

CADENCE

TO: All of our Veteran
and Military Friends!

Happy Holidays

FROM: CADENCE

**THE
OFFICIAL**

FREE GUIDE

FOR OUR TWIN PORTS VETS!

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Dwight Nelson

This has been quite a busy couple of months for me. Between attending various committee meetings, all the veteran organizations meetings and functions, business meetings; they have been a whirlwind months. I received invitations from two local veteran reunion groups; the USS Paducah and the 125th Field Artillery Association. I have also attended meetings of the Superior Thomas F. Stein, V.F.W. Post 1091 and the Superior Richard I. Bong, American Legion Post 435. Which, by the way: both Posts agreed to be a part of our great periodical. They will be added as contributors to Cadence at the first of the year. Then it will truly be a "Twin Ports" publication. I have been receiving the warmest most amicable receptions everywhere I have gone. It goes without saying that the veteran community/family is the friendliest and most hospitable fraternal fellowship, bar none. So why do we have a somewhat different reputation in the community? To our detriment, over the years we have developed a "circle the wagons" mentality in our organizations. Because we have been beset on, on all sides; loss of membership numbers, the aging of our memberships, the rising costs of doing business, the anti-military/anti-veteran protesters, and the list goes on. When we came back from Vietnam and people would try to get us to open up, we had a saying; "If you weren't there, you wouldn't understand." I think that that was our loss because we "bunkered down", we only associated with our own people for many years. It took us a long time to learn our lesson and to change the way we think and work with others. Now I see it everywhere in the veteran community, where we are trying to teach the new veterans of today our lessons learned so that they don't end up making the same mistakes that we did. The D.A.V., the County Veterans Service Office, MAC-V Duluth, the Vets Center, the OEF/OIF Program, the Patriot Guard, and other programs are being run and operated by either the Vietnam veteran or younger veterans. They are showing that to grow and succeed you have to open up and put your hand out in friendship and camaraderie. We are all the same, at either end of the rifle. And our organizations should be the same way. When someone walks into our facilities, or our gatherings, we should be welcoming them in; especially if they are new and unknown. I think of the TV series "Cheers"; when someone walks in the door everyone should be doing a "Hey Norm" or whomever. Think about the last time you walked into one of our Posts. What was your greeting then? What was the greeting of the new kid who walked in a little later? Was it friendly or did you get the "Oh crap, now I'll have to get up and do something." look? This is, sometimes, the first impression that these new vets will have, and you never get a second chance for a first impression. That first impression should be the very best example of our veteran organizations.

I give this as an example, not as a bitch, but (as I had said earlier) I received an invite to the 125th Field Artillery Association Luncheon at the Pickwick on Veterans Day. And this is word for word directly from there flyer that I was mailed:

"CADENCE- A new Publication is being sent to Veterans thruout the area, under the direction of Dwight Nelson Editor-Publisher. After the first issue, I called Mr. Nelson and congratulated him on his fine paper. I did notice however no mention was made of the "Greatest Generation" World War II Vets. I then gathered many of the 125th news letters and experiences and mailed them into the Editor. of CADENCE but after three more issues..I still haven't seen or read about WW2 except they did mention a small article about the Navy & the USS Paducah. I guess that our era isn't important anymore as our hero's are dwindling just like the men from World War I.. are all gone now and our average age of survivors is 88 and soon will be forgotten.too."

First of all let me state that I had a very enjoyable time and the friendship was real and heartwarming there. Now if there is a misconception out there, let me clear this up right now. I do not tell or dictate what articles are placed or not placed in Cadence by the contributing organizations. The posts, the associations, the organizations that I have contracts with to be contributors to this magazine decide for themselves what articles are placed in Cadence. I do



edit for spelling and grammar to the best of my ability, but I do not cut or alter their submissions. Also, I do not want rehashed or recycled articles, and I do not want cut and paste articles from your national or State organization, unless it is topical or relates to the area. We all get those publications and have already read much of them. I have a limited space in this magazine, I originally planned on sixteen pages but today it is twenty-four so my printing and mailing expenses have doubled over what I had originally projected. Which among other things has cut deeply into my finances and, with out businesses purchasing advertising space in Cadence, I am not able to expand the size of Cadence, let alone stay in business much longer past the New Year. If you own a business or know of an area business that is a friend of our local veteran/military community, please let me know or pass my phone number or Email address on to them and I will deliver my rate sheet and advertising specials to them. If you believe in Cadence the way that I have been told, I have every confidence that you will not let me down.

The following was received via Email at Cadence:

I have seen this before, and it is worth repeating.

