

CADENCE

COL. FRANK STOKES

Named next 148th
Fighter Wing Commander

DAV
State Conference
held in Duluth!
April 30-May 2

Essay Winner
ANNA REMUS
*Service and Sacrifice by
American Veterans Benefit
Today's Youth*

Ron Leslie & Mike LeMay
Combined Honor Guard

**THE
OFFICIAL**

GUIDE FOR OUR TWIN PORTS VETS!

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148th Fighter Group

Coast Guard Auxiliary

Combined Color Guard

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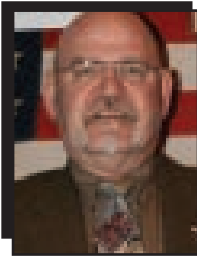
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Dwight Nelson

Dear Readers,
"Buy American - Shop Locally"

Great sentiment in that phrase and it is more meaningful during these economic times. This is what I tell the businesses that advertise in this magazine that this is the sentiment of the veterans that receive Cadence, and that is the point that I want to get across to you. These businesses are advertising here to support their business, this magazine, the contributing organizations, and you the veterans. In return when you need the services that are here and you patronize them be sure to use the coupons or mention that you saw them in Cadence. I would appreciate it. And they will know that their support was well worth it.

Subscribe Now!

I was hoping that I would be able to finance Cadence without having to go to a subscription program, but the reality of it is that the only way for this magazine to survive is with a subscription fee. The organizations that contribute to this magazine can not afford to cover the whole costs of the publication of this magazine and that leaves me with only one resort. So to continue to receive Cadence after the May issue I must request that those who have not filled out a subscription form and mailed it in, please do so as soon as possible so that there will be no interruptions in the mailings. And if you have an Email address that you could receive Cadence on line, please add that information to receive the magazine when it goes to the printer and not have to wait for it to arrive by mail. Veterans and family members that reside at the Silver Bay Veterans Home or are apart of some sort of assisted living program (if I am notified about it) will still continue to receive it at no cost. We are planning on emailing Cadence twice a month if there are enough subscribers on the internet. Send in your subscription as soon as possible. And I want to say how much it has meant to me this last month to be receiving the kind and supportive words that were attached to the subscriptions that have been sent in. You have lifted me out of a very low spot in my life and I appreciate it more than I can say here. Some of those good words are in the Letters to the Editor section in this issue. Again, you have given me a great push to continue on. "Damn the torpedoes, full speed ahead."

I was honored and humbled to be present at the 2008 Annual Honor Guard Party last month. It had been rescheduled due to a snow storm. Go figure. It was held at the West Duluth American Legion Post 71 and the service and the food and the atmosphere was exceptional. Bravo Zulu to the Legion. But the real center of the evening's activities was the members of the Honor Guard. As always they exemplified the highest qualities that are considered to be the standards for veterans that have borne the heaviest duties asked of them. Honors were bestowed upon some of them that night for their services to the community over the years; several for many many decades of steadfast and unwavering duty, all of which is voluntary. There is nothing I could do here to equal what those quiet steady knights do in one week, but to say that the gratitude and admiration I have for you gentlemen are shared by many others in the veteran community and their families. Thank you.

Dwight "Deacon" Nelson - Editor/Publisher
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LETTERS TO THE EDITOR

Memorial Day is fast approaching. A day set aside to honor our deceased Veterans, all of those who have given the supreme sacrifice to keep our nation strong and free.

I'm writing to ask you for your support for the 49th Annual Memorial Day Parade on May 25th, 2009. We want to show our young people the value that goes along with good citizenship and proudly displaying our flag on this special day. A huge community turnout is essential, not only to honor our veterans in a fitting way, but also to show our youth that Duluth stands behind the values that keep our country free. I am asking for your help in the form of providing a group to take part in the parade.

If you are interested please contact Rosemary Stratioti at 4438 W. 8th St., Duluth, MN, 55807 or call 624-5518.

Lets make this parade a big one this year

**Thank You,
Rosie**

Today while waiting for my VA Clinic appointment I spotted an issue of Cadence. I enjoyed the issue and the concept of your vision. I really enjoyed your writers' communicative skills and your unifying approach for the military family. If we ever cross paths again, I'd like to hear the story behind the nickname "Deacon". I sincerely wish you all success in your new enterprise project "Cadence".

Ron

Deac, what's it feel like to have the best damn newspaper in Duluth?

Bob

**Thanks for the
Cadence newspaper.**

I enjoy reading about what is happening in Duluth. I'm a life member of Gilbert Nordmann Chapter 6. They were instrumental in helping me in my disability claim years ago. I'm now 100% disabled. Complete loss of hearing. I moved to the twin cities in 1990 so am unable to meet with the Chapter. I'm going on 92 years young. Served in the 8th Air Force in Germany in England, WW II.

Thanks, Richard

On behalf of Flotilla 8-4, I want to thank you for your continued support of the U.S. Coast Guard Auxiliary through the free space you donate to us monthly in "Cadence". Thank you again for giving "America's Volunteer Lifesavers" much needed publicity.

Dave

Just a short note to say that I received my Cadence in the mail yesterday and it was a pleasure to see that you are back at it again. I had been wondering what the heck has happened. As you are probably aware I am a member of VFW Post 1337 and American Legion Post 71 and I always find it interesting to see stories about veteran's activities locally. You have filled that bill.

Eli

I was delighted when my wife, Janet, returned from our retirement community mail boxes with the March issue of Cadence. Because we have been experiencing mail forwarding problems with the Duluth Post Office, I falsely assumed that was the reason behind not receiving the January and February issues. Since my total neck fusion surgery & Janet's asthma we just can not endure the prolonged winter condition of the Twin Ports area. This is our third "snowbird" season in Paradise RV Resort Park along with 600 winter occupants who either own or rent park models or RV spaces. Winter residents here come from all over the US & Canada. Previously the largest numbers of "snowbirds" were from Minnesota, but now Washington State & Canada folks share the top numbers. Today we'll have a small St. Patrick's Day Parade which I'm proud to say will be lead by Veterans carrying "Old Glory" & flags of each branch of the services, along with the POW/MIA flag. The colors will be posted at the end of the parade outside the ballroom, besides the community swimming pool & main exercise & activities buildings. A group of professional musicians known as the "Encores, (past and present Paradise residents) will then salute our country & Canadian residents with the respective national anthems, followed immediately by the theme music for each branch of the military services. A month ago on the evening of Feb. 18th this same group of musicians performed with a newly organized Veteran's group for a recognition spaghetti dinner and a near capacity crowd of 350. Proceeds from this Vet's dinner will make possible a \$1,000.00 donation to the West Valley Food Bank. We'll be returning to our home in Hermantown in time for Janet to attend her 50 year reunion of the 1959 St. Luke's School of Nursing

Class, and for my chairmanship again of Hermantown's Summerfest. As a Board member of the Hermantown Credit Union,

**I'm proud of their
support to keep the
Twin Ports "buzzing"
with Cadence news.**

Please pass along my encouragement to John Marshall in his outstanding efforts to unite the membership of VFW 137, and my intention to attend the May 10th meeting of the Honor Guard. Also tell Brad, Durbin, Brian, & Neill to "keep the tail feathers lit under us older birds & keep us a going!"
God Bless, Myron



Brian McFarland and John Marshall



John Marshall and Roger Lonetto



DISABLED AMERICAN VETERANS

Gilbert Nordmann Chapter 6 ★ PO Box 16142 ★ Duluth, MN 55816-0142

Building Better Lives for America's Disabled Veterans

DAV Local Clothing Drive – Exciting New Changes Coming Soon

The clothing drive procedures are continuing to change and more details will be in the May issue of Cadence. In the interim, clothing donations may be made by calling one of the Officers and making Special Arrangements. We will also post a note in the window of

the American Legion. The American Legion has been wonderful in allowing us to store clothing in their facility throughout the winter months. So, as you have need to donate used clothing, please continue to contact one of our officers and we will gladly accept your donations.

The MN Disabled American Veterans (DAV) State Conference Duluth, Minnesota April 30 to May 2

The State Conference is being held in the Duluth Holiday Inn at the downtown Holiday Center and will be attended by Disabled Veterans from all across Minnesota. This is a wonderful opportunity for you to become involved in the work of the Disabled American Veterans or in the very least get to meet and fellowship with fellow Veterans. If you would like to attend the conference and you are an active member or wish to become active in our Chapter, please contact a local DAV officer for details. This is a great opportunity to get to know others with the Minnesota DAV. If you would like more information, please visit our website at: www.davmn.org.

New Members

Stanley Bodenner, Francis Buresh, Ferdinand Ekelund, Michael Hayes, Walter Iverson, Wallace Kuehl, Thomas Mackay, Harold Mahaney, James McMann, Douglas Melin, Thomas Mullen, Darrell Rajavvori, Alvin Resburg, Gerald Smith, Robert Sundin, Roy Sundin, Robert Tourville, and Craig Young

Need someone to help you to file Your Federal & State taxes?

Please call AARP Taxes at the Lincoln Park Center at 722-4107 and make an appointment. Jerry Uecker is one of the Tax Preparers. He can also be reached at: Jerryuecker@cpinternet.com, or Call AARP Taxes at the Rainbow Center at 727-8147 to also make an appointment. Al Lemker is one of the Tax Preparers at this site. Both Al and Jerry are Life Members of the DAV. There is no charge; however, Donations will be accepted to either Center or the DAV.

Would You Like a Ride To Our Meetings?

If you would like to attend our meetings but need a ride please call Membership Chairman Joe Behl at 722-7692. He has a list of members who have volunteered to help out and he will try to arrange a ride for you. Please contact him the week before the meeting with your request.



