012 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 your articles by 22 June 2012 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

'Congress says they are looking deeper into the Bernie Madoff scandal. Well ain't that just great. The guy who made \$50 Billion disappear is being investigated by the people who made \$1.5 TRILLION disappear!!'



MORE INFO FROM YOUR QUARTERMASTER:

On 6 June 2012, Cmdr Winkler with Al Dyke, presented a power scooter to Frank Dyke at the Pointe Frontier home where Frank resides. It was a well received scooter that will enable Frank to move around when his legs are giving out. Thanks Frank, for your service.



Cmdr Winkler and Comrade Al Dyke presented a power scooter to Comrade Grover F. Williams, who resides at Pointe Frontier. He and his lovely wife Frances were grateful for the presentation. Comrade Williams has transferred to VFW Frontier Post 11453 from VFW Post 1881. He is a Life Member. Welcome to our Post.



The following is a story that pertains to a portion of Comrade Williams' military career in the 1940's.

Grover F. Williams – U.S. Engineers. 5 years of service to the United States of America in the Army. The following document was dictated to my wonderful and loving wife, Frances Williams, in 2004. The following is the best of my recollection about my experiences aboard the troopship USS Dorchester.

In May 1940, I enlisted in the U.S. Army at Fort Morgan, Colorado. Hearing all the wonderful stories of how the government would take care of all the medical needs (forever), knowing I had a place to eat and sleep for the next 3 years, sounded good after what I had been used to. The food was very good and I did enjoy getting three meals a day.

By the time I left Fort Logan, Colorado, I had been promoted to the rank of Sergeant. I was then sent to Fort Belvoir, Virginia to train new inductees. At that time we were not at war, but it was imminent!

While I was stationed at Fort Belvoir, the Japanese bombed Pearl Harbor and the United States declared war on Japan and Germany. By that time, the Germans had U-Boats and were sinking so many ships in the North Atlantic, it was almost impossible to get help across the North Atlantic to England or anywhere else.

For reasons unknown at that time, they took some of the United States soldiers and put us on the Navy ships to operate the bigger guns. We made two successful trips to Greenland and back. The weather was good as far as New Foundland, and then the weather in the North Atlantic turned unbelievable to say the least, on both trips. We all thought that any minute the ship would be hit and sink to the bottom of the ocean.

Another duty (or job) I was required to do was to climb up to the Crow's Nest, night or day, to observe, what I didn't know could be a ship because our ship was rocking so hard and the wind was blowing so hard and the waves were so high that you could not see your hand in front of your face most of the time. You could only perform your duty on the Crow's Nest for a short time because it was bitterly cold.

I can still remember how bitterly cold it was, of being very sick, vomiting, having diarrhea and being very scared. Somehow, thank God, we made it. Both trips were successful.

Upon arriving back in port from the second trip, we assumed we would go back to the same ship, the USS Dorchester, from which we had just disembarked. On the second day, much to our dismay, we were told to be ready to leave in one hour. We were the only crew that was available at that time. We were very upset because we had planned on staying in port for several more days. We left that very afternoon on a different ship headed to Iceland.

Within a week or two, while we were in Iceland, we received word that the USS Dorchester had gone down near Greenland with a very great loss of men. Among those who perished when the ship went down were four Chaplains of various denominations.

There is now a memorial honoring those four Chaplains known as the "Chapel of Four Chaplains" at Valley Forge, Pennsylvania. I thank the Lord every day that I was not on the USS Dorchester on that trip.

When we arrived back in port in the United States, we were relieved of sea duty and sent back to our Army units, thus bringing an end to my "naval career".

(A special "Thank You" goes to Frances Williams, loving wife of Grover F. Williams for allowing me to put this story in our monthly newsletter. Les Smith-Editor)

DID YOU KNOW?

VFW Frontier Post 11453 will be requiring the organization to have their Post and quartermaster bonded for \$30,000.00 this year to make sure that the bond is large enough to cover our assets (which are primarily money in our account) due to the efforts of all our comrades supporting our Poppy Program. Thanks to all of our comrades for a "job well done". Let's set the standard higher for next year. *(Les Smith – Editor)*

RECORD THIS FOR YOUR PHONE MESSAGE!

"I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the Beep. If I do not return your call, You are one of the changes."



REMOVING THE STIGMA OF PTSD.

The question of whether or not to take the "D" out of PTSD is a hot topic among veterans and veterans support organizations. Many feel that calling it a disorder adds a stigma that not only impacts the veterans, but also affects the public perception of veterans in general. Others are concerned that downplaying PTSD by removing the word disorder could have a negative impact on veterans ability to get medical assistance.

On June 20, the American Legion hosted a meeting to discuss the implications of changing the medical classification of post-traumatic stress disorder (PTSD) to post-traumatic stress (PTS). Attendees included representatives from the National Association for Uniformed Services, Disabled American Veterans, Veterans of Foreign Wars and Vietnam Veterans of America.

[An American Legion report 'Taking the D Out of PTSD'](#), talks about the fact that many of those who support the idea of dropping the 'D' believe that changing it to PTS would remove the stigma, making it easier for servicemembers and veterans to reach out for help.

Dr. Matthew Friedman, chair of the American Psychological Association's work group on PTSD, pointed out that the Canadian armed forces call PTSD "Operational Stress Injury," or OSI. Friedman said that the Canadians adopted the term to "soften the blow" and reduce the stigma associated with PTSD.

As noted earlier, others are concerned that dropping the 'D' could make it difficult for veterans to access VA programs and medical assistance. Dr. Jeanne Stellman of Columbia University and a member of the Legion's committee on Traumatic Brain Injury/PTSD, asked, "What will be the effect on health-care delivery?" Adding, "This is much more important than the presence or the absence of the 'D.'"

Stellman agrees that the "D" in PTSD carries a social stigma that needs to be dealt with. "Many people think our entire group of veterans is all nutsy because they have been exposed to combat." She also made the point that education can help overcome the stigma as in the cases of breast cancer and HIV/AIDS.

According to the Legion report, Dr. Stellman said PTSD is classified as a disorder because human responses vary in range, while diseases usually have more consistent symptoms. Whether conditions are diseases, symptoms or something else, they all must have medical classifications, which are fundamental to the operation of the entire health-care system. "Patients must have classification codes in order to get treatment — they have to map into the world of medicine," she said.

Participants were reminded that PTSD can be a lifelong affliction that needs medical attention and social support — but it does not need denial.

The American Legion's ad hoc committee on Traumatic Brain Injury/PTSD plans to issue its findings and recommendations in a full report this fall.

Read more: <http://militaryadvantage.military.com/2012/06/removing-the-stigma-of-ptsd/#ixzz1zfdJKORM>
MilitaryAdvantage.Military.com

VFW Testifies on Changes to Disability Claims Process

On Tuesday, the VFW testified before the House VA Committee regarding VBA's transformation plan to digitize the disability claims process aimed at improving accuracy and wait times for veterans. The hearing centered on the Veterans Benefits Management System (VBMS) which focuses on a paperless IT system that is critical to VA reaching its goal of eliminating the backlog and providing quality decisions. VFW testified that the new program should be fully tested to identify short comings, but that VBA must walk a fine line between rolling out the program too soon and delaying too long while seeking to fix all the problems. Members of the committee stressed their frustration with the process saying that the department has been working on different "transformation" plans for decades with little progress while the claims backlog remains stagnant. To learn more about the hearing or to view the webcast, click here: <http://www.vfwonthehill.org/2012/06/watch-live-vfw-to-testify-on-va-claims.html>.

Enhanced TRICARE Retiree Dental Program.

Two routine trips per year to the dentist for basic diagnostic and preventative care could cost you \$424.00 OR \$ 0.00 if you are enrolled in the Enhanced TRICARE Retiree Dental Program and receive care from a participating network dentist in one of 150,000 nationwide locations.

The Enhanced TRICARE Retiree Dental Program is available to all military retirees, even if they are 65 or older, Gray Area retirees, and their eligible family members, unmarried surviving spouses and their eligible children, as well as Medal of Honor recipients and their eligible immediate family members. The program covers cleanings, exams, fillings, root canals, gum surgery, oral surgery and dental accidents on the first day that coverage becomes effective. After 12 months of being in the program, it then covers crowns, bridges, partials, braces and dental implants. New retirees who enroll within four months after retirement from the Uniformed Services or transfer to Retired Reserve status are eligible to waive the 12 month waiting period for major services.

The Enhanced TRDP provides every enrollee an annual maximum benefit of \$1,200.00 per person (Basic Program enrollees have an annual maximum benefit of \$1,000.00 per person), a \$1,000.00 annual maximum for dental accidents and a \$1,500.00 lifetime maximum for orthodontics. Preventative and diagnostic services don't count against the annual maximum — those benefits are in addition to the \$1,200.00.

The Enhanced TRDP service area includes the 50 United States, the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands and Canada. Enhanced-Overseas TRDP coverage is available to enrollees who reside outside the Enhanced TRDP Service area.

TRDP enrollees realize the maximum program savings (an average of 22%) when seeing network provider. To find a network provider, use the Consumer Toolkit to print ID cards, view annual maximum information, see if claims have been paid and sign up for e-mail updates, TRDP enrollees should visit www.trdp.org.

Retires can find more information and enroll in the program at www.trdp.org or by calling TRDP's Customer Service at (888) 838-8737, Monday – Friday, excluding holidays, 6:00 AM – 6:00 PM. PST.

Thanks Fellow Comrades for your Support

Grover F. Williams - Army Engineers - 5 years of service to the U.S.A

This document was dictated to his wife Frances Williams, 2004

This is the best I can remember about my experiences aboard

the troups^hip USS Dorchester.

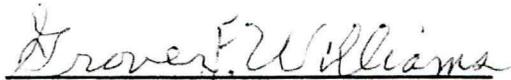
To start with :

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FILE COPY

available at that time. We were very upset because we planned on staying in port for several days. We left that very afternoon on a different ship bound for Iceland. Within a week or more, While we were in Iceland we received word that the Dorchester had gone down near Greenland with a great loss of men. Among that crew were Four Chaplains, (all denominations) There is now a memorial honoring those Four Chaplains known as the Chapel of Four Chaplains, at Valley Forge, Pennsylvania. I Thank God I was not aboard the Dorchester on that trip. When we arrived back in port, we were relieved of sea duty and sent back to our own unit. So that was the end of my Navy career----



Grover F Williams.



VFW Frontier Post 11453

Monthly Newsletter

August 2012 Edition (Volume 3)



Commander's Corner

Greetings Comrades,

I hope you all found solis from the heat we experienced in July. It appears August is going to be a warm month also.

There has been sadness in our Post, as we recently lost Jim Paxton, who will be greatly missed. May God Bless his soul.

We also lost John Allen, USMC. I had the great priviledge of meeting a number of his family members. He will be greatly missed by all. John's family so generously donated a very large amount of handicapped equipment plus an electric chair to our *Mobility for Diusabled Veterans* program. John was a participant in our Friday evening Bingo held at the Cheyenne VA. hospital.

Grover Williams, a newly transfered member of our VFW Frontier Post 11453, has also passed away. Grover was a recipient of a electric scooter from our *Mobility for Diusabled Veterans* program. Please keep their families in your prayers.

WE NEED YOUR RESPONSE! Our VFW Frontier Post 11453 has our picnic scheduled for 12 August 2012 (Sunday) at the old Community House in Lions Park at 3:00 P.M. Please contact Cmdr Winkler at 640-0060 with information on how many plan to attend. Bring a dish if you would like.

On 14 August 2012, the Cheyenne VA hospital is having their grand opening of their newly completed addition at 10:00 A.M. I would like for as many of us as possible to attend.

Also 14 August 2012 is our next Post meeting at 1900 hours.

There comes a time when you walk away from pointless drama and people who create it, and surround yourself with people who make you laugh so hard that you forget the bad and focus on the good. Life is too short to be anything but happy.

Commander Wink



Quartermaster's Corner

I have decided to set the monthly newsletter up in a much different format, hopefully one you will be happy with. Please let me know by email, phone or at our next meeting (14 Aug 2012) what your opinion is. -- Thanks. Les



This item is not a normal story I would place in our newsletter, but I feel it carries a very important message. (Les Smith - Editor)



8 SIGNS YOUR ID HAS BEEN COMPROMISED

While frequent data breaches may have desensitized some consumers to identity theft, it's still important to pay attention to early warning signs your info is being used illegally, no matter how creative, silly or transparent a scam may seem.

"For the most part, identity thieves are sophisticated, dogged and damn smart. They take advantage of distraction and trust and look for the slightest crack or crevice to crawl into our lives," says Adam Levin, chairman and founder of Identity Theft 911, an identity theft services company. "If something doesn't feel right, don't do it. The potential imaginary opportunity you miss could end up saving you time, stress and money."

"[Some signs] can be sort of amusing, but they're all terrifying," says Marian Merritt, Internet safety advocate for anti-virus software company Norton, since compromised personal information can lead to big financial woes. Norton estimates in 2010 more than 74 million people in the U.S. were victims of some form of cybercrime, leading to \$32 billion in direct financial losses.

To help you avoid adding to these losses, here are some early signs your identity has been compromised.

Your credit card gets declined for an unknown reason

An expected decline can be one of the first signs an account has been hacked into, says Stu Sjouerman, CEO of network security firm KnowBe4. This is why you shouldn't be blasé if a retailer says their system isn't taking your plastic.



Sunday morning breakfast for the CLC Vets at VFW 1881



Should a card get denied, go home and check your account immedi-

ately. If your funds are intact, you may want to call your issuer to see if they can help you get to the bottom of what may have caused the transaction to fail.