Subject: Sears - Christmas shopping has already started. I know I needed this reminder since Sears isn't always my first choice. Amazing when you think of how long the war has lasted and they haven't withdrawn from their commitment. Could we each buy at least one thing at Sears this year?

How does Sears treat its employees who are called up for military duty? By law, they are required to hold their jobs open and available, but nothing more. Usually, people take a big pay cut and lose benefits as a result of being called up. Sears is voluntarily paying the difference in salaries and maintaining all benefits, including medical insurance and bonus programs, for all called up reservist employees for up to two years. I submit that Sears is an exemplary corporate citizen and should be recognized for its contribution. I suggest we all shop at Sears, and be sure to find a manager to tell them why we are there so the company gets the positive reinforcement it well deserves. I decided to check this before I sent it forward. So I sent the following e-mail to the Sears Customer Service Department:

I received this e-mail and I would like to know if it is true. If it is, the Internet may have just become one very good source of advertisement for your company. I know I would go out of my way to buy products from Sears instead of another store for a like item, even if it's cheaper at that store.

THIS IS THEIR ANSWER TO MY E-MAIL:

Dear Customer:

Thank you for contacting Sears. The information is factual. We appreciate your positive feedback. Sears regards service to our country as one of greatest sacrifices our young men and women can make. We are happy to do our part to lessen the burden they bear at this time.

Bill Thorn - Sears Customer Care
webcenter@sears.com • 1-800-349-4358

Please pass this on to all your friends. Sears needs to be recognized for this outstanding contribution and we need to show them as Americans, we do appreciate what they are doing for our military!!!

I do not know what others may do, but as for me I am going to do all my Christmas shopping at our Sears store. Every dollar I spend will be in support of our men and women in uniform today.

HAVE A MERRY CHRISTMAS, and say a prayer for our men and women in uniform.

CADENCE

Dwight "Deacon" Nelson

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LETTERS TO THE EDITOR

An absolutely gorgeous job, again, as I've grown to expect.

Denise

When doing your Christmas cards this year, send one to this address. If everyone sends one card, think of how many cards these wonderful special people would get.

A Recovering American Soldier
c/o Walter Reed Army Medical Center
6900 Georgia Avenue,NW
Washington , D.C. 20307-5001
Dick

From my generation of Vets (Persian Gulf War) to yours - thank your for your service to the country. To the Vietnam Vets, we owe great gratitude. I am an outreach worker for returning Vets. There was no such service for VN or Persian Gulf Vets. It is on the backs of the Vietnam Veterans, their advocacy, their leadership that the system I work for has improved. Still we can and should do better.

Jeff

Gentlemen:

Happy Veterans Day 2008. Take the time today to thank a Veteran for their service.

Thank you for all you currently are doing, have done in the past, and will do in the future, to be part of and to support our Military! We are truly the Sheepdogs that guard Freedom and the American way of life. Happy Veterans Day.

LTC Andy Engelhardt
Commander
2-136 IN (Combined Arms Battalion)
I'll meet you on the high ground.
Bearcats - King of the Hill!

Dear Mr. Nelson:

My name is Leo Wittenberg, and I am curator of the Commorative Air Force Museum, located in old hangar 101, next to Cirrus Aviation on airport road. We are building a Korean War display in the museum, and are in need of both memorabilia and uniforms. We need Army, Seabee, Marine, and Navy Officer uniforms from the Korean war period. These items can be loaned to the Museum, or donated. They will be seen by many visitors throughout the year, in addition to junior high school groups, boy scouts, Civil Air Patrol, and Air Force ROTC members, most of

whom are unaware of what the Korean war was. We will try to obtain a "bio" on each person who wore the uniforms so that their service will be remembered and honored. This will be displayed with each uniform. Any help you can give us will be greatly appreciated. I can be reached at 724-0974.

Thank you-----Leo Wittenberg

Dwight,

We love what you are doing. Cadence is a great way to bring all the Veteran's issues to all the Veterans. My wife and I are Post 71 members. Keep up the GREAT work!

Steve

Hi Deac:

The highest verbal honor given by the Marine Corps is "OUTSTANDING!!!"

The Cadence Military Newspaper and its Editor are both "OUTSTANDING!!!"