DAV Officers

Senior Chapter Officers 07/08

Commander:Bruce Solem
218-525-1709 or BSERL@msn.com
Sr. Vice Cdr & Sr. Chapter OfficerJerry Uecker
218-729-9775 or jerryuecker@cpinternet.com
Jr. Vice CdrJames Vandenheuvel
218-393-7341 email pursuit64@yahoo.com
AdjutantBarney Revier
218-728-4937 or brev558@gmail.com
Auxiliary Contacts:
Unit CommanderMarilyn Fleming
218-626-3366 or mlflem@gmail.com
Adjutant:Mary Smestad
218-525-3669 or positivesolution@qwest.net
Chapter Email:davduluthmn@gmail.com

Auxiliary News

The Auxiliary is now meeting
from 6:30 to 7:30 pm on the
3rd Wednesday of each month,
at the Depot.

We meet the same time as the men for transportation reasons. We are always looking for more members: either new or transfer members from other units. Join us for a meeting and check us out! We have an enthusiastic and active group that meets each month. We are looking forward to co-hosting the State DAV/DAVA Convention at the Holiday Inn, in Duluth. The dates are April 30st-May 2nd. The DAV has a Member Benefits Package designed to enhance the lives of our members and their families and give added value to DAV membership. In addition to DAV programs and services, members will now have access to a variety of important programs, products, and services. Check out the website at www.auxilliarydav.org. Please, call Marilyn (626-3366) or Mary (525-3669) for membership information. If you would need transportation, please, let us know.

DAV Virtual World at: <http://secondlife.com> Check it out!!!

Enjoy Using Your Computer? Or have a disability, transportation problems or scheduling conflicts which prevents you from attending meetings. Then check out the DAV Virtual World in Second Life at: <http://secondlife.com>. Today's DAV membership is a new generation; one who enjoys different forms of social interaction. The notion of attending a fraternal meeting in a chapter hall does not always appeal to these new members. So how do we get them more involved? One way will be through our new Virtual DAV. Created online in Second Life, this social networking tool will provide the DAV with a new avenue of outreach, social interaction and advo-

Experiencing Problems with your Mortgage Payments?

The VA is the reaching out to veterans who use the VA home-loan guaranty program and those who do not, to keep people in their homes. Depending on a veteran's circumstances, the VA can intercede with the lender on the veteran's behalf to pursue options - such as repayment plans, forbearance, and loan modifications - that would allow a veteran to keep a home. To obtain help from a VA financial counselor, veterans can call the VA toll-free at 1-877-827-3702. Information about VA's home loan guaranty program can be obtained at: www.homeloans.va.gov.

Disabled Veterans Benefit from Economic Stimulus Bill

The American Recovery and Reinvestment Act of 2009, contains provisions important to elderly, sick and disabled veterans. The stimulus bill approved an "Economic Recover Payment" to certain to certain individual veterans - primarily those in receipt of disability compensation or nonservice - connected VA pension - of \$250. The U.S. Treasury and the Secretary of Veterans Affairs are directed by the Act to identify recipients and make payments directly to them within 120 days of approval of the Act by the President, who signed the measure February 17. Application by individual veterans is not necessary for disabled veterans to receive this

one-time payment.

H.R. 1 also provides over \$1.4 billion in new funding for a variety of VA programs, especially VA health care-related facilities, as follows:

- \$1 billion for maintenance improvements and upgrades to VA health care facilities
- \$160 billion in VA grants funds for State Veterans Home construction and restoration needs
- \$200 million to improve disability claims processing and information technology in the VBA; and
- \$50 million to restore and provide better upkeep for VA's closed national cemeteries

Joining the DAV

If you are thinking about joining the DAV, have questions, please contact us directly here in Duluth. You can contact Jerry Uecker, or Joe Behl, they can help you fill out your application, explain the benefits of the DAV and get things going right for you. You can also email us at: davduluthmn@gmail.com With more than 1.4 million members, Disabled American Veterans is an organization of disabled veterans who are focused on building better lives for disabled veterans and their families. The organization accomplishes this goal by providing free assistance to veterans in obtaining benefits and services earned through their military service. It is fully funded through its membership dues and public contributions. It is not a government agency and receives no government funds. DAV is the foremost representative of the interests of disabled veterans and their families, their widowed spouses and their orphans before federal, state, and local governments. Our National Legislative Program ensures disabled veterans are not forgotten by lawmakers.

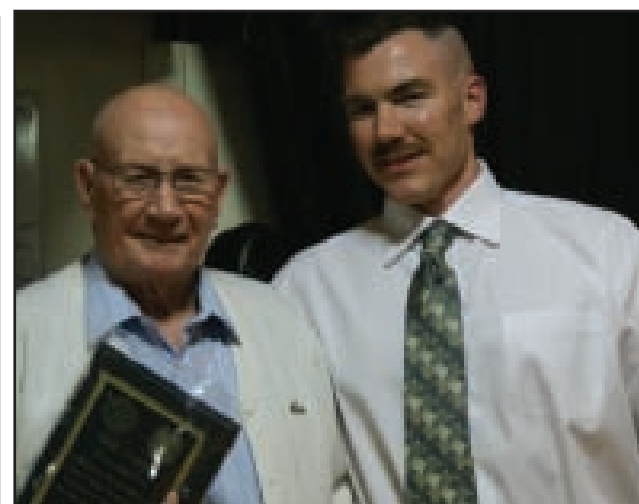
Please Come to our MEETINGS:

We meet on the 3rd Wednesday of each month, except January, in the
Ruth Maney Room, at the Duluth Depot

506 West Michigan Street 6:30 p.m.

Contact any officer with items you would like to see addressed at the meeting.

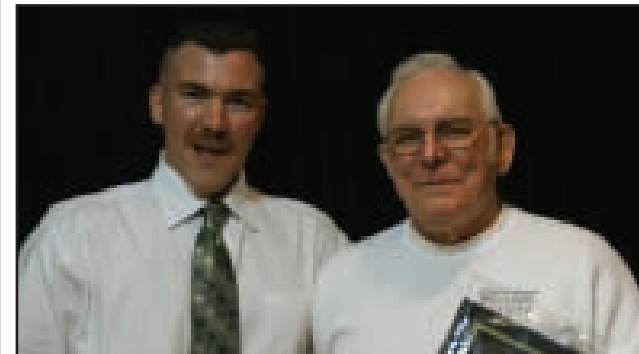
No January DAV meeting at the Depot- Please read the January issue of Cadence. We may decide upon an informal gathering outside of the Depot and we wouldn't want anyone to miss that gathering.



Red Grover and John Marshall



John Marshall and Larry Linell



John Marshall and Alvin Berg



Joseph Venier and John Marshall

HONOR BOUND

By Stewart M. Powell

Peace Committee

(Part 3 in a series)

Dissension remained an undercurrent. "In truth, over the years, there would be breakdowns of authority, lapses in the chain of command, intramural squabbling, even instances of resentment and outright disobedience of the leadership," the historians found. For example, by the fall of 1971, a group of at least eight enlisted prisoners became known as the "Peace Committee," its members receptive to the communists' propaganda. "Whether they were turncoats who willfully disobeyed orders, ratted on comrades, and bartered anti-war messages for special privileges, or were simply confused youngsters who sincerely opposed the war and saw no downside to expressing their feelings, depends on the perspective of participants," the historians said. In January 1973, after the signing of the Paris peace accords, freedom drew near. Resentful American prisoners weighed the idea of executing members of the Peace Committee. USAF Lt. Col. Theodore W. Guy, the senior officer in charge at the POW camp called "Plantation," spent two weeks persuading the angry conspirators to drop that plan. He also talked them out of a subsequent plan to shave the Peace Committee members' heads. He planned to file court-martial charges after their release. The most prominent turncoat of the war was Marine Pfc. Robert R. Garwood, 19, a motor pool driver who disappeared on Sept. 28, 1965, near Da Nang, South Vietnam. He cooperated with the enemy and remained in Vietnam long after the other Americans had been repatriated. Garwood himself voluntarily returned to the US on March 22, 1979, and was immediately taken into custody. The historians found that Garwood "did cross over [to collaboration with the communists] but that his 'defection' stemmed more from opportunism than any genuine political or ideological conversion." Throughout the war, barriers to escape were indeed formidable, so much so that not a single GI made it to freedom from North Vietnam, according to the historians. While the Code of Conduct called for prisoners to "make every effort to escape," senior commanders realized that escape attempts triggered such Draconian retaliation that attempts could jeopardize the lives of other prisoners. Air Force Capt. John A. Dramesi, who was captured April 2, 1967, was determined to escape despite the odds. The pugnacious former star high school wrestler and son of a boxer had already tried to

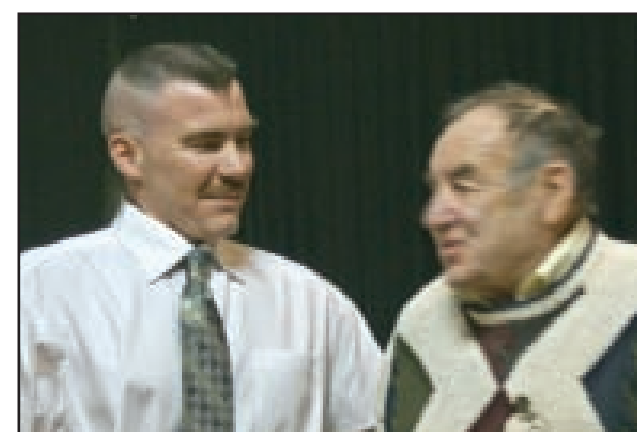
escape en route to Hanoi. For months, he and fellow conspirators squirreled away string, wire, and bamboo that could be used for tools or weapons. Donated scraps of food were hidden in a cache. They gathered straw, thread, and cloth to weave civilian attire. Conical peasant hats were fabricated from rice straw taken from sleeping mats. Dramesi acquired brown iodine pills for water purification and to help darken the skin color of those attempting to escape. On May 10, 1969, Dramesi and Air Force Capt. Edwin L. Atterberry advised the leadership, "We're going tonight."