Mystery charges start appearing on your credit or debit card statements.

Strange charges on your credit or debit card account usually mean someone out there is up to no good, but you shouldn't only be on the lookout for big charges. Crooks who have purchased the number via illegal carder forums will often "test numbers with small purchases," Merritt says.

This is why you should call your issuer, no matter how big or how small the suspicious charge is. They can help you determine if the purchase is being made illegally or was simply a mistake. For instance, a clerk may have keyed in the wrong account numbers when processing a transaction over the phone or another shopper may have reversed some numbers on the card while shopping online. If the charges are tied to a bigger issue, your credit card company can also help you ensure the fraud remains an isolated incident.

"They'll walk you through the next steps," Sjouwerman says.

Merchandise you didn't order shows up at your house

It's also a bad sign if merchandise you don't recognize gets delivered to your doorstep, since its sudden appearance could mean someone has gotten access to one of your online shopping accounts. While using the credit card on file, they may have forgotten to change its default shipping address, Merritt says, leading to the unexpected gifts.

If this does happen, call the retailer to arrange to have the merchandise returned. You should also change the password associated with the compromised account and call your credit card issuer to have the card replaced or flagged for future fraudulent activity.

A debt collector calls you for a debt you've never heard of before

If a debt collector starts calling to collect on a debt you've never heard of, someone else may be putting your identity to use, Sjouwerman says. This is why, as tempting as it may be, you can't ignore the calls after initial contact. Instead, find out as much as you can about the purported debt in question so you can determine if it is, in fact, being attributed to you, then [take these steps to have it eradicated](#).

Your monthly billing statements stop showing up

Sudden and strange activity involving your financial accounts is definitely a red flag, but sudden inactivity can be just as worrisome. For instance, if your monthly billing statements are a miss, it could mean "someone has changed the billing address [on the account] so you don't find out it's been compromised," Sjouwerman says.

To make sure this sign doesn't go unnoticed, Merritt suggests writing out a schedule of when your major bills are set to arrive. If one doesn't make it to your mailbox or your email account, it may be a good idea to touch base with your bank, issuer or service provider.

Your friends receive emails from your address that you

never sent

Consumers shouldn't only be on alert for unusual activity in their financial accounts. Similarly suspicious activities within email or social media accounts are another early sign that a thief has gotten their hands on your personal information, Merritt says. For instance, one way fraudsters try to capitalize off of stolen digital identities is to send out phony emails asking friends and families to send money to an international address under the guise that the actual owner is stranded in a foreign country. Similar scams have been utilized via Facebook or Twitter.

If someone is sending out spam for one of your accounts, make sure to immediately change the password associated with all of your other ones. If you've been locked out of the account that was compromised, call your service provider to have that particular account discontinued.

Your credit score takes an unexpected dive

You should also be concerned if you've checked all of your credit scores prior to applying for a loan only to have a lender come back and say it's not as high as you had believed it was, Sjouwerman says. For instance, if you were told your score was a 720 and a lender comes back and says it's actually a 580, an investigation is in order.

Consumers who encounter this problem should request another copy of the report in question and scan for any activity they are unfamiliar with. As previously reported, the inquiry section can be particularly telling since you may stumble across loan or credit card applications you never filled out. If you do discover fraudulent line items, call the credit bureau to dispute the info. You can also ask them to add a fraud alert to your report so you are notified when other information is added to your account.

The personal information appearing on your credit report is inaccurate

It's also a bad sign if the personal information appearing on a credit report doesn't match up with your records. For instance, Sjouwerman says, be wary if an address you've never lived it is listed as your current or former residency. Similarly, check to make sure your correct Social Security Number is listed. If it's not, don't panic. Inaccuracies on a credit report are fairly common and aren't always related to identity theft. Contact the credit bureau that is listing the inaccurate information so they can investigate how it got there. If you do ultimately discover the issue runs deep, you may want to take a trip to your local police station.

"Many people don't realize, but it can be quite helpful to file a police report," Merritt says. The police may not find the culprit, or, in some areas where a bureau is too small, even investigate, but the action may prove helpful when you're trying to get fraudulent charges or inaccurate information eradicated. You can also report a cybercrime to the FBI via its [Internet Crime Complaint Center](#).



QUOTES:

It was very thoughtful of the television people to put the aspirin commercials right after the 6 o'clock news



Thank You!

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

Frank & Bertha Carter
AMSOIL Dealers



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



TRICARE 2013 Prime Enrollment

The fiscal year 2013 TRICARE Prime enrollment fees for uniformed service retirees and their families go into effect Oct. 1, 2012. The Prime enrollment fees for 2013 are \$269.28 for retirees, and \$538.56 for retirees and their family members.

Survivors of active duty deceased sponsors and uniformed services medically retired service members and their dependents are exempt from annual fee increases. Their enrollment fee is frozen at the rate in effect when they were classified and enrolled in TRICARE Prime. Their fee remains frozen as long as there is no break in their TRICARE Prime enrollment.

As always, active duty service members and their families have access to TRICARE Prime with no enrollment fee.

The 2013 fees are based on the cost of living adjustment retirees received in 2012. The adjustment was applied to the \$260 (individual) and \$520 (family) 2012 Prime enrollment fees. Because of this, most retirees who were enrolled in Prime prior to Oct. 1, 2011, will see a more significant increase since their enrollment fee remained at the 2011-levels of \$230 and \$460 per year.

Beneficiaries can opt to pay their enrollment fee monthly, quarterly or annually. Before deciding to pay annually, beneficiaries should keep in mind that in most cases enrollment fees are non-refundable, and Congressional changes to fees in the 2013 budget could occur. For this reason, it's recommended that beneficiaries pay their enrollment fee monthly or quarterly. To learn more about TRICARE Prime enrollment fees, please visit www.tricare.mil/costs.

Read more: <http://militaryadvantage.military.com/2012/07/2013-tricare-enrollment-fees/#ixzz22Q7Kul2m>
MilitaryAdvantage.Military.com



I am sorry that I do not have an article available this month about one of our Comrades. I would like to ask you to contact Rex Daniels, 638-8681 if you would desire to be our "Comrade of the Month". Please understand that your story (or article) will be very interesting to the rest of your fellow Comrades.



Chaplain's Corner

Jesus chose 12 common men to work with Him and tell everyone about God's love. They were called the disciples. Wherever Jesus went people crowded around Him. One day, Jesus had been teaching by the lake He decided that He and the disciples should take a boat to the other side of the lake to get some rest.

The boat ride across the lake started out very smoothly. The boat rocked gently and the wind blew softly. It was so nice on the boat that Jesus laid His head on a pillow and fell asleep.

When the boat got to the middle of the lake the wind started blowing harder and harder. Waves crashed over the boat. Everyone was afraid, the men yelled and cried out, however Jesus never woke up. Finally, when everyone was certain that the boat would sink, the men woke Jesus up.

Jesus woke up however, He wasn't scared. He stood up in the boat and looked over the stormy sea. Jesus said, "Quiet, be still". Suddenly the wind stopped blowing, the waves were gone, the sea was calm.

Everyone was amazed. The men wondered who was Jesus that He could tell the wind and the sea what to do. Jesus is the Son of God. God gave the men hope. The disciples worshipped Jesus. Jesus gives us hope and we can worship Him.

"Let us be thankful"
Hebrews 12:28



*May God Bless you and your family.
Please let me know of anyone in distress.
James Rish, Chaplain (307) 632-2465*



OEF (Operation Enduring Freedom), OIF (Operation Iraqi Freedom), OND (Operation New Dawn)

VFW Frontier Post 11453 works annually with the Cheyenne VA Medical Center to support the OEF/OIF/OND program which is being held again at the Harvest Farms in Wellington, Colorado to recognize the veterans of the Iraqi and Afghanistan wars.

Updating our fellow comrades on OEF/OIF/OND and its progress, so far they have raised \$820.00 as of this publication date. We wish to sincerely thank all of the organizations for their contributions.

Please support the following sponsors who contributed to this program:

Wal-Mart Distribution Center #7077
Godfather Pizza
Jonah Bank of Wyoming
The Joannides Family Foundation
Holly Frontier Refining

These organizations stand alone in a special place in our community. They serve our community, service members and their families.

VOICE OF DEMOCRACY (VOD) PROGRAM

Each year, more than 51,000 high school students from across the country enter to win a share of the \$2.2 million in educational scholarships and incentives awarded through the VFW's Voice of Democracy audio-essay competition.

Knowing that a democratic society needs nurturing, the VFW established the Voice of Democracy program (VOD) in 1947 to provide students grades 9-12 the opportunity to express themselves in regards to democratic ideas and principles.

The national first-place winner receives a \$30,000 scholarship paid directly to the recipient's American university, college or vocational/technical school. Other national scholarships range from \$1,000- \$16,000 and the first-place winner from each (State) VFW Department wins an all-expense-paid trip to Washington, D.C.

PATRIOT PEN PROGRAM

VFW believes strongly in good citizenship and fostering patriotism. That's why we encourage youthful minds to examine our nation's history and their own experiences in modern American society through our Patriot's Pen youth essay-writing contest.

Annually, roughly 126,000 students from grades 6-8 (nationwide) enter. One first-place winner from each state competes to win one of 46 national awards totaling \$46,000. The national first-place winner wins \$5,000 and an all-expense-paid trip to Washington, D.C., in March.

Students draft a 300-400 word essay, expressing their views based on an — always patriotic — annual theme chosen by the VFW Commander-in-Chief.

For information and applications for Voice of Democracy or Patriot Pen Programs, please Contact Al Dyke at (307) 632-0674



Deceased Members Must be Reported

At the Post level, leaders are required to track members, update changes and report deceased members as soon as possible. This includes life members—more than 60% of our membership—who don't receive annual renewal notices and whose main contact with VFW National Headquarters is through their Posts.

VFW National Headquarters maintains a Life Membership Trust Fund where all life membership dues are invested. This fund supplies the annual life member dues payments that go to Posts, Departments and national.

When National Headquarters sends these payments to Posts, it includes a letter to the quartermaster requesting verification of the life member listing. The quartermaster is asked to notify national if any of the listed members are no longer living. When accurate reporting is not made, here is what happens:

If our database is not accurate, it results in erroneous member counts and unnecessary mail expenses, such as sending the deceased member magazines or other mail.

More so, a strain is put on the Life Membership Trust Fund because the number of living life members is greater than the projections built into the fund. This may result in lower payouts per member.

This also leads to family members calling VFW National Headquarters upset because they are receiving mail in the name of a loved one long after they have reported the death to someone in the Post.

Last year more than 28,000 life member deaths were reported. However, actuaries point out that the number of reported deaths were far less than the anticipated deaths based on mortality tables.

In order to close this gap and improve accuracy of our records, VFW National Headquarters has hired a firm to capture obituary data from across the country. We will match the life member file with the obituary file resulting in lists of potentially deceased members.

We will then send those lists to each Post for verification. In the past, this practice has resulted in a significant increase in the number of life members being reported as deceased.

You can help to keep VFW records accurate by timely reporting of deceased members using the Online Memberships System,

by e-mailing the information to lifememberprocessing@vfw.org, or by submitting a member change request form.

It may be a good time to review the code of ethics at your Post and ensure that it is communicated and enforced throughout your membership. We become better people and a stronger organization when we adhere to high ethical standards.



Diane E. Martin, LUTCF, CPIW
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Vietnam Veteran Elected to Lead Nation's Largest Organization of Combat Veterans

John E. Hamilton will lead VFW as Commander-in-Chief

July 25, 2012

Reno, Nevada, July 25, 2012—America's largest organization of combat veterans has elected a Vietnam War veteran to head the 1.5 million-member Veterans of Foreign Wars of the United States.

John E. Hamilton, a resident of St. Augustine, Fla., was elected VFW Commander-in-Chief on July 25, 2012, during the 113th VFW National Convention, held July 21 – July 25, in Reno, Nev.

In his acceptance speech, Hamilton, who served in the Marine Corps from 1968-1970, reminded the mostly Vietnam-era audience that VFW must remain vigilant in its efforts to care for war veterans, especially in these tough economic times as our country's wars wind down.

"What we have accomplished over the past 113 years on Capitol Hill and in cities and towns everywhere is legendary, but our future existence is 100 percent dependent on what we

do tomorrow ... the reason our voice needs to be heard is because all wars end ... Iraq last year and Afghanistan by 2014. That means veterans' issues could once again take a back seat to whatever new national priority becomes the flavor of the day," stated Hamilton.

He went on to note the importance of the bond VFW members share with newly returning veterans, and VFW's responsibility to assist them.

"Comrades, that shared [combat] experience bridges all generational gaps. That's why we must be there ... not just for the handshake and pat on the back ... but to help them find jobs ... to use our own re-adjustment experiences to help them overcome whatever emotional scars they returned home with ... and to help steer them to a service officer and into the VA. This is our sacred duty, comrades ... it's a lifetime commitment to pay it forward ... because we were all young once when we went off to war, but much older and wiser when we returned. We must pass that knowledge on."

National Commander Hamilton also discussed his recent trip to Southeast Asia and Vietnam – his first return to the country since being wounded in 1970. Full accounting of America's missing service members is an issue that is extremely important both to Hamilton and the VFW. There are approximately 83,000 missing GIs dating back to WW II and under Hamilton's leadership, VFW will continue to make the trip overseas in an effort to help account for our missing.

Hamilton commented on why VFW leaders will continue this initiative, stating: "The reason is because we can open doors no one else can because we are not politicians or bureaucrats ... we are veterans ... and the VFW is respected around the world for our staunch advocacy of this one humanitarian mission that returns our fallen to their families."