Semper Fi

Rod "Doc" Vietnam 67-68

USMC Corpsman E Radich

Deac,

I wanted to take a minute to thank you for all you do and to let your readers know the influence that you have with this wonderful product - Cadence. Recently in your October issue there was mention of the wonderful help that the Black Dog Bar and Grill has provided Minnesota veterans through the Minnesota Assistance Council for Veterans (MACV) and their First Response packs. This article prompted a veteran to reach out for help and help is what he is receiving. Shortly after learning about this veteran we at MACV were able to provided him with a tank of fuel oil and several personal items to make the winter more comfortable - a jacket, boots, long underwear, etc.. We have also helped this veteran reconnect with the state and determine if other assistance is available and how to get it.

I wanted to thank you personally for helping me connect with another veteran in need.

Together we made a difference - keep up the good work!

Paul Pedersen

Community Outreach Coordinator

Minnesota Assistance Council for Veterans

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DISABLED **AMERICAN** VETERANS

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

Building Better Lives for America's Disabled Veterans

A Very Merry Christmas and a Happy New Year Greeting

to all veterans and their families from the members of Disabled American Veterans of Gilbert Nordmann, Chapter 6

For many of us, the Holiday season is a time for reflection and a time to count our blessings, a time to reflect upon the previous year, and to renew hopes and dreams for the coming new year. Our hope for you is beginning this Christmas season and continuing throughout this next year that your lives will be filled with happiness and joy. That the changes the new year brings will be changes for the better for yourself and your families. We also want those changes for the many men and women

currently serving our country. In particular, let us remember those serving overseas and separated from their families. May we also never forget the many injured veterans and those who become disabled as a result of their military service. May they find help and support in this coming year. In fact, perhaps you could commit yourself to never miss an opportunity to congratulate and to encourage fellow veterans. Again, Season greetings. We from the Duluth DAV wish you well.



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Senior Chapter Officers 07/08

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Auxiliary Contacts:
Unit Commander.....Marilyn Fleming
218-626-3366 or mlflem@gmail.com
Adjutant:.....Mary Smestad
218-525-3669 or positivesolution@qwest.net
Chapter Email:.....davduluthmn@gmail.com

A Season of Thanks

from the National Disabled American Veterans Commander Raymond. E. Dempsey

As we enter the holiday months. I wish you and your family all the blessings of the season. As we give thanks for all our blessings, please remember the men and women who are far from home, especially those in Iraq and Afghanistan. It's always difficult to be serving our nation in lonely outposts throughout the world, but it is especially hard during the holidays. Letters, messages and phone calls hardly are a substitute for the joy of being with family in the warmth and love of a home.

To me, the holiday season begins with Veterans Day. Join with our nation as we salute all of our brothers and sisters in arms for their courage and dedication in protecting the freedoms we all share. So, I urge you all to participate in Veterans Day events and demonstrate that the DAV is a force in our country that will stand up for Veterans.

As winter begins to take a grip on the year, enjoy the December holidays and our freedom to worship as we choose. But again, give thanks that we are stronger and safer because of the men and women who guard the wall in the freezing mountains of Afghanistan and under the clear desert skies of Iraq.

As we welcome 2009, please keep in mind that a new administration and Congress will soon begin their important work. Change is in our future, and we must all work together to ensure the change that comes will benefit our veterans.

The new year will bring greater opportunity to fulfill our mission of build better lives for disabled veterans and their families.

No matter who is in the White House or in control on Capitol Hill, we all need to work hard to make veterans a national priority. We have the opportunity of a new beginning. Even though there have been new laws to benefit veterans over the past two years, we must be part of the change that will shape our nation.

It is up to us to do our part to make sure the change is for the better and will honor our service in the cause of freedom.

Until then, it is my most ardent wish that you and your families have the most wonderful holidays possible. I wish you all the blessings of the season. And I know you can be counted as we stand up for Veterans in the new year.

Auxiliary News

The Disabled American Veterans Auxiliary wants to wish everyone a very happy holiday season. In December we will be sending out Christmas cards to Veterans, attending the Christmas Party at the Silver Bay Vets Home and taking donations for the veterans. The Department of Minnesota Auxiliary will be selling Raffle Tickets as an annual fund raiser again this year. Please assist us in supporting the State. The first prize will be \$500.00, 2nd and 3rd. \$100.00 4th.- 7th. \$50.00 and 8th. - 11th. \$25.00 We also will have the 2nd grade in the school district of Maple, Wisconsin writing letters to our veterans on Veterans Day and they will be sent to the veterans in Iraq and Afghanistan.

Happy Holidays to all



Purple Heart Recipients

If you have received a Purple Heart and would like to join the Disabled American Veterans, the MN State DAV will pay the initial \$40.00 of your life membership. For details please contact Senior Vice Commander Jerry Uecker at 218-391-8800. There is some new information concerning the Purple Heart Association coming in January. Be sure to read about it in the next issue of Cadence.