Horror Chamber

They did. Dramesi calculated that, by dawn, they had traveled four or five miles from the compound. But that was it. A North Vietnamese patrol found the pair hiding in a bramble thicket near an abandoned churchyard. The two were captured, blindfolded and handcuffed, and returned to prison. Dramesi was tortured for 38 days, flogged with a fan belt, punched, strapped into excruciating positions by ropes, and kept awake. He was strung in the ropes 15 times. Eventually he broke. In a horror chamber close to Dramesi, the communists tortured Atterberry so gruesomely that his shrieks of pain could be heard two blocks away. Atterberry died on May 18, 1969, just eight days after the breakout. The communists didn't stop with punishing Dramesi and Atterberry. They tortured other prisoners-some for weeks-who had not participated in the escape attempt and even extended the torture to other prisons."So traumatic had been the overall experience that even when escape became a more feasible option late in the captivity, the prisoners were still haunted by the catastrophic consequences of the DramesiAtterberry attempt," the historians wrote. To the South, the historians found that about two dozen Americans-about 10 percent-managed to escape from their captors and make it to freedom. Perhaps the most stunning getaway was the one that was staged by Army Lt. James N. Rowe, a Special Forces advisor seized Oct. 29, 1963, in the Mekong Delta, along with Army Capt. Humbert R. Versace and Army Sgt. Daniel L. Pitzer. Versace later was executed by his captors. Pitzer was released in 1967. On Dec. 31, 1968, after more than five years of jungle captivity, forced marches, starvation, and disease, Rowe and his Viet Cong guards cowered in the underbrush to elude US gunships and advancing

South Vietnamese troops seeking battle. Suddenly, Rowe found himself alone with a single guard. He clubbed the man unconscious, rushed to a clearing, and waved frantically toward a descending US helicopter gunship. Luckily, the commander of the air cavalry group, Army Maj. David Thompson, spied what he thought was a Viet Cong guerrilla vulnerable to capture and, rather than opening fire, swooped in to pick him up. "Only when the command ship swept in and lifted the black-clad figure out of the jungle amid a hail of fire from VC in the woods did the helicopter crew realize that it had bagged an American," the historians wrote. Rowe left the Army in 1974, returned to duty in 1980, and died in April 1989, victim of an ambush by left-wing Marxist terrorists in the Philippines. Dreams of escape similarly inspired two GIs who received the Medal of Honor posthumously for valor during captivity. Marine Capt. Donald G. Cook remained endlessly defiant after being captured east of Saigon in late December 1964, when Viet Cong overran the South Vietnamese force he was advising. Cook nursed civilian Douglas Ramsey, a US foreign service officer captured in January 1966, back from a sinking malaria-induced coma and saved his life, despite the ravages of his own illnesses. On Dec. 8, 1967, as the POWs were moved to another camp, Cook died on a jungle trail, probably from a malaria seizure, stated the historians. Ramsey's account of Cook's heroism, provided upon his release in 1973, led the US on May 16, 1980, to bestow on Cook the nation's highest decoration for valor. As a 19-year-old Air Force Academy cadet, Lance Sijan learned survival skills that he later used to elude the North Vietnamese for 46 days. He received a Medal of Honor posthumously for his heroic fight for freedom and determined resistance.



John Marshall and Robert Huston

SILVERBAY VETERANS HOSPITAL

An Open Letter to Veterans from Secretary of Veterans Affairs Eric K. Shinseki

WASHINGTON (March 13, 2009) - Following is an open letter to Veterans from Secretary of Veterans Affairs Eric K. Shinseki:

"My name is Ric Shinseki, and I am a Veteran. For me, serving as Secretary of Veterans Affairs is a noble calling. It provides me the opportunity to give back to those who served with and for me during my 38 years in uniform and those on whose shoulders we all stood as we grew up in the profession of arms.

"The Department of Veterans Affairs has a solemn responsibility to all of you, today and in the future, as more Veterans join our ranks and enroll to secure the benefits and services they have earned. I am fully committed to fulfilling President Obama's vision for transforming our department so that it will be well-positioned to perform this duty even better during the 21st Century. We welcome the assistance and advice of our Veterans Service Organizations, other government departments and agencies, Congress, and all VA stakeholders as we move forward, ethically and transparently, so that Veterans and citizens can understand our efforts.

"Creating that vision for transforming the VA into a 21st Century organization requires a comprehensive review of our department. We approach that review understanding that Veterans are central to everything VA does. We know that results count, that the department will be measured by what we do, not what we promise, and that our best days as an organization supporting Veterans are ahead of us. We will fulfill President Lincoln's charge to care for "... him, who shall have borne the battle, and for his widow and his orphan ..." by redesigning and reengineering ourselves for the future.

"Transforming any institution is supremely challenging; I know this from my own experience in leading large, proud, complex, and high-performing organizations through change. But the best organizations must be prepared to meet the challenging times, evolving technology and, most importantly, evolving needs of clients. Historically, organizations that are unwilling or unable to change soon find themselves irrelevant. You and your needs are not irrelevant.

"Veterans are our clients, and delivering the highest quality care and services in a timely, consistent and fair manner is a VA responsibility. I take that responsibility seriously and have charged all of the department's employees for their best efforts and support every day to meet our obligations to you. Our path forward is challenging, but the President and Congress support us. They have asked us to do this well-for you. Veterans are our sole reason for existence and our number one priority-bar none. I look forward to working together with all VA employees to transform our department into an organization that reflects the change and commitment our country expects and our Veterans deserve.

"Thank you and God bless our military, our Veterans, and our Nation."

Signed: Eric K. Shinseki

PATRIOT GUARD

Minnesota Patriot Guard Riders



First of all, I would like to thank Deacon for putting Cadence back together and allowing the MNPGR to be a part of it. My name is Den Padora and I am the Ride Captain for the Duluth sector of the Minnesota Patriot Guard.

The Duluth sector covers a fairly large area from up around Silver Bay down to Carlton County and about 2/3rds of Pine County. Currently, the assistant Ride Captains, Ross Dunbar and Pete Prudhomme and I are working on some spring and summer events for this year. Some events will be Meet & Greets, Memorial Day, Silver Bay Vets Home and the Remember the Fallen in which we will be taking part in a visitation ceremony given at each gravesite across Minnesota to honor those who have given the ultimate sacrifice since 9-11. The Duluth sector will be taking part on July 25th & 26th. More details can be found on the Minnesota Patriot Guard website on the events calendar.

For more information regarding the Patriot Guard, I am including the links one can access.

National Patriot Guard website:

www.patriotguard.org

Minnesota Patriot Guard website:

www.mnpatriotguard.org

Den Padora - Duluth RC - e-mail:

duluthrc@mnpatriotguard.org

Both the National and the Minnesota websites are loaded with a wealth of info, everything from PGR Membership, missions, events, contacts nationally and state wide.

Minnesota Patriot Guard Duluth Sector

will be having a Meet & Greet

Saturday, 4 April 2009

1:00PM till 3:00PM

American Legion Post 71

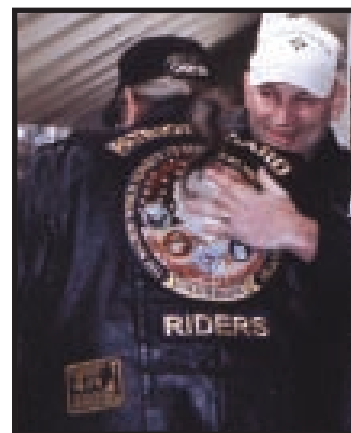
West Duluth, 5814 Grand Avenue

Duluth, MN 55807

Discussions would include upcoming events such as Silver Bay Vets Home, Remember the Fallen visitations, Memorial Day etc. Let's all get together for some good old friendship and spring and summer planning. It'll be a great time to meet your fellow PGR members from our area and shoot the breeze and share ideas.

Anyone interested in the Patriot Guard and what we do, please stop by.

Respectfully, Jeff Seeber,
Military Salute Project
militarysalute.proboards45.com



**Ride Captain
Dennis Padora
greeting MSG.
John Souza
at Duluth
International
Airport**



**WDSM
AM 710**

THE PATRIOT

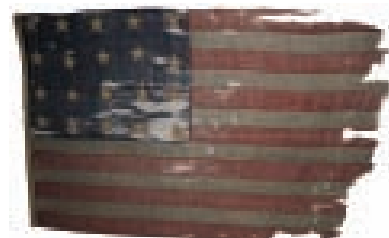
*"Proud to
Support
Our
Veterans"*



VETERANS' MEMORIAL HALL

Dan Hartman

The St. Louis County Historical Society's Veterans' Memorial Hall Program



Robert W. Mar's (Civil War Veteran) Flag - 20 star 1818 Donated by the Mars Family

that started on deer paths and now are traveled via highways and railroads. Long housed in the County courthouse, the Veterans' Memorial Hall is now an integral program of the St. Louis County Historical Society in the St. Louis County Heritage and Arts Center (more commonly known as the Depot).

Our veterans' collection is vast and all encompassing, composed of items dating back to the Civil War and forward to our current Global War on Terror. It ranges from a Congressional Medal of Honor to the basic canvas pack toted by one of our current Iraqi War veterans and includes everything in between. If you stop by you'll find that our collec-



Boots worn in Operation Iraqi Freedom by Mark Hilleren of the 34th Division Donated by Mark Hilleren

The St. Louis County Historical Society, started in 1922 by William Culver, is one of Minnesota's first historical societies. 87 years of collecting artifacts has yielded a plethora of unique objects from all the "walks" of life

tions policy has changed a bit from the days when historical societies took in everything "old". When considering items to add to our collection we take into account several aspects. They are:

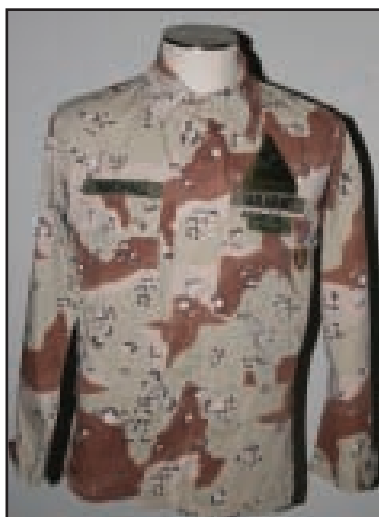
a) Was the veteran from this area, either before, during or after the time they served?

b) What is the story behind the artifact? Who was the veteran and where did he/she serve? What unit? What

were their daily activities?

c) How much storage space is needed? Sadly, we don't have an infinite amount of space, so storage considerations occasionally must be factored into the decision.