In recognition of his service, Hamilton received the Purple Heart with two Gold Stars, the Combat Action Ribbon, the National Defense Service Medal, the Vietnam Service Medal with two Bronze Stars, the Republic of Vietnam Meritorious Unit Citation Gallantry Cross Color, the Republic of Vietnam Unit Citation Civil Actions Color (First Class) and the Republic of Vietnam Campaign Medal.

He joined the VFW in 1974 at Post 7909 in Jacksonville, Fla., where he maintains his Legacy Life (Gold Level) membership. He has served the VFW in many leadership positions, including the National Council of Administration from 1989-1991 and as State Commander from 1987-1988. He served on the board of the VFW National Home from 2002-2008 and as its president from 2004-2005. He also served as Supreme Commander of the Military Order of the Cootie from 1992-1993.

Hamilton graduated with honors from Georgia Military Academy in 1967. He worked as a professional wrestler throughout the United States and the world for 15 years as Johnny Montana, (also known as "Dr. Death") along with other names and identities.

Hamilton was named Florida's Young Veteran of the Year in 1981. He has been honored by Presidents Jimmy Carter and George H. W. Bush for his outstanding community service and leadership.

Hamilton is a member of the Military Order of the Cootie, Military Order of the Purple Heart, Disabled American Veterans, American Legion and the Semper Fidelis Society.

During his year-long term, Hamilton will log thousands of miles within the U.S. and internationally to promote the VFW, veterans' issues and quality of life initiatives for active-duty, Reserve and Guard members.

Also elected were Bill Thien, Senior Vice Commander-in-Chief, of Georgetown, Ind., and John Stroud, Junior Vice Commander-in-Chief, of Hawthorne, Nev.

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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 them.

Please remember to give your Volunteer Hours to Junior Vice Commander Quentin Schaffer at our next monthly meeting on Tuesday evening at 1900 hours on 14 August 2012 being held in the DAV Guthrie-Beck Chapter #2, 1119 Converse Avenue, Cheyenne, Wyoming 82001. 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 your articles to Les Smith by 22 June 2012 to allow time for the newsletter to be compiled. THANKS - Les



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Fax: 307-772-8052

Augie Palmer – Manager

HUMILITY

The fellow who does things that count doesn't usually stop to count them.

The easiest thing to get, but the most difficult thing to get rid of, is a bad reputation



VFW Frontier Post 11453

Monthly Newsletter

September 2012 Edition (Volume 3)



Commander's Corner

Quartermaster's Corner

As many of you know, we now have the 19 passenger van that was so generously donated to us by Lee Allen in memory of John Edward Allen, who recently passed away. I want to again thank the family for their donation to our VFW Frontier Post 11453.

Les Smith, our Quartermaster, has been asked to check into some of the events and outings that we could take our veterans to and give them some premium time doing trips that are not in their daily routines. We will be looking for all of your suggestions at our next meeting on 11 September 2012.

I would like a couple of volunteers to help move our property from the Guthrie-Beck DAV Chapter 2 building some time before 30 September 2012. The Commander of the DAV has been informed that the DAV building is going to undergo a facelift commencing on/about 2 October 2012. The DAV Commander does not have a timeline for completion as of the date of this publication, but we should know much more by the September meeting. It is very likely that we will have to hold our meeting at another location for our meeting scheduled for 9 October 2012. I will be working on finding us a place to meet.

I know that it is early to be thinking about our Poppy donation schedule the weekend of 3 and 4 November 2012 for Veterans Day, but we have been so successful thanks to all who have supported this program. Please contact our Poppy Chairman, Steve Wilson (307-286-7857), to give him the time and day(s) that you can volunteer to man a station. This will make it easier for our chairman, as he has a full time position and is moving his family and has very limited time to recruit supporters. Thanks for your help in this endeavor.

My plan is to get our "Mobility for Disabled Veterans" donated equipment inventoried so we know what parts we need and which units we can cannibalize to make them operational and ready for use. So far, our program has really been good and we have several scooters and power chairs available. If you know of someone in need of mobility, please contact me (307-640-0060) or Ray Martinez (307-287-8510) so we can contact the individual and get them supported. At the same time, if a piece of mobility equipment is available for pick up, please contact the afore named persons. Thanks again for the great support in this area. Every day in your VFW as your Commander makes me the proudest Commander of any VFW organization that I have ever known about.

See you at our next meeting on 11 September 2012. Bring all your ideas so we will have another successful meeting.
Commander "Wink" Winkler

I have decided to set the monthly newsletter up in a much different format. one you will be happy with it. Please let me know by email, phone or at our next meeting (11 Sep 2012) what your opinion is. -- Thanks. Les



The White House announced yesterday that the president had signed into law H.R. 1627, the "Honoring America's Veterans and Caring for Camp Lejeune Families Act."

The comprehensive veterans' benefit bill includes more than 54 provisions designed to improve and streamline veterans' benefit programs, and also extends VA healthcare benefits to veterans and military families exposed to toxic water at Camp Lejeune between Jan. 1, 1957, and Dec. 31, 1987. The Camp Lejeune healthcare provision finally resolves a years-long dispute over how to best care for victims of toxic exposure at the North Carolina installation.

VFW advocates, who worked diligently to advance the bill, called the veterans' omnibus benefits package a major victory for the veterans' community.

Leaders in the House and Senate agreed on language for the omnibus bill in late June, including language from dozens of stand-alone veterans' bills introduced in the first session of the 112th Congress. The Senate passed its version of the bill on July 18, and the House sent the final version of the bill to the president for his signature last week.

Among the bill's key VFW-supported provisions are enhancements to VA's ability to deliver telehealth consultations to remote-located veterans, expanding services for victims of traumatic brain injury, protecting veterans against sexual assault at VA facilities, and reauthorizing and expanding certain homeless veterans' programs.

H.R. 1627 is the latest veterans' bill signed into law on the heels of VFW action, but more work remains for VFW advocates once Congress reconvenes in Washington after Labor Day. Check back for updates.



As you know, I am the Adjutant/Treasurer for the Guthrie-Beck Chapter DAV here in Cheyenne. I am asking for volunteers to help with our Forget-Me-Not donations. We are looking for comrades to give some time on Saturday (8 September 2012) or Sunday (9 September 2012) to man donation tables in about 7 or 8 locations. Please contact Les Smith at 256-8463 to schedule the times. Your support is greatly appreciated.

VRAP Scam Alert

VFW was notified by VA of a potential scam targeting veterans who have either signed up or have been approved for the Veterans Retraining Assistance Program (VRAP). According to the VA, a veteran reported receiving a call from someone named "James" who congratulated him on his VRAP approval. He was advised that the exact amount of \$8,500 would be deposited directly into his account if he would first provide "James" his bank account and routing numbers, plus a \$205 service charge. This person is not affiliated with the VA, and the VA will never charge you to access your benefits or ask you to provide private information over the phone. Should you receive such a call, or any telemarketing call that you suspect may not be legit, please contact the [Federal Trade Commission](#).



SOME THINGS YOU SHOULD NEED TO DO IF YOUR SPOUSE PASSES

- ** Make a list of all persons you have or want notified of departee's death.
- ** Obtain info required for death certificate (date/place of birth, father & Mother's name, mother's maiden name etc.)
- ** Recommend you have at least 8 copies of death certificate.
- ** Check for copy of will or know where it may be (safety deposit box etc.)
- ** Collect information for obituary notice.
- ** Find and know information on any insurance on deceased.
- ** Contact insurance companies as soon as convenient.
- ** Contact Social Security for any benefits and inform the of date of death.
- ** Air Force assistance possibility: 1-800-433-0048.
- ** VA Hotline - 1800-827-1000.
- ** Social Security Hotline - 1-800-772-1213.
- ** Finance (DFAS - Cleveland) 1-800-269-5170.
- ** VA Insurance - 1-800-669-8477.
- ** Copy of departee's DD-214.
- ** When you have copies of death certificate, remove departee from bank accounts, credit union, insurance papers, safe deposit boxes etc.
- ** Check for deeds to property, home etc.
- ** Know list of assets and liabilities and take necessary action to properly identify.
- ** Change titles on vehicle titles and registration.
- ** Will furnish flag. Veterans who served during wartime or after 31 Jan 1955. VA will furnish flag.
- ** Burial Allowance. VA will pay up to \$2,000.00 IF his/her death is service-connected.
- ** Burial Allowance. VA will pay a \$300.00 burial and funeral allowance IF, at the time of death, he/she was entitled to receive pension OR compensation.
- ** Plot Allowance. \$300 MAY BE paid to the state if interred in a state owned cemetery.
- ** Head stones & markers 1-800-697-6947 to see if he/she qualifies.



We are now the proud owner's of a 2005 Ford van compliments of Mrs. Lee Allen in memory of her beloved brother and our Brother in Arms, John Edward Allen.

We are in need information and some ideas for utilizing this wonderful donation to benefit as many veterans as we can. It is imperative that we come up with some activities whereby our

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LET'S ALL OUR VFW COMRADES AND THEIR FAMILIES ENJOY A MEAL AT OUR FAITHFUL ADVERTISERS.

Tell Delilah you are a VFW member!



veterans and their families can attend events or go on a fishing trip or an afternoon picknic by a stream or lake.

My idea is that we contact the Denver Broncos, Denver Nuggets, Colorado Avalanche and convince them to donate tickets to some of their events. Of course, we are looking for more and better ideas than these and I know you have some great ideas, so bring them to the next meeting or please contact Cmdr Winkler (640-0060), QM/ ADJ Smith (256-8463) or Sr. Vice Cmdr Shaffer (220-0459).



Get Help on a Loan, Rep, Auto?



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Augie Palmer - Manager



Military Medal Website a First Step

Last week, the Defense Department launched a new post-9/11 medals website that lists the recipients of the top two valor medals that have been awarded since 2001—10 Medals of Honor and 68 service crosses—with plans to add the names of Silver Star recipients. To the VFW, it's a first step. What DOD needs to do now is enhance and expand on what's currently posted by:

- Adding hyperlinks to medal citations so that readers can learn the heroism behind the award.
- Indicate by asterisk if the medal was presented posthumously.
- Include all valor awards, to include the Purple Heart and any medal that can have a combat "V" device attached, as well as specialty badges, such as the Combat Infantryman Badge, that can only be earned under hostile fire.
- And to begin adding those who were so recognized from previous wars and conflicts.

The VFW was the only veterans' organization invited to testify before Congress earlier this year regarding the need for the Pentagon to create one searchable, online database to track the medals it awards. For years, DOD was against creating such a site, but yielded after the Supreme Court overturned the Stolen Valor Act in late June. Visit the new website: <http://valor.defense.gov/>.

CHAPLAIN'S CORNER

Whose Child Are You?

A seminary professor was vacationing with his wife in Gatlinburg, TN. One morning, they were eating breakfast at a little restaurant, hoping to enjoy a quiet family meal. While they were waiting for their food, they noticed a distinguished looking, white haired man moving from table to table, visiting with the guests. The professor leaned over and whispered to his wife, "I hope he doesn't come over here" But sure enough, the man did come over to their table.

"Where are you folks from?" he asked in a friendly voice. "Oklahoma" they answered. "Great to have you here in Tennessee," said the stranger. "What do you do for a living?" "I teach at a seminary," he replied. "Oh, so you teach preachers how to preach, do you? Well, I've got a really great story for you.." And with that, the gentleman pulled up a chair and sat down at the table with the couple. The professor groaned and thought to himself, "Great... Just what I need ... another preacher story!"

The man started, "See that mountain over there? (pointing out the restaurant window). Not far from the base of that mountain, there was a boy born to an unwed mother. He had a hard time growing up, because every place he went, he was always asked the same question, "Hey boy, who's your daddy?" either he was at school, in a grocery store or drug store, people would ask the same question, "Who's your daddy?"

He would hide at recess and lunch time from other students. He would avoid going into stores because that question hurt him so bad. When he was about 12 years old, a new preacher came to his church. He would always go in late and slip out early to avoid hearing the question "Who's your daddy?" But one day, the new preacher said the benediction so fast that he got caught and had to walk out with the crowd.

Just about the time he got to the back door, the new preacher, not knowing anything about him, put his hand on his shoulder and asked him, "Son, who's your daddy?"

The whole church got deathly quiet. He could feel every eye in the church looking at him. Now everyone would finally know the answer to the question, "Who's your daddy?"

This new preacher though, sensed the situation around him and using discernment that only the Holy Spirit could give, said the following to that scared boy. "Wait a minute! I know who you are! I see the family resemblance now," "You are a child of God." With that, he patted the boy on his shoulder and said, "Boy, you've got a great inheritance. Go and claim it." The boy smiled for the first time in a long time and walked out the door a changed person. He was never the same again. Whenever anybody asked him, "Who's your daddy?" he'd just tell them, "I'm a Child of God."

The distinguished gentleman got up from the table and said. "Isn't that a great story?" The professor responded that it really was a great story! As the man turned to leave, he said, "You know, if that preacher hadn't told me that I was one of God's children, I probably never would have amounted to anything!" And he walked away.

The seminary professor and his wife were stunned. He called the waitress over and asked her "Do you know who the man was - the one who just left that was sitting at our table?" The waitress grinned and said, "Of course. Everybody here knows him. That's Ben Hooper. He's Governor of Tennessee!"

Do you know someone in your life today that needs a reminder that they're one of God's children! And may we be bold enough to provide it.