**WELCOME
New Members:**

Robert J. Smith

Clothing Drive News -Thursday, December 4th 3 pm to 5pm, is the last pickup scheduled for 2008

This will likely be our last pickup day until March. If there is a change, we will let you know in a future issue of Cadence. A special thank you to the many folks who donated their clothing and to all our volunteers helping in collections and deliveries during 2008. You made a positive difference in others lives.

Christmas REMEMBRANCE POEM

*Tis the season of good will and mirth,
Joy and love will encircle the Earth,
As we feel the Christmas spirit perform
Remember the beloved brave in uniform.*

*When we are seated for a dinner grand
Let us in reverence clasp grateful hands,
Let us pray beneath the Bethlehem star
For our military, no matter where they are.*

*When we gather around the Christmas tree
And chorus carols our hearts full of glee,
Remember our lonely soldiers so far away
Who long for family and home this holiday.*

excerpts from poem written by Kenneth J. Ellison

The Silver Bay Veterans Home HOLIDAY PARTY is scheduled for December 18th in Silver Bay

Please make plans to join with us as we attend the yearly Silver Bay Veterans Home Holiday party. We try and get as many veterans as is possible to make this trip. This is a great outing and the veterans at Silver Bay love to meet with visitors. You are definitely invited to join with us on this trip. You can call any officer and they can let you know more about the details. Normally, we distribute Holiday cards to each of the veteran residents with \$5.00 accompanying each card.

DULUTH ELKS NATIONAL VETERANS SERVICE COMMISSION Appreciation Dinner held November 3rd

• Thank you so very much to the Elks Club Lodge #133. Gary Peterson, Exalted Ruler, Gerald Robertson the Veterans Chairman along with the wonderful members of the Elks invited twelve members of the Disabled American Veterans to an appreciation dinner held by the Elks Club on Haines Road. The twelve veterans represented serving their country ranging from World War II to the present day. A wonderful dinner was served, Certificates honoring the Veterans were given and

a resounding speech given by Commander Wheat, a former Vietnam POW, inspired us all. Thank you to all the members of the Elks club. We very much appreciated the honor of attending your dinner.

• Special thanks to Roland and Kim Schaeffbauer, Jamie Walch and Mike Anderson of the 148 Fighter Wing. They provided a special ceremony which touched all of our hearts and then they also cooked and served the Elks Appreciation dinner. They were wonderful and we thank them.

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.

CONGRATULATIONS

to the Minneapolis
VA Medical Center!

Veterans Affairs Secretary Presents Top
Award To Minneapolis VA Medical Center

Secretary of Veterans Affairs James Peake presented the Minneapolis VA Medical Center (VAMC) the Robert W. Carey Trophy Award for performance excellence in a Washington DC ceremony Oct. 31. The annual Carey Trophy Award -- the most prestigious national quality award that VA bestows -- recognizes a VA organization that implements management approaches resulting in high levels of performance and service to the nation's veterans. "The Minneapolis VAMC is a model for health care, not just in the federal sector, but for practitioners and researchers everywhere. They are champions of excellence," said Peake. In accepting the award, Minneapolis VAMC Director Steven Kleinglass said the purpose of the medical center's journey to excellence was to honor patients "the real heroes of our nation who we so proudly serve." He added: "While leadership may have had the vision to pursue the Carey journey, it's really all about our staff who made this a reality. While we have always felt they are the best, this is now validation by an outside source. It's about all of our caregivers at every level of our organization. It's about our laundry workers and housekeepers. It's about our police and security staff who keep us safe each day. It's about all of the other staff who make up the workforce at the medical center." "Besides the medical center in Minneapolis, the Minneapolis VAMC operates outpatient clinics in Rochester, St. James/Mankato, Maplewood and Hibbing, MN, and Chippewa Falls, Hayward, Rice Lake and Superior, WI. The VA operates 163 medical centers and more than 800 clinics nationwide".

VETERAN'S DAY PARADE - 2008



USCG AUX Flotilla 8-4 Elects 2009 Officers

Vets on the Wisconsin side of the Richard I. Bong Bridge probably know Dan Knight from Superior's American Legion Post. He's a fairly young looking fellow for his age so few might suspect he began his decades long Navy career in Vietnam.

In the mid-60's, Dan was on small boats in that war-torn nation's rivers. Chat with him and he may tell you about calling in fire support for Marines from the Iowa's 16 inch guns. Tears will come to his eyes, though, if he continues to tell you about the Silver Star he earned rescuing Marines under fire.