If you have artifacts that you think might fit into our collection, we invite you to give us a call. Every item is unique and deserves consideration. Once an item has been approved to be put into our collection, it will receive an access-



Jacket was worn by John Marshall during Desert Storm, his Purple Heart is attached on the left

ion number and be put into archival-safe, acid-free materials until it can be displayed or offered for research

purposes. Unfortunately, we are unable to exhibit all our collection all the time. There just isn't enough gallery space. Another consideration is that all light is damaging to an extent, and leaving items on exhibit continually for years will cause permanent damage. Our mission is to preserve your artifacts for as long as possible, so that many future generations can enjoy and learn St. Louis County's history. We always welcome donors or their family members who want to view their donated items, but we do ask that you give us a few days' notice.

Our Veterans' Memorial Hall program is always on the lookout for new veteran's stories or artifacts. Please feel free to contact Collections Manager Milissa Brooks-Ojibway at (218) 733-7583 or milissa@thehistorypeople.org if you have any questions or wish to donate an item. If you know a veteran or are a veteran who would like to add his/her story to our extensive collection of oral histories, please contact Veterans' Memorial Hall Program Director Daniel Hartman at (218) 733-7500 or dhartman@vets-hall.org

Daniel Hartman, Program Director

Veterans' Memorial Hall

Program of St. Louis County Historical Society

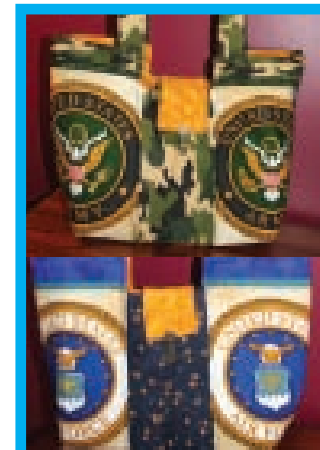
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COAST GUARD AUXILIARY

FLOTILLA 8-4

WE HAVE BEEN PROTECTING Lake Superior Boaters Since 1971



USCG AUX Flotilla 8-4 Staff Officers Ready For 2009 Operations Season

By Dave Anderson, Flotilla Commander

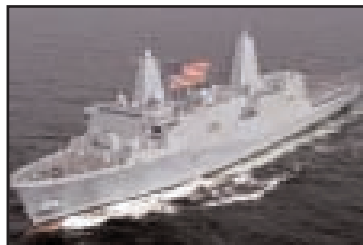
If you spend some time at Coast Guard Station Duluth, you'll notice a lot of different breast devices on the ODU's of the active duty and Reserve Coasties - from rescue swimmer to coxswain. Every now and then you may notice an Auxiliarist wearing a device that is barred by law from appearing on an active or reserve uniform - the Combat Infantryman Badge. That badge of honor is worn by Auxiliarist Josh Stinar who is also an Army National Guardsman. Josh is from Moose Lake and has served two tours in Iraq and has survived two ambushes - hence the CIB.

Because the U.S. Coast Guard Auxiliary is an unpaid volunteer component of the Department of Homeland Security, Josh is able to wear both ODU's and BDU's. In the Army, he carries a rifle. In the Auxiliary, he carries a checklist and performs Vessel Safety Checks. In 2009, Stinar will wear something on his Auxiliary uniform not allowed on his Army one - the butter bars of a Flotilla

Staff Officer. Josh is just one of many Northlanders who will staff Auxiliary Flotilla 8-4 this year.

FSO's for 2009 include Stinar, Deb Barland, Dan Knight, John Whelan, Jim Munger, Raymone Kral, Steve Farrel, Robert Harris and Scott Burns. Serving one more year in elected roles will be Flotilla Vice Commander Craig Lewis and Flotilla Commander Dave Anderson.

Now that the ice is gone on most lakes, these public servants are ready to take to the water to protect the boating public. Coast Guard Auxiliarists assist the active duty and reserve Coast Guard in all missions except those involving weapons. More than half of Twin Ports Flotilla 8-4 is made up of veterans of other services who are interested in keeping a uniform on in defense of this nation. Cadence readers are invited to find out more about exciting and fun USCG AUX volunteer opportunities at www.cgaux.org



USS New York

It was built with 24 tons of scrap steel from the World Trade Center.

It is the fifth in a new class of warship - designed for missions that include special operations against terrorists. It will carry a crew of 360 sailors and 700 combat-ready Marines to be delivered ashore by helicopters and assault craft.

Steel from the World Trade Center was melted down in a foundry in Amite, LA to cast the ship's bow section. When it was poured into the molds on Sept 9, 2003, 'those big rough steelworkers treated it with total reverence,'

recalled Navy Capt. Kevin Wensing, who was there. 'It was a spiritual moment for everybody there.' Junior Chavers, foundry operations manager, said that when the trade center steel first arrived, he touched it with his hand and the 'hair on my neck stood up.' 'It had a big meaning to it for all of us,' he said. 'They knocked us down. They can't keep us down. We're going to be back.' The ship's motto? 'Never Forget'

Navy Petty Officer
Mike Monsoor (MA2)

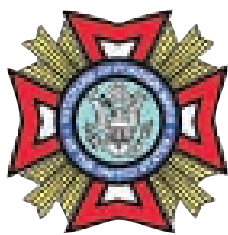


Mike Monsoor was awarded the Congressional Medal of Honor posthumously for jumping on a grenade in Iraq, giving his life to save his fellow Seals. During Mike Monsoor's funeral in San Diego, as his coffin was being moved from the hearse to the grave site at Ft. Rosecrans National Cemetery, SEAL's were lined up on both sides of the pallbearers route

forming a column of two's, with the coffin moving up the center. As Mike's coffin passed, each SEAL, having removed his gold Trident from his uniform, slapped it down embedding the Trident in the wooden coffin. The slaps were audible from across the cemetery; by the time the coffin arrived grave side, it looked as though it had a gold inlay from all the Tridents pinned to it...

This was a fitting send-off for a warrior hero. This should be front-page news instead of the crap we see every day. Since the media won't make this news..... God Bless our Troops.





Post Meetings 2nd Thursday of the month are held at VFW Post 137
2024 West Superior Street at 1800 (6 PM) 9 April, 14 May, 11 June, 9 July, and 13 August

From the Commander,

At our March Post meeting we voted to turn down the offer for our property on a contract for deed. The original buyer then offered to purchase it outright for \$85,000.00 which we voted to accept. He has until our next meeting in April to come forward with the financing for the property. If viable funding is not possible at that time we will have to then decide on what we will do with the building. So it will be imperative for as many members to be present at the April 9th meeting, to be held at VFW Post 137.

We will also have to vote on the new officers of the Post for the coming year. We will also discuss what we will be doing for the Memorial Day Parade. Any ideas out there?
We have been notified that too much time has elapsed since we voted to merge with Post 137 and we will have to vote on the merger one more time at the June 11th

meeting and then contact Department again. Post 137 will also have to notify their members and revote on the merger plan. Has anybody kept count? The good news is that Post 137 is in better shape for the merger and so will we when the building is sold. All I can say is just keep the faith there is light at the end of this tunnel.
Dwight Nelson, Commander

This year, POPPY DAY is May 15th 2009

We will be looking for volunteers to sell them at locations around the city from Thursday afternoon the 14th of May till Friday the 15th about 5PM. We will also be asking for people to sell Poppy cards to businesses in the entire city. Also, you can buy a card in memory of or in honor of a Veteran to be displayed at the post till after Memorial Day. This will take quite a lot of people, and we will do this as a joint effort from both posts.
Everyone sending Poppy Memorial coupons for both posts in memory of or in honor of a veteran, please send to, VFW P.O. Box 161528 Duluth, MN 55816 Ken Hendrickson 218-723-1278 or Ralph Talerico 218-724-3854. If you will help, please call.



VFW POST 137 & 6320
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Card Inscription: _____
Remarks: _____

POST OFFICERS:

- Dwight Nelson, Commander624-4362
- Ralph Talerico, Quartermaster724-3854
- Denise Osterholm, Senior-Vice728-3626
- David Toelcke, Adjutant721-5121
- Radford Tucker, Junior-Vice628-3442

VETERANS OF FOREIGN WARS POST 137

Essay written by Anna Remus, 1st Place winner of 8th District VFW, Voice of Democracy
(read at the banquet held at VFW Post 137 on February 21). She was sponsored by VFW Post 2948 of International Falls.

"Service and Sacrifice by America's Veterans Benefit Today's Youth by..."

Teenagers are not very excitable. Looking around my history classroom on any given Monday, there are plenty of yawns to be seen. However, a few weeks ago, it was a different kind of Monday. A local Staff Sergeant came as a guest speaker to my class, to relate his experiences in Iraq to us. He told of the wells he helped to dig, while local farmers cheered; he told of the ragged, dangerously thin youths on the street who would wait faithfully everyday for him to give them some of his military rations. When I heard his story, I was deeply moved, and I could see my classmates were as well.

This stiff young man, badly sunburned, had more impact on us than any history book ever had. A few of the girls even cried.
Even in my hometown, the impact of America's veterans on today's youth is evident. They continue to protect our Democracy and liberties through foreign defense, both past and present. America's veterans also provide us with an amazing civic model, something that is often hard to find in today's society. Finally, America's veterans ignite the passion of patriotism in today's youth. Their influence is evident in our country, and our people, today.