**YOU'RE ONE OF GOD'S CHILDREN!!!
HAVE A GREAT MONTH.**

James C. Rish
VFW Frontier Post 11453 Chaplain
(307) 632-2465



Iraq Campaign Medal

The Pentagon announced earlier this year that the formal end date of the Iraq Campaign Medal (ICM) was 31 December 2011. The ICM was issued to U.S. troops who served in direct support of land, air or sea (out 12 miles) operations in and around Iraq.

Troops who served from 19 March 2003 through 30 April 2005, also qualify for the Global War on Terrorism Expeditionary medal, but can only be awarded one of the medals. Troop levels ranged from 67,700 in 2003 to a high of 157,800 in 2008. The ICM is not authorized for service in Iraq 1 January 2012 or later.



The Judge Advocate's Corner

Wills, What Are They and Do I Need One?

That is a question that everyone should ask. My response 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 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 those people.)

So, how do you do it? The most simple 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 the intent. At the time the will is probated (a later article) your capacity 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 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.

Bob Schrader, Judge Advocate
VFW Frontier Post 11453



DID YOUKNOW ???

New TRICARE Prime rates are announced. On 1 October 2012, military retirees will see their TRICARE Prime enrollment fees increase to \$269.28 for singles and \$538.56 for families. The increase reflects the 3.6% cost-of-living adjustments retirees received in 2012, when applied to the FY 2012 enrollment fee of \$260.00 (single) and \$520.00 (family). Retirees enrolled in TRICARE Prime prior to 1 October 2011, will see a more significant increase because their enrollment fees were held at previous levels of \$230.00 and \$460.00, respectively. Survivors of active duty deceased sponsors and medically retired members and their dependents are exempt from annual fee increases as long as there is no break in their TRICARE Prime enrollment. Active duty service members and their families have no enrollment fees. Read more at <http://www.tricare.mil/mybenefit/home/Costs/HealthPlanCosts/TRICAREPrimeOptions/EnrollmentFees>.



How They Voted . . .

Here's the breakdown on how the Supreme Court justices voted to overturn or uphold the *Stolen Valor Act*.

Voted to Overturn:

Chief Justice Roberts, Justice Kennedy, Justice Ginsburg, Justice Sotomayor, Justice Breyer and Justice Kagan.

Voted to Uphold:

Justice Alito, Justice Scalia and Justice Thomas.

Thank You!

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

Frank & Bertha Carter
AMSOIL Dealers



VRAP Scam Alert



VFW was notified by VA of a potential scam targeting veterans who have either signed up or have been approved for the Veterans Retraining Assistance Program (VRAP). According to the VA, a veteran reported receiving a call from someone named "James" who congratulated him on his VRAP approval. He was advised that the exact amount of \$8,500.00 would be deposited directly into his account if he would first provide "James" with his bank account and routing numbers, plus a \$205.00 service charge. This person is not affiliated with the VA, and the VA will never charge you to access your benefits or ask you to provide private information over the phone. Should you receive such a call, or any telemarketing call that you suspect may not be legit, contact the [Federal Trade Commission](#).

Welcome Home



On 22 September 2012, a "Welcome Home" event is being held at the Harvest Farms, 4240 East County Road 66, Wellington, Colorado in honor of Operation Enduring Freedom / Operation Iraqi Freedom / Operation New Dawn (OEF/OIF/OND) for our returning veterans and their families. Harvest Farms will open their park and picnic grounds for this event which will be a way of distributing information to our veterans and active duty personnel.

This event is sponsored by the Cheyenne VA Medical Center and VFW Frontier Post 11453.

The park and picnic grounds will be open from 10:00 AM to 3:00 PM. There will be free hot dogs, hamburgers, bottled water and sodas for attendees.

It would be great if our VFW members would attend this event and show our wholehearted support for a very important program.

Robert
Winkler
Owner



WRECKING

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Cheyenne,
WY 82001

SEPTEMBER HONOREE

This month we honor Robert Palmer and salute his service to our country. May that serving one's expression of love neighbors and



Robert (Bob) Palmer 1927, enlisted in the years old. After Ba-Diego, CA, he became a "Motor Machinist's Mate", known as "Engineman."

we always remember country is the ultimate for his family, friends, country.

was born 16 August Navy when he was 17 sic Training in San came a "Motor which later became

A Motor Machinist's Mate was responsible to operate, maintain and repair a ship's propulsion machinery, auxiliary equipment and a very long list of "outside machinery."

Bob was stationed aboard the USS Cowpens (CVL 25), the LST 1101 and at Pearl Harbor in the Fleet Detachment Garage. He was discharged in September of 1946, only to be recalled to the service in June of 1950. He was discharged the second time in October 1951.

While at sea, aboard LST 1101 (whose slogan was "You Call - We Haul"), he was involved with delivering munitions and battle tanks/rolling equipment in several landings including Inchon, Korea and Yokosuka, Japan. Bob says that while unloading on the beaches, the aerial bombardment was so heavy that he often thought they'd all perish and never get back out to sea.

On a lighter note, he remembers when in Pearl Harbor, he was ordered to steal an ice cream machine from a warehouse and install it aboard ship. Perhaps this is about the time he started to really enjoy eating ice cream.

After his discharge in 1951, Bob went to work at F. E. Warren Air Force Base in Cheyenne, Wyoming as a mechanic, then as an inspector, then as a lead foreman and eventually as the superintendant in charge of vehicle maintenance.

In October of 1982, Bob retired from Civil Service, built a new workshop and named it "Palmer's Auto Service." In 2007, he retired from work at Palmer's Auto Service.

Bob has been very busy, even in retirement, as he is a life member of the VFW, joining in 1947, a charter member of VFW Frontier Post 11453 and has served both as Post Commander and District 5 Commander.

In 1999, he was appointed by then Governor Jim Geringer to the Wyoming State Veterans Commission, re-appointed twice and went on to serve as the Chairman for 2 years.

He is an active member of the First Baptist Church.

Bob is a member of the Masonic Lodge-Scottish Rite. He is also a member of the Shriners.

Bob is Eminent Vice-Roy of the Red Cross of Constantine.

Bob is a member of



the American Legion.

Robert is currently a County Senior also a member of the Army Advisory

member of the Laramie Citizen's Board and is Laramie County Salvation Board.

Bob has been selected in 1970-1971 for Fire District # 2.

as "Fireman of the Year"

Bob is married to his beloved wife Orlee and has three children; Melanie, Robert Jr. and August.



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National POW/MIA Day is 21 September.

National POW/MIA Recognition Day observances are held nationwide the third Friday of every September on military installations, ships at sea, state capitals, VA facilities and VFW Posts. The observance is one of only 6 days; the others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day, that flying of the National League of Families' POW/MIA is required on all federal buildings and installations, though many government agencies voluntarily fly the POW/MIA flag 24/7. Hundreds of copies of the National POW/MIA Recognition Day poster were distributed at the 113th VFW National Convention last month. That poster is now only available for download at <http://www.dtic.mil/dpmo/powday/>.



Unsettling Statistics

Here are some statistics the Associated Press uncovered during a three month review of VA records. The figures listed below are for Iraq and Afganistan veterans who have sought VA health care.

- * More than 1,600 have lost a limb.
- * At least 156 are blind and thousands have impaired vision.
- * More than 177,000 have hearing loss and more than 350,000 report tinnitus (noise or ringing in the ears)
- * Thousands are disfigured, as many as 200 of them so badly that they may need face transplants.
- * 25 % of battlefield wounds requiring evacuation were to the face or jaw.
- * More than 400,000 have been treated by VA for a mental health problem, most commonly PTSD.



VFW Frontier Post 11453

Monthly Newsletter

October 2012 Edition (Volume 3)



Commander's Corner

Hunting season has opened and I am taking full advantage of it. It is a family tradition and I just love the freedom it gives me to relax, enjoy family, friends and nature. It also allows me time to concentrate on what we are wanting to do in the coming year to make our VFW Post the best it can be.

As it stands right now, our October 2012 meeting will be held at VFW Post 1881 on **Wednesday, October 10, 2012 at 1900 hrs** due to the renovation that is being done on the Disabled American Veterans building on Converse Avenue. From the information I have at this time, we will have our November 13, 2012 meeting in the DAV building.

Plan to support our Poppy Chairman, Steve Wilson (307) 286-7857 by giving him a call and tell him what dates and what times you can man a donation table on either 3 or 4 November 2012. We want to make our Poppy donation drive the most successful yet and the only way that can happen is with your full support.

Our bus is now fully insured and licensed. Let's all get together and come up with some ideas to support our veterans by using it to transport them to various activities. We could go to Ft. Collins or Denver in Colorado to take in some of the events. I would like to see a volunteer to be the chairman of the "Entertainment" committee. That way, we can get some events planned and support our fellow veterans who have no way of moving around in the community.

I would like to take this opportunity to congratulate DAV Guthrie-Beck Chapter #2 Commander Floyd Watson, Senior Vice-Commander Larry Janos and their members for the outstanding job that is being done renovating their post. Their hard work, enthusiasm and a mindset to improve their organization is clearly demonstrated in this renovating project. It is the demonstrated leadership of the local DAV Chapter that has made these type of projects successful and has not only improved their building and the value of the neighborhood property, but the morale of the organization will definitely see benefits. Our VFW Frontier Post 11453 is proud that we are tenants in such a beautiful building. FANTASTIC JOB!!!!

Commander "Wink" Winkler



So live that when the preacher has ended his remarks over your grave, those present will not think they have attended the wrong funeral.

Quartermaster's Corner

I would like to start this newsletter with a great big "THANK YOU" to my fellow comrades, Don Edgar, Gaylord Fosdick, Jim Lambert, Rex Daniels and Jack Wascher who voluntarily devoted time to support DAV Guthrie-Beck Chapter #2 in the Forget-Me-Not donation drive held 8 and 9 September 2012. Without these comrade's help, the drive would not have been successful. THANKS AGAIN, I really appreciate your support.

We are reminded that we will be having our Poppy donation drive on 3 November 2012 (Saturday) and 4 November 2012 (Sunday). Please contact our Poppy Chairperson, Steve Wilson at (307) 286-7857 and leave a message. Steve is working long hours and moving to his new home and is a very busy man, so the earlier we commit to him, the easier it will be to have another very successful program. I realize the Commander brought the Poppy donation drive up, but it is so important that we support the program twice a year.

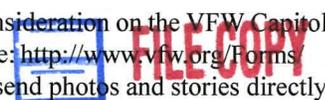
We were represented at the "Welcome Home" held at the Harvest Farms in Wellington, Colorado on 22 September 2012 and it was a success. We estimate somewhere in the neighborhood of 400 people attended. Our Commander and his family did all the cooking (an excellent job, as usual) and everyone had a good time. Through the efforts of our membership and the Cheyenne VA, approximately \$3,000.00 cash was received from donations along with much food, prizes, grab bag items and raffle gifts. Special thanks to Comrade Earl Reynolds for his procuring the ice, the water tanks, water, sodas etc that he provides each year through the many people that he knows.

We have lost a real comrade, Rick Christenson, Life Member of DAV Guthrie-Beck Chapter #2, who passed away on Wednesday, 3 October 2012 in the Cheyenne VA. He will be missed.

Congressional Delegation: VFW National Legislative Committee members Bob Hunter from Connecticut and Christian Kulikoski from Massachusetts met with several Representatives and Senators as part of VFW's Fall Conference on Capitol Hill, telling the 112th Congress to "Finish Strong For Veterans." Hunter and Kulikoski spent the day highlighting the VFW's priorities and outstanding issues to members of the Connecticut congressional delegation. Both committee members discussed the alarming 18-percent rise in veteran suicides over the past year, and all members of the Connecticut delegation agreed more effort must be directed to curbing the losses of our comrades when they return home.

To learn more about their visits, visit the VFW Capitol Hill blog at: <http://thefvw.blogspot.com>.

To submit your Field Reports for consideration on the VFW Capitol Hill blog, simply fill out our form here: <http://www.vfw.org/Forms/Capitol-Hill-Blog-Submissions/>, or send photos and stories directly to vfwac@vfw.org.



House VA Committee Hearings: The House Veterans' Affairs Committee had a busy week of hearings beginning with a full committee hearing to discuss VA's Performance and Accountability Report. W. Scott Gould, Deputy Secretary of Veterans Affairs, was the Committee's only witness. Mr. Gould discussed VA's progress regarding their mental health program including the status of new hires, backlog of claims, the Veterans Retraining Assistance Program and ending homelessness by 2015. Committee members praised VA on the success of the VRAP program and drop in number of homeless veterans but challenged them on increases in disability claims and vacancies in mental health. Chairman Jeff Miller (R-FL) asked why the Committee had not received a response from VA about several lavish conferences held earlier this summer. Several other committee members took issue with VA's lack of transparency and accountability during today's tough economic environment.



Veterans' Communities, Families Asked to 'Stand by Them'

WASHINGTON — In recognition of September as Suicide Prevention Month, the Department of Veterans Affairs is calling on individuals and communities across the country to show their support for Veterans in crisis and help raise awareness of the VA mental health services Veterans have earned. The theme for the outreach campaign, "Stand by Them," is part of a joint VA and Department of Defense (DoD) effort focused on Veteran and Servicemember support networks, especially their friends and family members, who may be the first to realize a Veteran or Servicemember is in crisis.

"History shows that the costs of war will continue to grow for a decade or more after the wars have ended," said Secretary of Veterans Affairs Eric K. Shinseki. "The mental health and well-being of our brave men and women who have served the Nation is the highest priority for the Department of Veterans Affairs."

Throughout September and beyond, VA is partnering with the DoD and other agencies, while urging community-based organizations, Veterans Service Organizations, health care providers, private companies to stand by Veterans and Servicemembers. These groups can educate their networks—including Veterans' and Servicemembers' friends and family members—about recognizing suicide risk and encouraging those at risk to call the Veterans Crisis Line (1-800-273-8255 and Press 1), chat online at VeteransCrisisLine.net or text to 838255.

On Aug. 31, President Obama issued his historic Executive Order to improve mental health services for Veterans, Servicemembers and military families. As directed in the Executive Order, VA and DoD launched the joint "Stand by Them" outreach campaign. VA is also increasing the workforce of the crisis line by 50 percent and hiring 1,600 new mental health professionals and 300 support staff.

"Knowing the signs of crisis and where to turn for support can help save a life," said Deputy Secretary for Veterans Affairs W. Scott Gould. "Everyone can make a difference. We encourage Veterans' and Servicemembers' loved ones and members of the community to show their support for them during Suicide Prevention Month by becoming familiar with the signs of suicide risk and doing their part to let all Veterans and Servicemembers know that confidential support is only a call, click or text away."

Supporters can work with local Suicide Prevention Coordinators—located at each VA Medical Center across the country—to coordinate special outreach events that encourage the public to make a differ-

ence in the lives of Veterans. In September, these local coordinators will host seminars, organize health fairs, conduct training and information sessions, join in community events, organize events at their facilities and provide local organizations with educational and promotional material to distribute to Veterans and their loved ones.

Today, VA is also launching a new national public service announcement "Side by Side" that focuses on the important role family and community play in supporting Veterans in crisis. To view it, please visit: <http://www.veteranscrisisline.net/materials/spmsupport/files/side-by-side-SD-eng-60-cc.wmv>

VA is also encouraging people to show their support for Veterans by signing an online pledge at www.VeteransCrisisLine.net to learn the signs of a crisis and spread the word about the Veterans Crisis Line among Veterans and their friends and family members. Supporters can share the pledge through social media and download special Suicide Prevention Month web banners, posters and flyers.

The Veterans Crisis Line, online chat and text messaging services offer free, confidential support 24 hours a day, seven days a week, 365 days a year to Veterans, their families and friends. Veterans or anyone concerned about a Veteran can call 1-800-273-8255 and Press 1, chat online at www.VeteransCrisisLine.net or text 838255 to receive support—even if they are not registered with VA or enrolled in VA health care.

Since its launch in 2007, the Veterans Crisis Line has answered more than 650,000 calls and made more than 23,000 life-saving rescues. In 2009 the Veterans Crisis Line added the anonymous chat service, which has helped more than 65,000 people.

To learn more about Suicide Prevention Month or to find a VA Suicide Prevention Coordinator near you, visit www.VeteransCrisisLine.net. For more information about VA's mental health resources, please visit www.mentalhealth.va.gov.



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CHAPLAIN'S CORNER

IN GOD WE TRUST

George Washington, Commander-in-Chief, Signer of the Constitution and First President of the United States – "It is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favor"

John Adams, signer of the Constitution, Second President of the United States – "We have no government armed with power capable of contending with human passions unbridled by morality and religion. Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other."

Thomas Jefferson, Signer and Principal Author of the Declaration of Independence, Third President of the United States – "And can the liberties of a nation be thought secure when we have removed their only firm basis, a conviction in the minds of the people that these liberties are of the gift of God? That they are not to be violated but with His Wrath? Indeed I tremble for my country when I reflect that God is just; that His justice cannot sleep forever."

James Madison, Signer of the Constitution, Fourth President of the United States – "Before any man can be considered as a member of civil society, he must be considered as a subject of the Governor of the Universe".

John Quincy Adams, Sixth President of the United States – "is it not that in the chain of human events, the birthday of the nation is indissolubly linked with the birthday of the Savior? – that forms a leading event in the progress of the Gospel dispensation? Is it not that the Declaration of Independence first organized the social compact on the foundation of the Redeemer's mission upon earth? – That it laid the cornerstone of human government upon the precepts of Christianity?"

Jedediah Morse – Patriot and Educator – "To the kindly influence of Christianity we owe that degree of civil freedom, and political and social happiness, which mankind now enjoys.... Whenever the pillars of Christianity shall be overthrown, our present republican forms of government – all blessings which flow from them – must fall with them".

The above are quotes from many of the framers of our constitution. These men believed that the world had been organized by a Divine Creator. They recognized his majesty and glory as reflected in the order and beauty of his creations, but they did not believe that the organized religions of their time represented the omnipotent power, majesty, or wisdom of this great Creator.

These framers of the Constitution saw man's intellect and his ability to act for himself as the surest evidence of the wisdom and power of a Divine Creator. Consequently, they viewed any infringements upon the freedom of that intellect as the most flagrant obstructions of the divine purpose.

We, the Veterans of Foreign Wars, have given much to defend

these freedoms. Like our founding fathers, freedom has been our watchword, and reverence for our individual rights has been our driving principle. May we continue to keep America great is my prayer.

I close with a poetic prayer. It is familiar to everyone in the America, because we sing it in one of our loveliest hymns. It expresses gratitude to God for liberty, and it voices a prayer that he will continue to bless us with the holy light of freedom:

Our fathers' God to thee,
Author of liberty,
To thee we sing;
Long may our land be bright
With freedom's holy light.
Protect us by thy might,
Great God, our King!

MAY GOD BLESS EACH AND EVERY ONE OF YOU, AND
MAY GOD BLESS AMERICA.

James C. Rish, Post Chaplain
(307) 632-2465



THE JUDGE ADVOCATE'S CORNER

POWERS OF ATTORNEY

A "Power of attorney" is a grant from you to someone you trust to do things for you. A general power of attorney gives that person you name as your true and lawful attorney in fact for you to act for you as if you were doing it yourself. A general "power" essentially gives that person the right to buy or sell any or all of your property, to sign deeds, collect debts, lease property, mortgage your property, transact business for you and in effect "to buy and sell you!"

Select that person carefully, because unless you revoke the power of attorney that person can be you. That is the ultimate in identity theft.

I gave my wife a general power of attorney while I was in Vietnam so she could take care of things, in my name, at home. It is a valuable tool. She still has one, and I have one for her. She also has one for her parents so she can look after their bank accounts and bills (they are in their mid-90's) for them.

A "limited power of attorney" is not as wide ranging as a "general power of attorney." A general power is used for a single transaction or even such as signing a lease or even purchasing or selling property when you won't be there to do it. The limited power is "limited" to a single act or group of acts for you.

Both the general power of attorney and the limited power of attorney need to be in writing and executed with the same formality as the act they are going to perform. That means the general power must be executed (signed) before a notary public, and if the act to be performed under a special power requires notarization, must be executed in front of a notary public. A limited power can simple be wirtten and signed to give the person the ability to do simple acts such as pick up your

laundry or pick up your grandkids from school.

The general power of attorney and the limited power of attorney only allow your attorney-in-fact to do what you could do at the time. If you aren't capable of legally acting (in a coma, insane or dead, etc.) then your attorney-in-fact can't act either. However, if you have a Health Care Durable Power of Attorney, then your attorney-in-fact (which doesn't have to be an attorney to act) can act for you unless you are dead (in which case, it probably won't matter to you!)

The next article will address the issues of the Health Care Durable Power of Attorney. Stay tuned, it won't take as long as the last continuance.

Bob Schrader
Post Advocate

HEALTH CARE LAW

What You Need to Know

How Does The Law Affect My Medicare?

Your guaranteed Medicare benefits are safe, and you can keep your own doctor. Many preventative screenings, including colonoscopies and mammograms are free. Prescription drugs will cost less as the "doughnut hole," the gap in Medicare Part D coverage, shrinks until it is eliminated in 2020.

Taken together, various measures in the law will save the average Medicare beneficiary \$4,181 over 10 years. A beneficiary with high drug costs will save about \$16,000.

Some Medicare patients may receive more intensive follow-up care after hospitalization to keep them from being readmitted.

The law changes some payments to doctors, hospitals and other providers. It reduces payments to Medicare Advantage, and some companies offering these plans may charge higher premiums or cut benefits.

High-income beneficiaries will continue to see higher premiums for Medicare Part B and Part D prescription plans.

(Article compliments of AARP Bulletin - September 2012)

What happens if I don't buy health insurance? Could I go to jail?

Most taxpayers who do not have health insurance by January 1, 2014, will be required to pay a special tax on their returns. If you have Medicare, Medicaid or insurance through your job, you have insurance. Exempt from the tax are people for whom insurance would cost more than 8 percent of their 2014 income and a few other groups. The annual tax in 2014 is the greater of either 1 percent of income or \$95. The amount will increase annually in later years. Jail? No, there is no criminal enforcement, but you could lose all or part of a tax refund.

(Article compliments of AARP Bulletin - September 2012)

I'm uninsured and don't qualify for Medicare or Medicaid.

How can I get health insurance?

Starting in 2014, you'll be able to shop for insurance on your state's health insurance exchange. Even if your income is too high for Medicaid, you may be eligible for a refundable tax credit to help pay the premiums.

(Article compliments of AARP Bulletin - September 2012)

Will I be able to get health care through Medicaid?

It depends. The nation's health program for low-income people is a joint federal-state program, with states setting the eligibility rules. The Affordable Care Act called for every state to expand Medicaid to low-income adults under 65 starting in 2014. An individual with income up to \$15,415 and a family of three with \$26,344 in 2012 would meet income guidelines. The law is expected to bring 16 million uninsured into Medicaid. But the Supreme Court ruled that states may opt out of the expansion. About a dozen governors have said they won't expand Medicaid or are weighing that course of action. For more information, check with the Wyoming State Medicaid office.

(Article compliments of AARP Bulletin - September 2012)



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How will provisions coming in the next few years affect me?

In 2014, you'll be able to find insurance through a health insurance exchange in your state. Even members of Congress will get their health insurance on the exchanges. If states fail to set up exchanges, the federal government will step in.

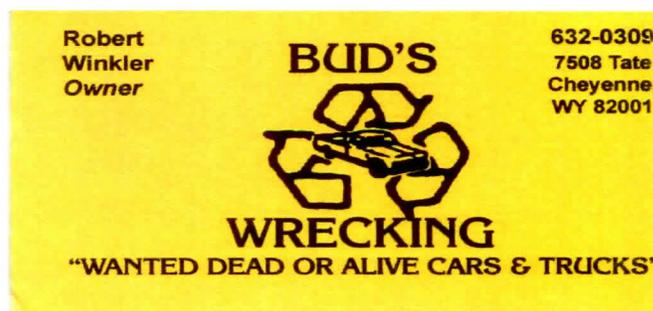
If you're one of the 129 million Americans with a preexisting condition, you no longer will be charged more, be denied benefits or be denied coverage. Insurance companies won't be able to charge women higher premiums than men.

Starting in 2013, Medicare payments will be reduced to hospitals that have too many patient readmissions within 30 days. Patients may get more home attention, including visits from a social worker or coach, telephone calls or electronic monitoring devices to check their progress.

You or your employer may get an insurance rebate. The law requires insurance companies to devote more of the money they receive for premiums to patient care -- or send consumers rebates. About \$1.1 billion in refunds is expected to be returned to millions of consumers this year. Rebates will average \$151 per eligible family.

If you're a high-wage taxpayer who makes over \$200,000 as an individual, or \$250,000 for a couple, you'll have to pay higher Medicare hospital insurance taxes on income and earnings.

(Article compliments of AARP Bulletin - September 2012)



Robert Winkler
Owner

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Tuesday, October 2, 2012

Congress still has work to do ...

VFW Department of Florida Past Commanders Mike White and Bob Shepard, and National Legislative Committee Chairman Lee F. Kichen discuss sequestration on the national defense budget with Rep. Allen West, R-Fla.

Last month, 70 members of the VFW National Legislative Committee convened in Washington to urge the 112th Congress to finish strong for veterans.

Joining the committee was VFW National Commander-in-Chief John Hamilton, Senior Vice Commander Bill Thien and Junior Vice Commander John Stroud. Their agenda included meetings and briefings with VA, the Defense POW/MIA Office, the Marine Corps Wounded Warrior Regiment at Quantico, Army Reserve Affairs, the Employer Support of the Guard and Reserves, and with the Student Veterans of America organization.

Key issues discussed are of great importance to veterans, service members and their families. The issue areas were:

Budget: Avoiding across-the-board defense cuts that will adversely affect our troops, and protecting VA medical care from cuts that would affect access to benefits and care.

Healthcare: Combating military and veteran suicides, ensuring the VA continues to improve access and services to women veterans, providing effective mental healthcare, commissioning a National Burn Pit Registry, and stopping the Pentagon from arbitrarily raising TRICARE fees and copayments on military families and retirees.

Benefits Delivery: Creating a fully electronic claims and evaluation system, ensuring VA provides veterans with a full and understandable explanation of VA's decision, and safeguarding veterans' personal information.

Education and Employment: Enhancing and protecting the Post-9/11 GI Bill, transition assistance, licensing and certification portability, employer tax credits, enforcing Guard and Reservist reemployment rights, veteran employment and training, and federal contracting with veteran-owned businesses.

The 112th Congress has much work left to do before the end of the year to avoid across-the-board budget cuts that will directly affect veterans, service members and their families. To do so, Congress must pass: H.R. 1025, H.R. 2243, H.R. 4057, H.R. 4072, H.R. 4115, H.R. 5747, H.R. 5845, H.R. 5948, S. 490, S. 1184, S. 1391, S. 1799, S. 1849, S. 2179, S. 2206, S. 2241, S. 2246, S. 3049, S. 3233, S. 3236, S. 3309, S. 3313 and S. 3340.

For a full list of VFW's outstanding issues for Fall 2012, download the "Finish Strong for Veterans" [brochure](#).