Can you imagine what our country might be like today were it not for our veterans? We have become so accustomed to our freedoms that it is difficult to imagine our country as a place like Iraq, Russia, or China, in which justice is inferior to suppression, inequality, and dictatorship. However, without the protection of our veterans, the United States could have become such a nation. If American veterans had not been so willing to serve in the Vietnam and Korean Wars, would the Cold War have worsened? If they had not been there for our people in

218-727-1912

V.F.W. Post 137 Officers

CommanderJohn Marshall628-3758
 Sr. Vice Cmdr.Kevin Beichler722-4388
 QuartermasterRobert Pearson724-2262



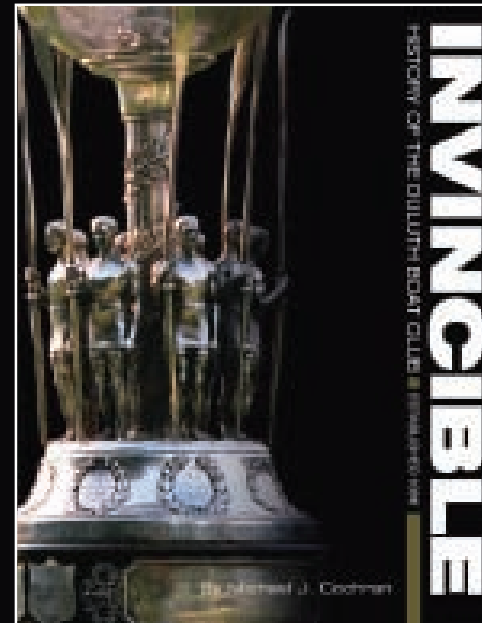
Linda Chezick, 8th District Aux. President, Anna Remus, Terry Randolph, 8th Dist. VFW Commander, and Patrick Olson 8th Dist. Voice of Democracy Chair

the Gulf War, and the still raging War on Terror, would fear have overtaken our great nation? Even if the conflict took place decades ago, the sacrifice of our veterans still benefits my generation. By defending our democracy, they continue to ensure a bright future for the American youth of today.

But the veterans of this country do more than the physical, they also nurture our spirits by providing a role model of U.S. citizenship to the younger generation. They may not be super-human without problems or weaknesses, but they certainly have outstanding qualities such as compassion, sacrifice, and conviction. These are qualities sometimes forgotten by a generation caught up in the internet, cell phones, and overly-packed schedules. To remember the honor and courage which founded our country, we citizens need look no further than our honored and courageous veterans.

In the beginning, I told you about the patriotism I saw ignited in my peers. This illustrates the valuable rejuvenation of nationalism that our veterans give to all generations of Americans. This patriotism can be hard to find. Watching the news today, it is easy to see why. The economy is in crisis, millions live without healthcare, and social security is failing, leaving our people behind. With all of these problems, it can be hard to see through the clouds. America's veterans give students a glimpse of the America now only remembered, the country that our grandparents talked about.

We are a nation that stood firmly against oppression in World War II, and came together for the greater good when our economy was on its knees. Veterans represent the compassionate, sacrificial, and strong America that we all know and love in our hearts. Through this personal sacrifice, America's veterans continue to impact the lives of today's youth. As they continue to fight for our liberty, they rekindle our love for our country, and warrant our deepest respect. Only through their service can America's youth regain our country's status as the world's leading democracy.



During the early 20th century, the Duluth Boat Club was the greatest water sport organization in the world and dominated the sport of rowing. *Invincible* is a stunning limited-edition volume that chronicles the history of the Duluth Boat Club from its beginning in 1886 with 128-pages of fascinating text and 180 beautiful, historic photographs.

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by author Michael J. Cochran

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OEF/OIF PROGRAM

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ers, coordinate patient care activities and help you navigate your way through the VA system.

A Transition Patient Advocate (TPA) acts as a personal advocate as you move throughout the VA healthcare system. To contact the OEF/OIF Care Management Team check your local VA medical center web site. You can find the web site using the VA Facility Locator. (<http://www.oefoif.va.gov/HowDoIGetHelp.asp>)

Local contact is Jeff M. Hall, MSW, LCSW,
715-392-9711 jeff.hall@va.gov



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Ely118 S. 4th St.....365-8203
Hibbing...1810 E. 12th Ave.....262-6090
Virginia...230 First St. S749-7110



John Marshall and Arnold Bredow



John Marshall and Russ Rowllins

VFW 137

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Sunday: Noon

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Karaoke

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A Major Homeless Veterans Photo Exhibit Coming to Duluth

A toothless smile, a makeshift bed in the backseat of a car. A husband and wife perched on the edge of a bed at a homeless shelter in Duluth. These are some of the powerful images of under-housed United States veterans featured in the new photography exhibit Portraits of Home II: Veterans in Search of Shelter opening April 1st through the 23rd 2009 at the Depot in Duluth. Portraits of Home II is the sequel to Portraits of Home: Families in Search of Shelter. Created by the Greater Minnesota Housing Fund, the Portraits of Home exhibit documents the lives of homeless and precariously housed children, families, and individuals in Greater Minnesota. Each photograph helps personalize the human impact that poor housing conditions and homelessness has on families and communities. Through the lens of 6 award-winning Minnesota photojournalists, the images capture the dignity and resiliency of people managing everyday life with few resources and the positive changes that can occur with safe, stable and affordable housing.

The deeply personal stories documented in Portraits of Home II illustrate that the places where veterans in Minnesota seek shelter too often fall short of what most of us would wish for those who have given up so much to serve our country. Veterans across Minnesota too often depend on insufficient housing that ranges from rented homes and borrowed couches to steam tunnel squats and abandoned automobiles. Homeless veterans are disproportionately people of color. 13% have children who are also homeless. On any given night, over 600 veterans are homeless in Minnesota and unfortunately this number is steadily on the rise.

While the focus of the photographs in the Portraits of Home II exhibit is veterans, we are reminded that there are thousands of other homeless men, women, and children in Minnesota. On any given night, over 9,000 children, youth, and adults are homeless in Minnesota. Every night, over 1,000 people are turned away from shelters due to lack of space. The stories featured in the exhibit reflect the larger homeless experience in Minnesota. Like the larger homeless population, homeless families are both young and old and with or without children. Some suffer with chemical dependency issues, mental illnesses, and physical disabilities. Some have full-time jobs and some are unable to find steady work. Some have been homeless for years, while others have only recently been forced to hit the streets. The heart touching stories documented in the exhibit remind us that all should have access to safe, decent and affordable housing.

The aim of the Portraits of Home II exhibit is twofold: to raise awareness of housing issues in Greater Minnesota and to spur citizens to take action. You are invited to join with government, civic, faith-based, business, and community groups that have banded together to end homelessness in Minnesota. Every year scores of community leaders throughout Minnesota work to construct and rehabilitate hundreds of affordable homes in Greater Minnesota. This good work stabilizes both families as well as communities. While it is the hope of every family to live in a safe, decent and affordable home, much remains to be done.

Danny joined the National Guard as an 18-year-old. He

was deployed to Anbar Province, Iraq for 22 months, providing route security and neighborhood patrols. Danny was a university student prior to enlistment; while he was gone, the house he was living in was sold. His roommate asked him to move out after Danny's first semester back. When photographer Brian Lesteberg met Danny, Danny had been living in his car for nearly three months.

"I have nightmares. I have woken up once or twice with my hands around my wife's neck and that scares me. The government should help us more. They will give you everything while you are enlisted, but when you sign out -- nothing." Pat served in Iraq with the Marine Corps for two years and narrowly avoided serious injury from shrapnel in a car bombing. When he left the military "it was pretty much 'thank you, see ya.' But when I got out I didn't want their help. They took two years of my life and they would not even give me any leave time. I was supposed to get leave time. I don't think they would care that I am homeless. I got a job at McDonalds. It is hard to come back from Iraq and flip burgers."

Harry is a Korean War vet and lives at The New San Marco, an apartment complex for chronic inebriates in Duluth. Harry was homeless prior to moving in to supportive housing. [PHOTOGRAPHER: CATHY TENBROEKE]

We want to thank the gifted photographers and award-winning photographers Cathy ten Broeke, Carlos Gonzales, Stormi Greener, Brian Lesterberg, Scott Streble, and Chnate Wolfe, for preparing this exhibit. A major exhibit takes a lot of partners to present and we also want to thank the Greater Minnesota Housing Fund and the Minnesota Assistance Council for Veterans, St. Louis County for their "Ten Year Plan to End Homelessness," and Veterans' Hall Committee of the St. Louis County Historical Society.

We invite you to attend the opening of the Portraits of Home II exhibit at the Depot on April 1 with a reception at 6:00pm and short program at 7:00 pm. The public is welcome. For More information call MACV-Duluth 218-722-8763.

Attention to Orders

Do you remember the movie Network? There was a monumental scene in the one of the reporter got on the TV and encouraged us to get up off our chairs open our windows and yell "I'm as mad as hell, and I'm not going to take this anymore!" Well I am and it is time that you join me.

My uncle Harvey was gassed in WWII. Everyone said that was from the war as if he had done something wrong. He suffered from that mustard gas for the rest of his life. He got little or no help from our government. WWII produced men with "shell shock" or "battle fatigue" and the government did little or nothing for them. Korea was the first place that Agent Orange was used and those that suffered from its effect were dismissed by our government.

We, who fought in Vietnam, had our own battles. When we came home and recognized that the war left its scars and we had to deal with them. We knew that the VA was not doing anything to help. The first Vet's Centers it started with two Vietnam veterans, Robert Van Keuren and Jon

Nachison, from San Diego. It started slowly first with a rap group that led to the first Vet's Center. In 1979 Congress established these places of hope for Vietnam combat veterans. It was the Vietnam veteran that pushed Congress to open the doors to all combat veterans including WWII in 1996, and then expand to Gulf War I and II (OEF/OIF) veterans.