*Maybe our teen-agers aren't maturing too fast,
but it's a little frightening to find that a lot of
them already have as many prejudices as
they'll ever need.*

Tuesday, October 2, 2012

A groundbreaking idea attracts members, young and old.

While Bob Gear and a few other 40-ish VFW members strolled out of the VFW Texas State Convention in 2011, a thought occurred to him: How do we get more veterans our age to join VFW?

"It was something we discussed before, but after attending the Convention, we got serious about it and started coming up with new ideas," he said.

As Director of the Texas Workforce Commission's Veterans Leadership Program, Gear is no stranger to innovation. He and Jason Doran are pioneers behind VFW's first-ever electronic Post.

Post 12117 in Austin, Texas, currently has 365 members and ranks first in the District for membership. With no bricks and mortar to call home, members take advantage of technology to stay in touch and hold meetings.

Every third Wednesday of the month, members log into a closed Facebook group for their monthly meeting.

"We need a quorum every time, so at least five members will meet at my house with our laptops," Gear explained. "We're doing something new, but we still have to mind the rules."

Minding the rules was always their plan. That's why they made sure to run their groundbreaking idea by Texas VFW leaders Dan West and Roy Grona, as well as VFW Adjutant General Allen "Gunner" Kent.

"They were open to us piloting the idea," said Gear. "And a virtual Post is of great benefit to everyone: younger members already comfortable with the technology, but also elderly members who can't make it out to meetings, or people in rural areas who might find the long drive to a physical post prohibitive."

But don't think it's all digital all the time. This enterprising Post still makes time to get together.

"We still plan social outings and get together for meals and fellowship," he said.

"And, of course, we come together for community service projects and fundraisers. Members are always going to want a chance to see each other and catch up."



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VFW Frontier Post 11453

Monthly Newsletter

November 2012 Edition (Volume 3)



Commander's Corner

Greetings Comrades,

I hope this newsletter finds you and your families well.

I want to start by saying that it is Poppy time again. We need help from everyone! We will have 12 doors to cover on November 10th and 11th for Veterans Day. This is the time for our Post and its members to show their strength and commitment to the cause.

Due to so many family and new job commitments, Steve Wilson is unable to provide the time necessary to set up this upcoming Poppy donation drive. Our Comrade Jim Lambert has agreed to take the reins and will be the contact person. Jim will be calling everyone to request your support. He will give you the different hours and locations available on both days so you can select the time you can make yourself available to man a table. Jim can be contacted at 634-0262. If he isn't able to take your call, leave him a message and he will return your call as soon as possible.

To finalize the volunteer assignments and pick up the tables, chairs, banners, collection jars and poppies, we will meet at the Post at 8 am on the 10th of November (Saturday) at the DAV building on Converse Avenue. Coffee & donuts will be available.

Our November meeting will be on the 13th November at 7 PM. Come check the new remodeled building. You will be pleasantly surprised.

December 7th is our Pearl Harbor Memorial Dinner, which will be held at First Christian Church 219 West 27th Street at 6 pm. Please RSVP Gaylord @ 631-1301 Wink @ 640-0060 or Les @ 256-8463 early so we have a better idea of how many we will have attending. I am working on the guest speaker and hope all the particulars relating to the Pearl Harbor dinner will be ready and I can give them to you at our November meeting.

I would like to have everyone thinking about what we can do to support our fellow veterans for this Thanksgiving and Christmas holiday season. Bring your ideas with you at our next meeting.

Would you consider making a contribution to DAV Guthrie-Beck Chapter #2 of maybe \$100.00 to show our appreciation of them renting the building to us for our meetings?

Being Humble is not thinking Less of Yourself, but Thinking of Yourself Less.

Commander Wink



Some people *wave* the American flag, but *waive* what it stands for.

Quartermaster's Corner

It has been an exciting month at our new home in the DAV. It has to be seen to believe! The Home Depot Team and our Cmdr Floyd Watson Jr. and Sr Vice Cmdr Larry Janos have done an outstanding job, making all the arrangements for the Home Depot personnel to be feed and got any support or guidance that they required. It is a pleasure to have our VFW as a tenant in this building.



POPPIES PROGRAM 10 & 11 NOVEMBER 2012

I am joining our Commander in asking you for the maximum support for our Poppy donation drive this Veterans Day weekend as we have 12 doors to cover on both days. The contact person for this year's program is Jim Lambert and he can be reached at 634-0262. With everyone's support, we can make this our best donation drive ever. THANKS FOR YOUR SUPPORT, I KNOW THE POST CAN COUNT ON YOU.



New TRICARE Prime Rates Begin

On Oct. 1, some military retirees saw their TRICARE Prime enrollment fees increase to \$269.28 for singles and \$538.56 for families. This reflects the 3.6% cost-of-living adjustment retirees received in 2012, when applied to the FY 2012 enrollment fee of \$260 (single) and \$520 (family). Most retirees enrolled in TRICARE Prime prior to Oct. 1, 2011, saw a more significant increase because their enrollment fees were held at previous levels of \$230 and \$460, respectively. Survivors of active duty deceased sponsors and medically retired members and their dependents are exempt from annual fee increases as long as there is no break in their TRICARE Prime enrollment. Active duty service members and their families have no enrollment fee.



2013 COLA Military Retirees and Vets

The 2013 cost-of-living adjustment for military retired pay, SBP annuities, Social Security checks, and VA disability and survivor benefits will be 1.7 percent. The COLA will go into effect on December 1, 2012. The January check will be the first to reflect the increase. Retirees who left the military in 2012 and those who took the REDUX retirement package will not see the full 1.7 percent increase next year.



FILE COPY

STOP AND THINK...

The cost of operating a car is high, but it's not at all bad in comparison with the low mileage-per-dollar when you push a grocery cart.

The Military Coalition Honors Legislators and Hill Staff for Serving Our Nation's Heroes

On Thursday the VFW was on hand at the headquarters of the Reserve Officers Association, as The Military Coalition, or TMC, honored two legislators and two Capitol Hill professional staff members for their efforts to better serve our military, veterans and their families over the past year.

Sen. Patty Murray, D-Wash., chairman of the Senate Veterans Affairs Committee, and Rep. Buck McKeon, R-Calif., chairman of the House Armed Services Committee, were honored with the 2012 TMC Award of Merit, which is awarded to legislators who made significant contributions to the military and veterans' communities.

Murray was honored for working in a bipartisan manner alongside Veterans Affairs Committee Ranking Member Richard Burr, R-N.C., to finally offer care to service members and their loved ones exposed to contaminated water at Camp Lejeune over a 30-year period.

McKeon was honored for fighting against deep cuts to the Defense budget, which could cripple the all-volunteer force, and standing against increases to TRICARE health premiums for military families and retirees.

Both Murray and McKeon were back in their home districts, so professional staff accepted the awards on their behalf.

Carrie Wofford, from the Senate Health Education Labor and Pensions Committee, and Jeanette James, from the House Armed Services Committee, were honored with the 2012 TMC Freedom Award, which is awarded to professional staffers who make similar contributions to the military and veterans' communities throughout the year.

Wofford was honored for spearheading efforts to expose predatory practices among schools seeking to enroll GI Bill-eligible veterans in academic programs with no intention of delivering a relevant education. Wofford's work prompted the VFW to dig deeper into the issues of consumer education and consumer protection for student-veterans, leading to [bipartisan legislation](#) and a [presidential executive order](#) designed to ensure student-veterans have the tools they need to choose a quality education program before tapping into their earned GI Bill benefits.

James was honored for her work building consensus among House Armed Services leadership in ensuring that Defense budgets remain sufficient to maintain a strong, all-volunteer force, and also ensuring committee leadership remained committed to fighting TRICARE increases for military families and retirees.

TMC is comprised of 34 organizations, including the VFW, that represent more than 5.5 million service members, veterans and their families. TMC and its subcommittees meet each month to discuss issues like health care, reserve affairs, and veterans' benefits to build consensus on legislative priorities and execute policy objectives.

TMC amplifies the message of all constituencies within the military and veterans' service communities, urging Congress to serve the needs of America's heroes, past and present.

This week, your VFW joined TMC for its full monthly meeting, as well as subcommittee meetings on health care and veterans' issues to determine a way forward on outstanding legislative issues like consumer education for student-veterans, unemployment, and looming budget sequestration so that TMC can hit the ground running when Congress returns after the November elections. Check back regularly for updates.



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Tell Delilah you are a VFW member!



Georgia VFW Honors Sheriff for Incarcerated Vets Initiative

Last week the VFW Department of Georgia honored John Darr, sheriff of Muscogee County, for his work helping incarcerated veterans.

Darr created a dormitory within the Muscogee County Jail exclusively for incarcerated veterans, offering extensive counseling for post-traumatic stress disorder, substance abuse, and assistance in applying for veterans' benefits.

From a policy perspective, the VFW has long supported the concept of veterans' treatment courts around the country, offering unique rehabilitation and intervention services for veterans who get into trouble with the law. In 2012, the VFW once again passed a national resolution in support of veterans' treatment courts at the VFW National Convention in Reno.

Muscogee County already has a veterans' treatment court, and the new dormitory for veterans will serve as an extension of the county's unique services to help incarcerated veterans reintegrate into society.



WHY DO WE FLY FLAGS AT HALF-MAST?

In the days of sailing ships, when someone died on board or a national leader died, ships slacked their rigging, which gave the ship a disheveled look that was supposed to symbolize mourning, "the nautical equivalent of walking around in sackcloth and ashes." Lowering flags partway down the mast was another part of the practice, the only part that survives to this day.



Two boll weevils grew up in South Carolina. One went to Hollywood and became a famous actor. The other stayed behind in the cotton fields and never amounted to much. The second one became known as "the lesser of two weevils."

CHAPLAIN'S CORNER

TO ALL VETERANS

As we get ready to observe Veterans Day this month I would like to share with you an e-mail I received which makes my heart feel good about this great country of ours and how in times such as this we stand tall as Americans. This story took place last year, but it transcends time and is as hearting now as it was then.

Dear Friends and Family, I hope that you will spare me a few minutes of your time to tell you about something that I saw on Monday, October 27. I had been attending a conference in Annapolis and was coming home on Sunday. As you may recall, Los Angeles International Airport was closed on Sunday, October 26, because of the fires that affected air traffic control. Accordingly, my flight, and many others, was canceled and I wound up spending a night in Baltimore. My story begins the next day.

When I went to check in at the United counter Monday morning I saw a lot soldiers home from Iraq. Most were very young and all had on their desert camouflage uniforms. This was a visible reminder that we are in a war. It probably was pretty close to what train terminals were like in World War II.

Many people were stopping the troops to talk to them, asking them questions in the Starbucks line or just saying "Welcome Home." In addition to all the flights that had been canceled on Sunday, the weather was terrible in Baltimore and the flights were backed up. So there were a lot of unhappy people in the terminal trying to get home, but nobody that I saw gave the soldiers a bad time.

By the afternoon, one plane to Denver had been delayed several hours. United personnel kept asking for volunteers to give up their seats and take another flight. They weren't getting many takers.

Finally, a United Spokeswoman got on the PA and said this, "Folks, as you can see, there are a lot of soldiers in the waiting area. They only have 14 days of leave and we're trying to get them where they need to go without spending any more time in an airport than they have to. We sold them all tickets, knowing we would oversell the flight. If we can, we want to get them all on the flight. We want all the soldiers to know that we respect what you're doing, we are here for you and we love you."

At that, the entire terminal of cranky, tired, travel-weary people, a cross-section of America, broke into sustained and heart-felt applause. The soldiers looked surprised and very modest. Most of them just looked at their boots. Many of us were wiping away tears. And, yes, people lined up to take the later flight and all the soldiers went to Denver on that flight.

That little moment made me proud to be an American, and also told me why we will win the war. This is not some urban legend. I was there, I was part of it, and I saw it happen. Will Ross, Administrative Judge United States Department of Defense.

We are seeing renewed appreciation in America for the service that you Veterans have provided now and in the past. It is this great spirit of our soldiers and their sincere belief in what they are doing to defend our freedom, which will endure to the end. May we stand just a little bit taller with our heads held just a little bit higher this Veteran's Day secure in the knowledge of what we and our comrades have so freely given, is my prayer.

MAY GOD BLESS EACH AND EVERY ONE OF YOU, AND
MAY GOD BLESS AMERICA.

James C. Rish, Post Chaplain
(307) 632-2465



THE JUDGE ADVOCATE'S CORNER

WILLS, WHAT ARE THEY AND DO I NEED ONE?

[This is a repeat of an earlier article. If you already read it, disregard, but if you didn't do a will then you need to read it again. The next ones address the issues of "power of attorney, health care durable power of attorney, living wills, and advance directives. Sorry I didn't get them out sooner, but here they are now! I recommend the use of an attorney to have them done, but there are internet sites that will help you through the process. Please be careful that they meet both your needs and the applicable law where you live.]

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 most simple 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.

Bob Schrader
Post Advocate



NOVEMBER HONOREE OF THE MONTH

This month we honor Ray Livermont and salute his service. May we always remember that serving one's country is the ultimate expression of love for family, friends and neighbors.

Ray Livermont was born in Martin, SD. When he was that one day he would learn an impact on his life ever Army in March of 1966. He and chose to take a route him a good chance of getting through Vietnam alive little did he know what would lie ahead.



September 4, 1945. He lived young, he always dreamed to fly. The Vietnam war had before he enlisted in the wanted to serve his country that he thought would give

Rising to the rank of Commissioned Warrant Officer 2nd Grade (CW2), his biggest desire was to fly helicopters for the US Army.

Training to become a helicopter pilot in 1966 took over 9 months. Ray learned to fly small "bubble type" choppers and also the big 1300 hp "Hueys" (which was the first turbine-powered helicopter to be produced for the United States Military). The first combat operation for the Huey was in the service of the Army during the Vietnam War. After becoming a certified chopper pilot, Ray was sent to Saigon in 1967. From there he went to Pleiku, a strategically important town in the central highlands of Vietnam. He was attached to the 4th Infantry Division/4th Aviation Battalion. Flying slick operations, Ray flew a troop carrying helicopter. These choppers were called "slicks" because they had very little armament. A "Snoopy" or "People sniffer" was another mission launched to detect enemy soldiers hiding in the dense jungles.

It was on December 4, 1967 that Ray was piloting one of these Snoopy reconnaissance flights. The 5-man crew knew their mission was not one they were expected to survive, but they climbed aboard - - they were all volunteers. Dropping low over the jungle canopy to find a 3-4 battalion-sized hard core North Vietnamese Army unit, they took on heavy weapons fire, disabling the flight controls and setting the chopper on fire. Through the pandemonium of a rapidly approaching crash they flew at a hundred miles per hour into the jungle below. Ray's cockpit seat mercifully gave way when they hit a tree, and catapulted him, through the windshield Mercifully, because this separation from the aircraft caused him to be thrown from the crash that reduced his chopper to bits of small charred metal.

His four fellow crew members were killed in action and Ray laid unconscious for several hours in the jungle still strapped to his seat. The investigation, after the crash site was secured, showed that angry enemy soldiers had found Ray's body and, thinking he was

dead, repeatedly pummeled his head.

The selfless and valiant action of this crew insured that the advancement of the enemy would be thwarted and the Fire Support Base Camp at 'Dak To' would not suffer lost lives at Christmas time.

CW2 Livermont was awarded:

The Air Medal with 14 Oak Leaf Clusters,
The Purple Heart,
The Bronze Star,
The South Vietnam Cross of Gallantry
and the Army Pilot's Wings,

Ray remembers very little of this day and has relied on reports and testimony of those who served with him and those who investigated the incident.

After returning home, Ray worked on the ranch with his parents and served with the Montana Forest Service in a smoke chasing fire fighting crew.

He is a member of

- * VFW Post 11453
- * the American Legion
- * the Disabled American Veterans
- * Vietnam Helicopter Pilots Assoc.
- * Military Order of the Purple Heart
- * Order of DAEDALDIANS (a fraternal and professional order of [American military pilots](#))
- * St Andrews Anglican Church

Ray has 2 sons, Lancer James and Charles Ray, Jr.

Thank you for your service and sacrifice for our country. It is a privilege to know you and veterans of your caliber.



Robert
Winkler
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VFW TALKING PAPER ON SEQUESTRATION

BACKGROUND: The Budget Control Act of 2011 raised the federal debt ceiling on an agreement to offset the increase with a corresponding decrease in discretionary spending over a 10-year period. A bipartisan Joint Select Committee on Deficit Reduction was created to identify what federal accounts to reduce. As an added incentive, an automatic 10 percent across-the-board sequester—or seizure of property (money)—would kick in at the beginning of the next Congress should the Super Committee fail to act, which it did. Barring an unforeseen development in the remaining 112th Congress, mandatory sequestration will occur in January 2013.

WHAT SEQUESTRATION IMPACTS: All discretionary spending accounts.

OUR CONCERN: The discretionary spending accounts of the Departments of Veterans Affairs and Defense. The President and VA Secretary have assured us that sequestration will not impact any VA account. We appreciate this, but VFW will continue to monitor how the effects of sequestration might impact future VA budgets, especially in medical and prosthetics research, maintenance and construction, administration, and those programs identified in the “10 for 10” Plan below.

The VFW is very concerned how sequestration will impact DOD. The Pentagon agreed to cut its discretionary budget by \$487 billion over 10 years, but the total amount due is \$1.2 trillion, and some in Congress want DOD to absorb the entire amount. Defense is 20 percent of the federal budget, but it amounts to half of all discretionary spending (the other half includes NASA, Homeland Security, etc.). Absorbing a \$1.2 trillion cut would be a game changer that would not only eliminate Quality of Life programs for military personnel and their families, it could potentially jeopardize our military’s ability to respond when and where needed.

VFW’s focus last year was on the “10 for 10” Plan, which are 10 DOD and VA programs and services that we continue to believe are in jeopardy of increased fees or being eliminated or curtailed to help pay for 10 years of war. Sequestration keeps all 10 on the radarscope. They are:

Change the 20-year military retirement plan to resemble civilian plans.

Increase healthcare premiums for military families and retirees on TRICARE.

Increase pharmaceutical fees for military families and retirees.

Reduce cost-of-living allowance increases.

End government subsidies to military commissaries.

Eliminate DOD elementary schools stateside.

Eliminate DOD tuition reimbursement programs for service members.

Eliminate presumptive service-connected conditions for disabled and ill veterans.

Lock out or increase fees for VA Priority Group 7 and 8 veterans.

And freeze military pay like federal civilian pay, which will now see a third consecutive year without a raise.

WHAT YOU CAN DO: Address our concerns with your elected officials at every opportunity. Current budget realities are forcing very hard choices in Congress and in agencies and departments across the executive branch. The VFW recognizes this, but we also recognize that balancing the budget on the backs of disabled veterans, those in uniform, their families, and military retirees is not a solution, and could potentially jeopardize the continued success and viability of the all-volunteer force. One loud unified voice will ensure all in Washington know that the VFW will not tolerate any plan that requires those who serve and sacrifice the most to do even more.



Thomas Parr was thought to be England’s oldest living man in the 17th century. He was supposedly 152 years old in 1635, when king Charles invited him to a royal banquet in hopes of learning the secret of his longevity. Parr’s answer: “Simple meals of grains and meats.”

Final Irony: According to one account: “Marvelous,” said the King as he offered Parr goose livers and baby eels basted in butter and onions, followed by fried sheep’s eyeballs. Throughout the banquet, Parr regaled the King with stories while the King saw to it that Parr’s plate and glass was always full.

Unfortunately, Parr, overwhelmed by the food, expired during the meal. The distraught King, feeling responsible, had him buried in Westminster Abbey.



The one who makes it, sells it. The one who buys it, never uses it. The one who uses it, never knows that he’s using it. What is it? **ANSWER: A coffin!**



Diane E. Martin, LUTCF, CPIW
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VFW Frontier Post 11453

Monthly Newsletter

December 2012 Edition (Volume 3)



Commander's Corner

Greetings Comrades;

I would like to extend my greatest thanks to all who braved the cold, and those who stood their posts at all of the doors that we had to cover for our Poppy Campaign.

Yet again we had a great response from the Laramie County citizens. Please remember to support all who have so generously supported us.

Our next event is the Pearl Harbor Dinner, which will be held at the First Christian Church 219 w. 27th st. December 7th 2012 at 6:00pm Catered by Eastern Star. Our speaker this year is our very own Gaylord Fosdick. Please contact myself @640-0060 or Gaylord @ 631-1301.

Our Thanksgiving Dinner for needy familys was another success, we were able to provide a nice dinner for 4 families in need. Without our help, they would not have had a Thanksgiving Dinner. Thank you!

Christmas is just around the corner, and I would Like to Wish each and everyone of you and your families the Merriest Christmas ever, and please remember if we did not have all of you as members, we would not have a Post.

THERE IS NO "I" IN TEAM!

May God Keep You and Yours Safe and Healthy in the New Year to come.

With Great Appreciation, Respect and Heartfelt Thanks,

Commander Wink Winkler



Friendship is a living thing that lasts only as long as it is nourished with kindness, sympathy and understanding. No matter how useless a man is, his friendship is worth more than his hatred.

Quartermaster's Corner

It is with deep regrets that this will be my last newsletter as your editor and as your Quartermaster. I have officially resigned effective 30 November 2012.

It has been a pleasure and privilege to have served as your Quartermaster for the last two and one half years, but all good things must come to an end at sometime. That *sometime* has arrived.

I want to thank the officers and all the members of VFW Frontier Post 11453 for their support during my term of office.

Thanks to all of our advertisers and merchants that have supported the VFW and all their employees.

I plan to devote my time and effort to the DAV Guthrie-Beck Chapter # 2 as their Adjutant/Treasurer.

May God Bless each of you, your families and friends.

Les Smith
Past Quartermaster (2010 - 2012)
VFW Frontier Post 11453



JUST A THOUGHT

It isn't our position, but our disposition, that makes us happy.



TRICARE Requires Electronic Payments

To avoid losing coverage, beneficiaries enrolled in TRICARE Reserve Select (TRS) or TRICARE Retired Reserve (TRR) who pay monthly premiums by check need to switch to an electronic form of payment before Jan. 1, 2013. Beginning Jan. 1, 2013, TRICARE will only accept monthly premium payments using recurring automatic payments by credit or debit card, or by recurring electronic funds transfer (EFT) from a linked bank account. Beneficiaries can contact their regional contractor to set up automatic payments and obtain more information. Contact information for each region is available at the TRICARE Contacts webpage at www.TRICARE.mil/contacts. For more information about TRS or TRR, visit the TRICARE website at www.tricare.mil.



FILE COPY

Two Korean War MIAs Identified

The Defense POW/Missing Personnel Office recently announced the identifications of remains belonging to two Korean War soldiers. Returned home are:

- Army Sgt. Stanley W. Bear, 19, of Greenup, Ky. On Sept. 4, 1950, Bear would be reported as missing after battling enemy forces near Haman, South Korea. He was assigned to F Company, 2nd Battalion, 27th Infantry Regiment, 25th Infantry Division. Unidentifiable remains would eventually be recovered and interred as an "unknown" in the National Memorial Cemetery of the Pacific in Honolulu.
- Army Cpl. Elmer C. Kidd, 22, of Seneca Falls, N.Y. In late November 1950, Kidd and his unit, the 31st Regimental Combat Team, were advancing along the eastern banks of the Chosin Reservoir, in North Korea, when they were attacked by a massive enemy force. Kidd would be reported missing after a fighting withdrawal to positions south of the reservoir.



COLA Passes Senate

Returning to work this week, the Senate quickly passed a cost-of-living adjustment (COLA) for VA. The 1.7 percent increase affects VA compensation for disabled veterans and surviving spouses. The COLA bill ties the rate for veterans' COLA to the increase in Social Security compensation, which is determined each year by the consumer price index (CPI). The House passed their version in July. The President is expected to sign the bill soon. The increase in benefits for 3.9 million veterans and their families will take effect December 1, 2012. Since benefits are paid retroactively, the first check to reflect the increase is due on or about January 1, 2013.



UNITED FOR VETERANS

Pittsburgh Steeler Troy Polamalu and NASCAR Broadcast Analyst Larry McReynolds—and so many proud Americans across this great nation—are joining together to stand [UNITED FOR VETERANS](#). Now, [Larry](#) and [Troy](#) are challenging YOU to take the next step by joining them in their fundraising efforts to support VFW programs that help veterans fight for VA benefits, make their voices heard on Capitol Hill and apply for emergency grants to cover groceries, mortgages and medicine. Don't forget to [spread the word to your friends and family!](#)



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Prejudice is an unwillingness to be confused with facts.

Facts are stubborn, but statistics are more pliable.

VETERANS - VETERANS - VETERANS

As the largest organization of combat veterans, we understand the frustrations that can arise with making a VA claim. That's why our National Veterans Service (NVS) was created. Our nationwide network of skilled VFW Veterans Service Officers helps you wade through all the bureaucratic red tape, offering you a better opportunity to get the disability claim you deserve.

You don't even need to be a VFW member to take advantage of this free service. **As a veteran, this is a service you've earned.**



FILING A CLAIM

The first step in filing your claim is to confirm you're eligible for compensation. Then, after you've signed a VA Form 21-22, a VFW Service Officer can contact you to begin developing your case. Two key elements to a well-rounded claim include evidence that an injury, illness or disease occurred during your service and evidence of a current medical condition as a direct result.

If you're looking to increase your current disability rating, we'll obtain a copy of your claims file from the VA and, after careful review of your medical records, discuss with you how we should proceed.

If the VA has rejected your claim and you wish to reopen it, we help with that, too. After reviewing your VA claims file, we can recommend a course of action that may result in its successful reopening.



A VFW Service Officer will:

- Offer research and advice to veterans who wish to handle their own claims.
- Assist veterans who are filing original claims for compensation and/or pension with the Department of Veterans Affairs and complete the required VA forms on behalf of the claimant.
- Assist veterans in reopening claims for service-connected disabilities and complete the required VA forms.
- Follow up on status of claims filed by veterans with the VA Regional Office.
- File Notice of Disagreement with the VA Regional Office if a veteran believes the decision made by the VA was incorrect.
- Review statements of the case from the VA regarding denials of claim and assist veterans with the preparation of responses.
- Assist veterans or surviving spouses in the preparation of appeals for denial of claims and file the appeals with the local VA Regional Office for forwarding to the Board of Veterans Appeals in Washington, D.C.
- Complete VA Forms other than for original claims.
- Answer/research telephone inquiries regarding medical, death/burial and other miscellaneous benefits.

Our local Service Officer is John Lavery, located in the Cheyenne VA Medical Center in Cheyenne, Wyoming and can be contacted by calling 778-7550 and ask the Operator for the VFW Service Officer.



In the "old" days judges would suspend the bad guys
instead of their sentence!

CHAPLAIN'S CORNER

TAKE MY SON

A wealthy man and his son loved to collect rare works of art. They had everything in their collection, from Picasso to Raphael. They would often sit together and admire the great works of art.