Many advances, good advance, have come in the VA, but it has not been without its struggles. It took thirty years of fighting the VA, who spent more time trying to prove that there was no such thing as serious health issues even death due to the chemical spraying. That became fact when a very brave Secretary of the VA under President Clinton, Jessie Brown, stated "everyone who was in Vietnam from 1965 forward has been exposed to agent orange." Jessie died from cancer in Chicago a few years ago and I understand that he, too, fell pray to this insidious illness. We are still fighting that battle. Gulf War I veterans have had to fight for recognition of illness's that relate to their experiences. They are still fighting for full recognition. It seems that we have to get "mad as hell, and I'm not going to take this anymore!" before anything is done. Veterans are often heard saying that the VA will wait for us to die off, or are too sick to fight them anymore, before anything is done. Do these soldiers have to wait until they get real sick or die off before they are heard?

Now, here we go again. Have you ever heard of "Depleted Uranium?" This is right from the VA own website "What Is Depleted Uranium? DU is a byproduct of the uranium enrichment process to make nuclear fuel. It has approximately 60 percent of the radioactivity and the same chemical toxicity as natural uranium, which is present in small amounts in our environment and to which we are exposed in food and water. In the early 1960s, the U.S. began testing DU for projectile use because of its ability to penetrate armor made with less dense metals." They go on to say "When Is Depleted Uranium Dangerous?"

DU is a radiation hazard primarily if internalized, such as in shrapnel, contaminated wounds, and inhalation. Once a projectile made with DU penetrates a person, it splits into small shards that can scatter through muscle and soft tissue. In addition to DU wounds, soldiers exposed to DU in struck vehicles may inhale or swallow airborne DU particles." This is not rocket science when we have put our own soldiers in harms way! There should be an outcry like we have never heard before that we are all "mad as hell and I'm not going to take this anymore!" We are not going to keep up the same-old, same-old and play games with their lives! It is just not right in fact it is un-American.

There are research centers and studies that are all saying the same horse hockey that we heard for so many years about Agent Orange. Minnesota Department of Veterans Affairs (MN DVA) did a survey over two years of those that might have been exposed to DU. One must understand that not every soldier that came in contact with DU will have the same reaction. However, it only takes one, and if that one is you or your family member, well then, it gets personal. I have friends that were where I was in

Nam and have no effects from Agent Orange and others of us have had to deal with the exposure, so not everyone will be affected by DU. Most of those who are experiencing sickness and illness were exposed to friendly fire, and down wind of target areas where rounds have landed. They may have either breathed in dust or received shrapnel. That doesn't matter how; the fact is that they did it.

Early this year our MN DVA held a forum for the of so called "leading national experts." Now I give our MN DAV great credit for their efforts, but what it ended being was a small attendance to bring light to this subject. What it turned out to be was apologists from the VA saying to those there that their pain and suffering is not real, and that there is no proof that there is any relationship to DU and those exposed to it. I am not a medical person, but there is too much information, and I get the felling that we have been down that road before. As Joe Soucheray would say "B as in B, and S as in S."

How many have to die, or have life long illnesses before the truth comes out and we take care of those who have served us? It is time to get "mad as hell and I'm not going to take this anymore!" No one can do it alone. It takes much more than one article in a local newspaper, but it is the beginning of a new battle for our sons, daughter, and all those that have been exposed. My God, why does it have to be a fight? Why does our government who bears the responsible of deploying our military to these wars that are good, bad, or just plan ugly before they step up to the plate and provide the proper care for their soldiers.

I have a friend that has had cancer and a litany of illnesses and much of them are believed to be caused directly or related to DU. Much of what I have read supports his issues. He is part of the major study group that is supposed to help the veterans that may have been exposed to DU. This study is, to me, an intentional replay of one done on us with agent orange.

Whitewash, cover up, or CMA? Whatever you call it, it is all the same. As a Nam friend of mine put it "Same old stuff just a different shovel." Will this ever stop? Are we as a country going to do the right thing by those who are willing to stand up for freedom? These are men and women who write a blank check with their lives. They are willing to die for defending our country, not to have to be fighting the system most of their lives. This is so wrong! I had told my wife, many years ago, that I was able to survive Vietnam, but it maybe the chemicals from my service that may get me. We cannot let another generation of soldiers go through this again.

We need to all get "mad as hell" and "not going to take this anymore!" We all need to stand up for the members of our Guard and Reserve units, and all the members of our military. We need to ensure that they have a quality of life that we all desire to enjoy unencumbered by their service to our country.

Do I think that this new Administration will do anything about this? Only time will tell, but we need to hold the DoD, VA, Congress, and the White House accountable. We need, in the meantime, to be on our knees praying for the safety of our country, our freedoms, and those who serve us. If we need to be "mad as hell" to get what we need for our soldiers, then so be it. We ALL need to get up off our collective seats open our collective windows and yell "I am mad as hell and I'm not going to take this anymore!" Then get involved to be there in the public before our leaders call their offices, confronting them about what they are allowing to happen. It must stop.

DAVID WISTED ZENITH CITY POST 28

ONGSARD THIRD MEMBER LOCAL HALL OF FAME

West Duluthian Recognized for Work in Founding Zoo.

Secretary of War Relates Accomplishments of American Legion

(Headlines in the Duluth Herald April 19, 1926)



Bert E. Onsgard, a West Duluth printer, is the third member of the Duluth Hall of Fame. Announcement of his selection to membership in this "immortal" body for his creation of the Duluth Zoo and making it a leading civic institution was made at the third annual Hall of Fame dinner Saturday evening at the Hotel Duluth. About 600 men and women from all sections of the Arrowhead country were in attendance at the gathering and joined with Duluthians in honoring the "first citizen" for 1926.

Col. Hanford MacNider, acting secretary of war and past com-

mander of the American Legion, who flew here from Washington in his airplane to attend the dinner, was given a rousing welcome on his appearance in the ballroom. He delivered the principle address of the evening, praising the Hall of Fame idea and giving a general account of the work of the American Legion in behalf of peace, the disabled and community service. Mr. Onsgard's photograph will hang in the Hall of Fame with those of the late A. H. Comstock and W. A. McGonagle. The pictures, now in the Moore Welfare building, will eventually occupy a corridor in the new city hall, construction work on which will start tomorrow.



From the Editorial page of the paper: **A FITTING AWARD** (Editorial)

The third member of the Hall of Fame, created by David Wisted Post of the American Legion, is Bert E. Onsgard, a young West Duluth printer, who was awarded this high honor by a jury composed of representatives of sixteen civic organizations for his work in creating the Municipal Zoo in Fairmont Park. The award was announced at the third annual Hall of Fame dinner last night.

At first glance this award will no doubt surprise many, including Mr. Onsgard himself. On closer examination it will appeal to everybody. The herald is sure, as a peculiarly fitting bestowal of this fine recognition.

The Hall of Fame award is given for outstanding services to the community. It goes to Mr. Onsgard because, starting four years ago with a small deer caught by himself in the woods by Shaw, chiefly by individual effort he has built up a very creditable Zoo in Fairmont Park.

The one little deer gave him the idea. He put it up to mayor Snively, who approved it. He followed that by stirring up the project and by keeping it going. He staged various entertainments to raise money. He got the city to set aside ten acres for the Zoo, which now has four hundred animals and birds, for not one of which has the city itself paid out a penny.

Though others have helped him, this idea and its execution are almost entirely Mr. Onsgard's. He thought of it first, he made it his hobby, he kept at it, he put it through. His success shows what an individual can do for the community, even a young man without large means, if he has an idea, if he crystallizes that idea into a purpose, if he has a will to put that purpose through, and if he is willing to work.

The award goes to a young man, to a man who is not wealthy, to a man who has occupied no exalted position in the community; but it goes to him because he has earned it, and that is splendid. It goes to the Western part of the city, and that too, is splendid. It proves again that the Legion boys did a fine thing for the community when they devised this beautiful idea of honoring citizens who do things for the community, and of honoring them while they are still here to enjoy it.

Notice of Election of Officers at our next Post meeting on May 28

At the time we go to press, Ray Galazen was on his way to the Hospital on Tuesday, Mar 10. Walking to the entrance of the Hospital, Ray slipped and fell on the ice and fractured his pelvic bone and hip bone. Ray has had three major surgeries trying to correct the factures and excessive bleeding. The family has

requested no visitors until Ray's recovery is further along. Ray is a Past Department Commander, Past Alt/NEC and NEC from 1992 to 1998. Ray and Carol would appreciate your prayers and cards.

Legion Launches VetCam for Families of Military

INDIANAPOLIS - Military troops deployed overseas can now use their webcams to talk with their families back home without having to download software packages that might not pass muster with command cybernet security requirements. The American Legion has launched "VetCam," a free webcam service that enables U.S. military service members and veterans to talk face-to-face on their personal computers with friends and family by simply registering as a user. Once registered, each user can connect with two webcams and use the service 24/7 from anyplace with an Internet connection. "Webcam technology has been around for a while, but many required downloading software to make them work," said David K. Rehbein, national commander of The American Legion. "We want our troops, our veterans, and their families to be able to enjoy the pleasure of talking face-to-face with their loved ones anywhere in the word, with just a couple of mouse clicks. Next to actually being there, seeing and talking with your spouse and kids, mom and dad, and best friends are morale boosters prior generations of veterans never had."

To initiate the service, a user will need a webcam or a computer with a built in webcam. Then, just go to www.legion.org, click on VetCams, register and start communicating. Once registered, simply log in at any time to connect. All members of the United States Armed Forces (active duty, Reserve and National Guard), members of The American Legion, their families and friends are welcome to use this complimentary technology. With a current membership of 2.6-million wartime veterans, The American Legion was founded in 1919 on the four pillars of a strong national security, veteran's affairs, Americanism, and patriotic youth programs. Legionnaires work for the betterment of their communities through more than 14,000 posts across the nation.