When the Vietnam conflict broke out, the son went to war. He was very courageous and died in battle while rescuing another soldier. The father was notified and grieved deeply for his only son. About a month later, just before Christmas, There was a knock at the door. A young man stood at the door with a large package in his hands. He said, 'Sir, you don't know me, but I am the soldier for whom your son gave his life. He saved many lives that day, and he was carrying me to safety when a bullet struck him in the heart and he died instantly... He often talked about you, and your love for art.' The young man held out this package. 'I know this isn't much. I'm not really a great artist, but I think your son would have wanted you to have this.'

The father opened the package. It was a portrait of his son, painted by the young man. He stared in awe at the way the soldier had captured the personality of his son in the painting. The father was so drawn to the eyes that his own eyes welled up with tears. He thanked the young man and offered to pay him for the picture. 'Oh, no sir, I could never repay what your son did for me. It's a gift.'

The father hung the portrait over his mantle. Every time visitors came to his home he took them to see the portrait of his son before he showed them any of the other great works he had collected. The man died a few months later. There was to be a great auction of his paintings. Many influential people gathered, excited over seeing the great paintings and having an opportunity to purchase one for their collection.

On the platform sat the painting of the son. The auctioneer pounded his gavel. 'We will start the bidding with this picture of the son. Who will bid for this picture?' There was silence... Then a voice in the back of the room shouted, 'We want to see the famous paintings. Skip this one.' But the auctioneer persisted. 'Will somebody bid for this painting? Who will start the bidding? \$100, \$200?' Another voice angrily. 'We didn't come to see this painting. We came to see the Van Gogh's, the Rembrandts. Get on with the Real bids!' But still the auctioneer continued. 'The son! The son! Who'll take the son?' Finally, a voice came from the very back of the room. It was the longtime gardener of the man and his son. 'I'll give \$10 for the painting..' Being a poor man, it was all he could afford. 'We have \$10, who will bid \$20?' 'Give it to him for \$10. Let's see the masters.' The crowd was becoming angry. They didn't want the picture of the son. They wanted the more worthy investments for their collections. The auctioneer pounded the gavel.. 'Going once, twice, SOLD for \$10!'

A man sitting on the second row shouted, 'Now let's get on with the collection!' The auctioneer laid down his gavel. 'I'm sorry, the auction is over.' 'What about the paintings?' 'I am sorry. When I was called to conduct this auction, I was told of a secret stipulation in the will... I was not allowed to reveal that stipulation until this

time. Only the painting of the son would be auctioned. Whoever bought that painting would inherit the entire estate, including the paintings. The man who took the son gets everything!'

God gave His son 2,000 years ago to die on the cross. Much like the auctioneer, His message today is: 'The son, the son, who'll take the son?' Because, you see, whoever takes the Son gets everything.

FOR GOD SO LOVED THE WORLD HE GAVE HIS ONLY BEGOTTEN SON, WHO SO EVER BELIEVETH, SHALL HAVE ETERNAL LIFE...THAT'S LOVE

MAY GOD BLESS EACH AND EVERY ONE OF YOU AND YOUR FAMILIES DURING THIS CHRISTMAS SEASON.

James C. Rish, VFW Frontier Post 11453 Chaplain
307-632-2465



THE JUDGE ADVOCATE'S CORNER

HEALTH CARE DURABLE POWER OF ATTORNEY

One of the most important health care documents you can have is a Health Care Durable Power of Attorney, sometimes called a medical power of attorney. Most, if not all, hospitals, including the VA, ask if you have one and want to have one on file. This document allows someone to make medical decisions for you if you are not able to do so. This person has the ability to determine whether you stay on life support or not (they can pull the plug!). This person should be someone that is well aware of whether you want to be on long-

term life support or NOT. That is a very tough decision for a family member or friend to make, so be sure the person you pick can make the choices you would want. Be sure to give a HIPAA (health insurance portability and accountability act of 1996) release either in the Power or separately so they can see your health records and talk to the doctor. This is the privacy act for health care that directs medical care providers not to release any of that information to anyone not authorized to receive it. (And doctors, nurses, and hospitals take that directive very seriously!).

You may also specify a guardian or guardians for your health decisions and financial decisions in the health care power. Do it if either will need more than one person involved. It can be a relative, a friend or a professional such as a CPA. A health care agent has only the powers given in your medical power of attorney. A guardian appointed by the court has much broader powers.

An attorney can help you make many of these decisions and these short articles in our newsletter cannot begin to explore all the various avenues. The articles are designed to give you enough information to begin the process, not to answer every question. Explore, ask, and look for guidance.

PROBATE AND OTHER OPTIONS

If you have property and a will, or you die without a will, your estate (everything you own) may have to go through

probate. Your beneficiaries (the people getting your property) cannot establish their rights without it. [Except, as I will point out later, you use one of the non-probate methods to do that.] Probate is done in District Court in Wyoming. The process is fairly lengthy and somewhat expensive, depending on the size (value) of the estate. Attorneys are generally involved and those who disagree with your distribution wishes can challenge it during the probate proceedings.

You may avoid probate if your estate does not exceed an amount set by statute, no one contests the distribution, and you meet certain requirements. Generally this process involves the filing of an affidavit (a sworn statement of the facts), and all those with an interest in the property of the estate join together on the affidavit. Creditors may also file claims by affidavit and if resolved by the beneficiaries there probably won't be a probate.

Another method of avoiding probate is to have the property owned jointly by the beneficiaries and the original owner. This requires a property transfer so the property is owned jointly, with a right of survivorship. This is generally the most efficient method, but has the problem that both parties have to agree to transfer the property, get a mortgage loan, etc. It only works when everyone is agreeable. If you have property and need to get funds from it by sale, mortgage, etc., for other retirement or living needs, the joint owner has to be willing to do what you wish to do.

If there is probate, there needs to be someone appointed as the "personal representative" (there can be more than one). The personal representative may be named in your will (and also alternates if that person can't or won't act). That is a choice you may make in a will, and is another reason for having one. That person will gather the assets, get bills from creditors (such as the funeral home, the bank having the mortgage and others that you owe), pay them if warranted (or deny them if not) and enforce or defend those actions in court. After that is finished, the Personal Representative will distribute the remaining assets to those named in the will (or if there is no will, to those determined by law to be entitled to a share). That is a short version of Probate. You should consult with your attorney about specifics that may apply to you.

Estate taxes (the death tax) will be the subject of a future article.

Bob Schrader
VFW Frontier Post 11453 Judge Advocate



myPay information:

More than a million military retirees and annuitants are using **myPay**, the official online account management system for military members, retirees, annuitants and DoD employees, to stay on top of their retired pay accounts. They use it to monitor their pay and survivor benefits, keep their contact and beneficiary information current, and control their allotments, direct deposits and tax withholdings.

According to Defense Finance and Accounting Service (DFAS) officials, over 80,000 retirees have created **myPay** accounts since the agency began providing a monthly electronic Retiree Account Statement, called the eRAS, last November. Available only on **myPay**, the eRAS is a complete summary of your pay, deductions and benefits. It includes information about allotments, income tax withholdings, direct deposit and a Survivor

Benefit Plan (SBP) counter that shows how much longer you have to pay premiums.

If you find something that needs to be updated while viewing your eRAS, most account changes can be made in minutes using **myPay**. There's no need to wait on hold for customer service or send forms in the mail. **myPay** is available 24 hours a day, seven days a week from anywhere in the world and changes you make using **myPay** take effect in just three to five business days.

According to DFAS, retirees who switch to **myPay** not only



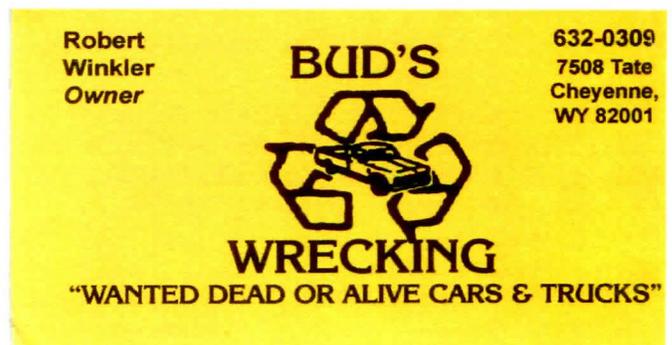
have hands-on control of their pay, but can receive their Internal Revenue Service (IRS) Form 1099-R and other important documents sooner and more securely than those who rely on traditional mail delivery. When you make a change on **myPay**, the only hands it has to go through are yours.

On myPay you can:

- * View, print or save your Retiree Account Statement
- * View, print or save your Combat-Related Social Compensation Statement
- * Start, stop or change electronic allotments to financial institutions
- * Change your mailing or e-mail address
- * Make changes to your direct deposit information
- * View, print or save your IRS Form 1099-R
- * Subscribe to the DFAS Retiree Newsletter

How to Create a myPay Account

If you've never used **myPay**, visit <https://mypay.dfas.mil> and click on "Forgot or Need a Password" to have a temporary password mailed to you. When you receive your password, return to the **myPay** home page and click "Create an Account" to get started. If you have trouble creating your account, visit www.dfas.mil/retiredmilitary for step by step instructions.



VFW national commander testifies on veterans' behalf at the Legislative Conference

WASHINGTON March 7, 2012 — **In testimony today before a joint hearing of the Senate and House Veterans Affairs Committees, the national commander of America's oldest and largest major combat veterans' organization urged Congress to not balance the budget on the backs of disabled veterans or on the men and women who continue to serve in uniform.**

"Your two committees have a long history of taking care of veterans in a bipartisan manner," said Richard L. DeNoyer, a retired Marine and Vietnam combat veteran from Middleton, Mass., who leads the 2 million-member Veterans of Foreign Wars of the U.S. and its Auxiliaries.

"We understand that current budget realities are forcing very hard choices in Congress and in agencies and departments across the executive branch. I urge you all to remember in the coming days that Congress' first mandate is the protection of its citizens, which can only be accomplished if Congress first protects those who volunteer to protect our nation in uniform."

Today's congressional testimony caps the VFW's annual legislative conference in which 300 VFW leaders from around the country visited their elected officials to discuss issues important to veterans, service members and their families. Atop their legislative agenda this year was protecting the Department of Veterans Affairs budget from mandatory cuts should sequestration occur, and stopping Defense Department proposals that would reduce military pay, force military dependents and retirees to pay exponentially more for their Tricare health coverage, and to civilianize the current military retirement system.

Other high-interest topics range from military transition and assistance programs to Post 9/11 GI Bill improvements, the proper care and treatment of wounded warriors, women veterans, the 1.7 million VA claims workload and adjudication error rate, the VA rating schedule change that could have veterans with similar wounds compensated differently, and combating veteran suicides and homelessness, among others.

Other events during the week-long legislative conference include:

Presenting the VFW Congressional Award to House Armed Services Committee Chairman Howard "Buck" McKeon (R-Calif.) for fighting to strengthen the military and to invest in a force that can meet and beat any threat.

He also led efforts to keep terrorist detainees off of U.S. soil, increased missile defense funding, restored the tradition of keeping nondefense social issues out of the defense bill, and is a leading voice to keep the military intact in this budget-cutting era.

Presenting the VFW Gold Medal and Citation to the Marine Corps Wounded Warrior Regiment, plus hosting more than 70 wounded warriors and their families to dinner at the National Press Club.

Awarding a \$30,000 scholarship Sunday evening to Elizabeth Scannell from Goose Creek, S.C., the winner of the annual VFW Voice of Democracy program, a patriotic-themed contest that this year judged 50,000 high school student entries. She was joined by Lydia Macfarlan from Siloam Springs, Ark., who beat almost 125,000 other middle school students to win a \$10,000 U.S. Savings Bond in the VFW's annual Patriot's Pen contest.

And receiving checks for \$1 million from USAA Executive Vice President and retired Army Lt. Gen. Stephen Speakes, \$450,000 from Burger King franchisee owner Mike DeRosa, and earlier, \$450,000 from Sports Clips founder and CEO Gordon Logan. All donations will help the VFW and the VFW Foundation reinforce their nationwide support programs for military and veterans.



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Stop by or call Diane or Wanda for all your insurance needs. Tell them you are a member of our VFW Frontier Post 11453.



Another facet of VFW's National Veterans Service is the hospital volunteer program, which includes the Veterans Affairs Voluntary Service (VAVS). VFW was one of five groups comprising the original National Advisory Committee in 1946 that formed VAVS.

More than 6,000 regularly scheduled VFW volunteers provide more than 1 million hours of service annually to our nation's veterans in federal, state and community hospitals and nursing homes through VAVS.

Volunteer opportunities vary by VA location. Here are just a few experiences offered by some VA facilities:

- reading to patients
- transporting patients to appointments
- manning clothes closets
- providing camaraderie

If you're interested in volunteering, please contact your local VA facility.

VFW Now Accepting Donations for Veteran and Military Sandy Victims

Here's your chance to help

The damage the eastern seaboard sustained by Hurricane Sandy is still being evaluated. While we don't yet know the full extent of the damages, we know that there will be a need for financial assistance among our members, veterans and military families impacted by this devastating event. We are asking all patriotic Americans who are able, including our VFW Departments, Districts and Posts, to donate to the VFW's Sandy Fund. Any money received will be used for this purpose and should there be a surplus, it will be held in reserve for future disasters as was done with the VFW's Katrina Fund.

If you wish to mail in a donation, please direct it to:

Quartermaster General
c/o VFW
406 W. 34th St.
Kansas City, MO 64111

Les Smith
Quartermaster/Treasurer
5522 Murray Hill Drive
Cheyenne, WY 82009-4307