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(1 years)
626-1922

Duluth Hall of Fame - 2008 NOMINATION FORM

P. O. Box 161353, Duluth, MN 55816-1353 • (Submit to address) • Filing Deadline: Postmark Friday, April 10, 2009

Nominee: _____

Phone number: _____

(Note: if nominating a couple, separate nominations must be made)

Address: _____ City: _____ State: _____ Zip: _____

Occupation: _____

Duluth resident from: _____ to: _____

Nomination made by: _____

Phone number: _____

Principal volunteer (non-paid) service to the community -- NOT related to the nominee's occupation -- during 2008:

Thursday, May 14, 2009
Radisson Hotel

Award Dinner Reservation Form

5:00 p.m. Social Hour
6:00 p.m. Program
6:30 p.m. Dinner

Please send us _____ tickets at \$45.00 each for the 84th Award Dinner of the Duluth Hall of Fame

☐ Check enclosed ☐ Unable to attend, please accept my donation of \$ _____

Name: _____

Phone Number: _____

Organization: _____

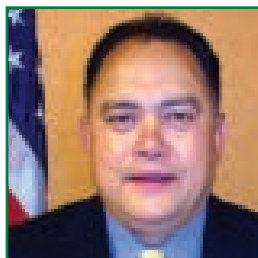
Address: _____ City: _____ State: _____ Zip: _____

Table Seating Preference: _____

RSVP by May 1, 2009 If reservations must be cancelled, • please call 218-624-4362 by Thursday, May 7
Please make checks payable to and mail to: American Legion, Post 28 • P.O. Box 161353, Duluth, Minnesota 55816-1353

ST. LOUIS COUNTY VETERANS SERVICE OFFICE

By Rich Dumancas - St. Louis County Veterans Service Officer - (218) 725-5285



Town Hall Meeting for All Veterans!

It's that time of year again and the St. Louis County Veterans Service Office is hosting two Town Hall Meetings for the veterans of Northeastern Minnesota.

- Ever wonder what you are entitled to for serving our country? Peacetime or Wartime...it doesn't matter.
- Are you aware of the medical benefits the VA Medical Centers offer to you?
- Have you applied for VA service-connected compensation but still have questions?
- Do want to know what the State of MN Department of Veterans Affairs has for veteran's benefits? Or what they are doing to protect your benefits?
- Ever heard of the Minnesota Assistance Council for Veterans?
- Do you have questions about MN veteran's nursing home care?
- Do you or others think you need help with readjusting from your combat duty?
- Are you having a tough time meeting your financial obligation and need help figuring out what you need to do?
- Are you a supervisor in the Guard or Reserve? Need additional resources to help your subordinates with?

If these are just a few of your questions or you have other questions that you just can't find the answer to, then you need to come to one of two Town Hall Meetings that the St. Louis County Veterans Service Office is hosting!

You will be able to ask your questions directly to the leadership of the MN Department of Veteran's Affairs, The VA Regional Office, The VA Medical Center, Silver Bay Nursing Home, Minnesota Assistance Council for Veterans, The Duluth Vet Center, The Twin Ports VA Clinic, ESGR and more.

The first meeting will be held on April 24th at the VFW Post in Hibbing (704 W. 41st Street – right off of hwy 169). A light dinner will be served starting at 5:30 p.m. and continue during the meeting which will start at 6:00 p.m.

The second meeting will be held on April 25th at the Dry Dock Restaurant in Duluth (2820 Midway Road, - Midway Road & I-35). This meeting will start at 10:00 a.m. with presentations and break at approximately at 11:00 a.m. for lunch and then continue with questions and answers for you.

Both meetings will have a soup and sandwich buffet that will be at a very low cost (free) and the actual time frame of the meetings should be no longer 3 hours each. These meetings are very informative and are for you to get your questions answered and issues resolved from people who are the experts with your well earned benefits.

Please remember if you or someone you know are experiencing
any of the conditions in this article, please call us at

218-725-5285

*we moved to the Amendola Building Suite 130,
405 East Superior Street in Duluth, or call our other offices at ...*
Ely 218-365-8203 • Hibbing 218-262-6090 • Virginia 218-749-7110

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WESTERN LAKE SUPERIOR SUBMARINE VETERANS



**PLAN to SURFACE at the Green Mill
in Canal Park on Saturday April 11th**

We are inviting a representative of the local Coast Guard to share about their work with Homeland Security in the Great Lakes and the Twin Ports area.

FOR MORE INFORMATION PLEASE CONTACT:

Michael Hatfield, Base Commander, 218-624-0251 or Al Pittsley, Membership Secretary, 218-590-7160 or visit us on the web at: www.ussvi.org

Come in April and ask us what we remember about what we learned from Chris Dahlberg at our March meeting. PRIDE RUNS DEEP

Harlan Eggert read the name of the lost boat, the number of crewmembers lost, and the date lost as Bob Libby noted the loss on the bell. Each month we remember the anniversary of the boats lost for that month. Most of the boats were lost during WWII. Bob Peterson donated the brass bell we use for the "Tolling of the Lost Boats" ceremony at each meeting.

OUR CREED:

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Mike Hatfield, Base Commander218-624-0251.....email hatfield@duluth.com
Ray Brown, Vice Commander.....218-476-3999rhkmbrown@live.com
Lance Reasor, Chief of the boat.....218-726-1156 lgreasor@peoplepc.com
Al Pittsley, Secretary/Membership218-590-7162jakester2006@charter.net

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AIRFORCE ASSOCIATION CHAPTER 226

The Bong Flyer



Mark your calendars

For our spring chapter meeting, we are tentatively planning a tour of Amsoil for the May program, and will get information out once the details are confirmed. We will be meeting on Wednesday, May 13th. Call or email John Seely at: jcseelychar@centurytel.net (preferred) or 715-378-2525. Price \$15.00 / Dinner Buffet by Lubiani Catering.



Annual cadet awards ceremony and luncheon

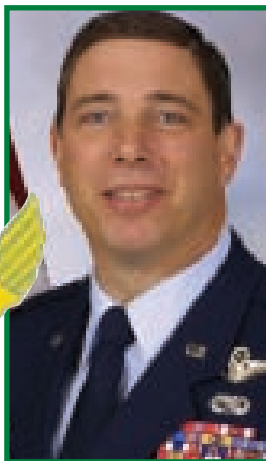
AFROTC Det 420 will be holding its annual cadet awards ceremony and luncheon on Saturday, May 2, in UMD's Kirby Ballroom. If you are interested in attending, please call Helen, at 726-8159.

Silent Sentinels US Navy Airships in WWII

Richard I. Bong Veterans Historical Center is hosting a program Jim Hencinski, Silent Sentinels US Navy Airships in WWII in the Center's classroom at 10:00 AM, Saturday April 11. Free program admission.

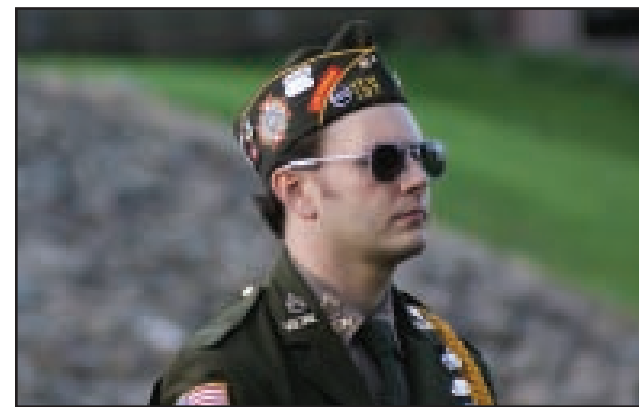
Richard I. Bong Veterans Historical Center is hosting a program led by Lee Andresen, Battle Notes – The Music of the Vietnam War in the Center's classroom at 10:00 AM, Saturday May 2, 2009. Free program admission.

Col. Frank Stokes Named Next 148th Fighter Wing Commander



Col. Frank Stokes has been named the next 148th Fighter Wing Commander. He has taken command from Col. Mark Johnson who will transfer to Minnesota's Joint Force Headquarters in Saint Paul. Col. Stokes is a Duluth native who joined the Air Force in 1983, and later joined the 148th Fighter Wing in 1991. He has served in various positions at the 148th to include Air Operations Officer, 179th Fighter Squadron Commander, Maintenance Group Commander, and most recently, Vice Commander. Additionally, Col. Stokes served as the 455th Expeditionary Maintenance Group Commander at Bagram Airfield, Afghanistan from January to May 2007 where he earned the Bronze Star. Col. Stokes is a command pilot with over 3300 flying hours, of which, 1260 are as an instructor pilot in the F-15 and F-16.

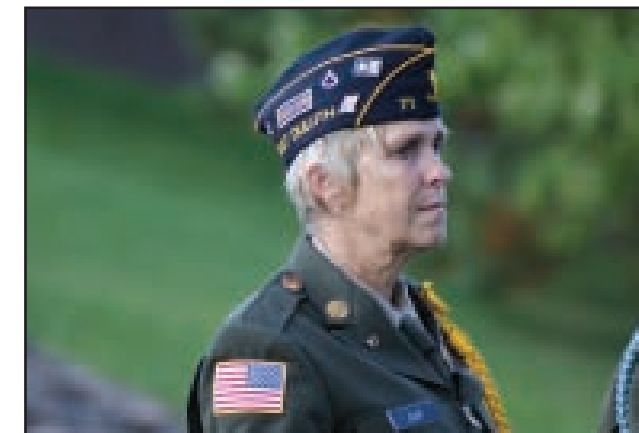
The 148th Fighter Wing is the Duluth-based Air National Guard Wing that currently flies the F-16C fighter aircraft. The 148th has 1065 members, of which 450 are full time.



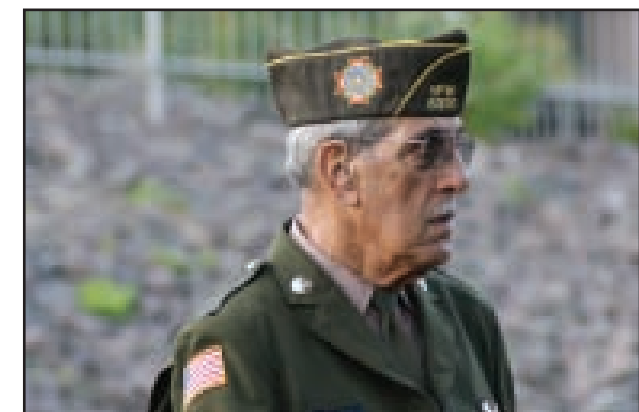
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- 16 word maximum -

Service person's name: _____

Rank, branch of service, unit or ship: _____

Date served in: _____

Our Memorial Day Issue

Will be published, May 1, 2009.

*All photos and information must
be received by noon on April 16.*



EXAMPLE:

PFC. DONALD O. GILLAM
Signal Corp. U.S. Army
WWII - killed in Landres, France,
08 September 1944

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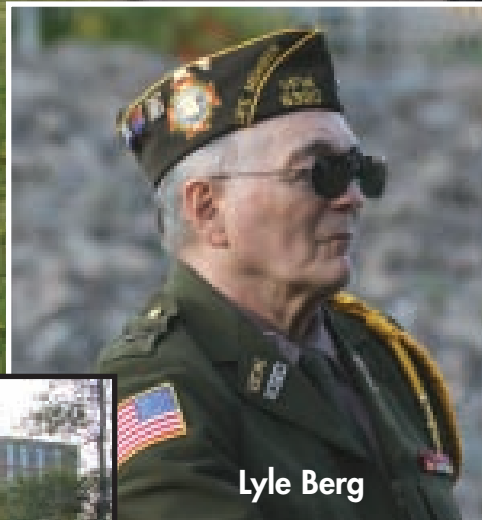
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Lyle Berg



John Marshall, Wayne,
and Mike Hoffman (son)



Mike
Hennessey

2008

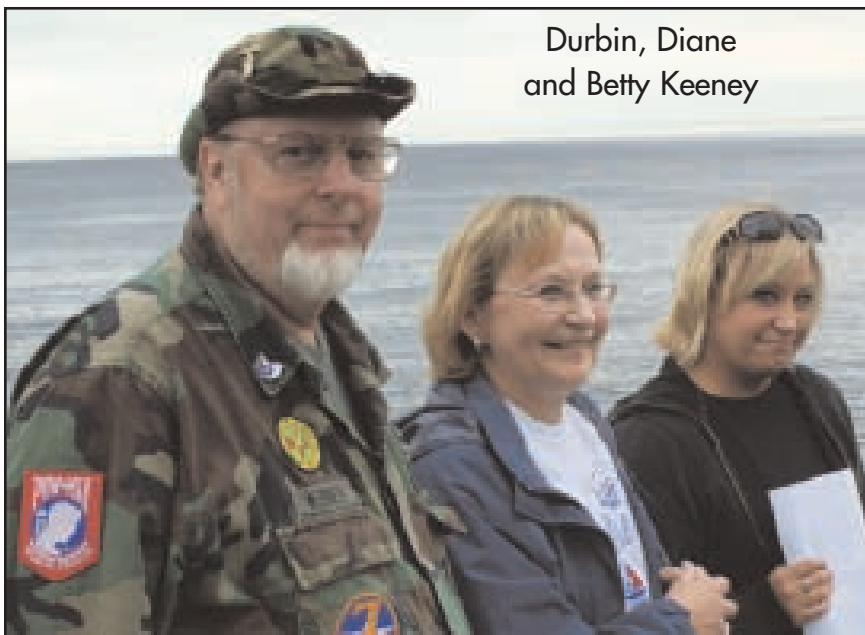
Northland Vietnam Veterans Memorial Foundation Scholarship Essay By Betty Keeney

No one can understand the feelings about Vietnam better than a Vietnam Veteran. Some people tend to shun the subject, others talk about it, or still others have not dealt with it. The Vietnam War has taken a toll on many people past and present.


When my father returned from Vietnam to America on May 20th, 1971, he was not thanked, appreciated, or not even respected for his service. Instead he had eggs thrown at him in the vehicle he was in and called a baby killer. It was a very dramatic time for him. He didn't know how to deal with people like that. He learned, from then on he would keep Vietnam as if it was a closed book.

One day in 1997 when he was having dinner with my mom, and Jon and Pearl Tinquist, Jon asked if he would like to return back to Vietnam with Jon on a trip. My mother said, "No, it was hard enough then to deal with and it will be harder now." My dad wasn't sure if he was ready at the time. Jon returned home from Vietnam and told my dad all about it, dad was regretting not going. Today he is in a better place. I asked my father "Would you go back to Vietnam as a visitor?" He said, "Now, I would. I think that it has dramatically changed. I know that my base in Bien Hoa is an industrial park used for businesses. The jungle would be all grown back like nothing had happened." When he was thinking about it he said that "Its like you're a kid in a candy store." Meaning that he would be looking all around thinking about how many things have changed. The smell and the heat would probably be the same but for the most part it would be an awakening moment. I asked him if it would bring up emotions that he wouldn't want to feel anymore? He said, "I think that I would still be uncomfortable, I would be looking over my shoulder and watching my back. I know it would, but it would give me a chance to put some emotions to rest. I would like to see the country at peace and it would give me peace. It's a great way to bring closure. You may think that talking with groups or doctors may help but it's something about putting your feet in the sand and making that feeling that you know in your heart that your in a safe place and its all okay." Vietnam was a life changing experience. "It's not just a place it's a state of mind, a place on the map, which is very personal." He says.

For all those that have not returned to Vietnam like my father, I hope one day that they will get the chance to return and find the closure that they need.



Durbin, Diane
and Betty Keeney



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Dwight "Deacon" Nelson

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please accept my humble thank you to the veteran and the veteran family, for all that you have done in support of this country and this community

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CALENDAR OF EVENTS - APRIL 2009

COMMUNITY CALEDAR OF EVENTS May 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Deacon's Birthday!!  1	V.F.W. Post 137 All You Can Eat Spaghetti 5:00 2	V.F.W. Post 137 Fish, Chicken, & Shrimp Dinner 5:00 Karaoke at V.F.W. 137 with THE DEACON at 8:003	4
5	Army Day6	Veterans Memorial Hall Committee Meeting 5:00 V.F.W. 137 Auxiliary 6:007	Paducah Reunion Meeting 12:00 V.F.W. Post 137 Post Meeting 7:008	V.F.W. 6320 Post Meeting 7:00 (at Post 137) National Former POW Recognition Day V.F.W. Post 137 All You Can Eat Spaghetti 5:009	V.F.W. Post 137 Fish, Chicken, & Shrimp Dinner 5:00 Karaoke 8:0010	Persian Gulf War Cease Fire 199111
12	13	Honor Guard Officers Meeting 6:30 Honor Guard Meeting 7:00 American Legion Post 435 7:0014	D.A.V. Meeting 6:30 Tax Day15	V.F.W. Post 137 All You Can Eat Spaghetti 5:0016	V.F.W. Post 137 Fish, Chicken, & Shrimp Dinner 5:00 Karaoke at V.F.W. 137 with Uncle Rico at 8:0017	18
19	Carl's Birthday Todd & Katie Anniversary  V.F.W. Post 1091 7:0020	21	Earth Day22	V.F.W. Post 137 All You Can Eat Spaghetti 5:0023	V.F.W. Post 137 Fish, Chicken, & Shrimp Dinner 5:00 Karaoke at V.F.W. 137 with THE DEACON at 8:00 Arbor Day24	25
26	N.V.V.A. Meeting 6:0027	28	29	V.F.W. Post 137 All You Can Eat Spaghetti 5:0030		

01May Day, Law Day, Loyalty Day,
and Kitten's Birthday
.....Karaoke at V.F.W. 137
with THE DEACON at 8:00
03Carol's Birthday
05Veterans Memorial Hall Committee Meeting
5:00 First Tuesday
07National Day of Prayer
.....Unconditional Surrender of
All German Forces Signed 1945
08Karaoke at V.F.W. 137
with UNCLE RICO at 8:00
.....V-E Day Declared 1945
.....Military Spouses Day
10Mother's Day
12Honor Guard Officers Meeting
6:30 Second Tuesday
.....Honor Guard Meeting 7:00
.....American Legion Post 435 7:00
13Paducah Meeting at Mr. Ds 12:00
Second Wednesday
.....V.F.W. 137 Auxiliary Meeting 6:00
.....V.F.W. Post 137 Post Meeting 7:00
Second Wednesday
14V.F.W. 6320 Post Meeting 6:00
(at Post 137) Second Thursday
.....Hall Of Fame Dinner
15Karaoke at V.F.W. 137
with THE DEACON at 8:00
.....Peace Officers' Memorial Day
16Armed Forces Day
18V.F.W Post 1091 7:00
20D.A.V. Meeting 6:30 Third Wednesday
22Karaoke at V.F.W. 137
with UNCLE RICO at 8:00
.....National Maritime Day
25N.V.V.A. Meeting 6:00 Fourth Monday
.....Memorial Day
.....Memorial Day Parade in West Duluth
28American Legion Post 28 Meeting Fourth
Thursday
29Karaoke at V.F.W. 137 with UNCLE RICO or
THE DEACON at 8:00
30Traditional Memorial Day
.....Northland Vietnam Veterans Memorial
Dedicated 1992

V.F.W. Post 137

EVERY THURSDAY
All You Can Eat Spaghetti 5:00
EVERY FRIDAY
Fish, Chicken, & Shrimp Dinner 5:00
EVERY FRIDAY
Karaoke 8:00



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