Knight has been retired for years but still has an itch to serve America so he recently joined the U.S. Coast Guard Auxiliary. Dan now has the chance to earn more silver for his chest - the Association For Rescue At Sea's Silver Medal. USCG AUX Division 8's Jay Croy earned that award not too long ago.

Auxiliarist Coxswain Croy with crew members Linda Croy and Richard Runde were onboard a USCG Auxiliary boat performing a regatta patrol at the 33rd Annual Leech Lake Regatta in Walker, MN. On the second day of the regatta there were 10-15 knots winds and 3 foot seas. The local Auxiliary Patrol Commander decided to deploy his two boats near Pelican Island at the farthest end of the race course where they could rapidly respond to any crisis that arose. Conditions worsened during the race and by the time the last participant had rounded the race buoy, the winds were 15-35 knots with 4 foot seas.

The two USCG Auxiliary boats began their slow trek back to base following the regatta participants but noticed that one of the sailboats had veered away from the course and appeared to be disori-

ented. Coxswain Croy brought his boat alongside the race boat to find the crew in distress. The boat's crew were judged to be suffering from hypothermia.

Coxswain Croy decided to take the sailboat in tow despite the walls of water coming over his bow in conditions worse than he had ever encountered in his twenty years of experience as an Auxiliarist.

The problem was to maneuver close enough to pass a line to the exhausted sail boat crew.

Coxswain Croy was able to make a successful pass on the first try and crew members Runde and Linda Croy floated a survival pack of extra life jackets plus a thermal blanket back to the sail boat.

As coxswain Croy worked to keep the bow of his facility into the waves and to maintain a proper tow, his crew members kept up a steady conversation over the radio to reassure the sailors. The 3.5 mile tow to the nearest marina took one hour and fifteen minutes due to the high winds and 4 to 6 foot seas. Once into calmer waters, the two hypothermic sailors were transferred to the cuddy cabin of the Auxiliary boat, stripped of their wet clothing and anti-exposure coveralls.

The AFRAS Silver Medal Citation says that "the skillful response of these three volunteers is most heartily commended and is in keeping with the highest traditions of the United States Coast Guard and Coast Guard Auxiliary."

As mentioned earlier, Jay Croy and his crew are part of USCG Auxiliary Division 8 of the 9th Coast Guard District's Central Region. Division 8's Twin Ports' AUX team is Flotilla 8-4.

Because they are uniformed but unpaid volunteers, Coast Guard Auxiliary officers are elected rather than commissioned. Re-elected for 2009 are Flotilla Commander Dave Anderson and Vice Flotilla Commander Craig Lewis. Lewis is from Rochert, MN and is a rep for a medical company. Anderson is from Duluth and works for a TV station as meteorologist and reporter.

Dan, Dave and Craig urge all readers of "Cadence" to join them in "America's Volunteer Lifesavers". More information can be found at www.cgaux.org

Submitted by Dave Anderson, FC



PADUCAH

Group Meeting for December

Mr. D's

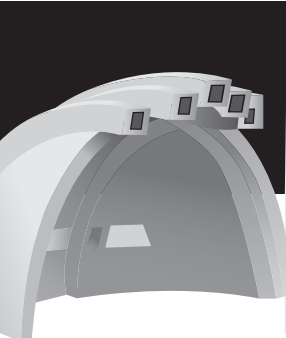
Wednesday, December 10, 2008

12:00 noon

Anyone that might have ties to the Paducah is welcome. Lunch is on your own.

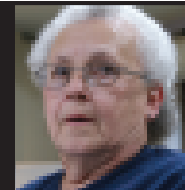
Call Steve for more information

218-626-1749



NORTHLAND VIETNAM VETERANS' ASSOCIATION

Meetings
4th Monday of the
month at 6pm
101 West 2nd Street



Kathy Camps -President

BOARD OF DIRECTORS

President: Kathy Camps.....727-5740
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Durbin Keeney.....721-3980
Mike Hanson.....624-4474
Dennis Marthaler.....525-7561
Dwight Nelson.....624-4362

HONOR BOUND

By Stewart M. Powell

A Pentagon study provides new details--
about bravery, torture, and endurance--on
the
experience of American POWs in
Vietnam.

American POWs in the Vietnam War endured the longest captivity of any group of US wartime prisoners.

Navy Capt. Jeremiah A. Denton was the senior officer of the 40 Prisoners of War who left Hanoi on Feb. 12, 1973, aboard the first Air Force C-141 out of North Vietnam. Once airborne, Denton calmly asked a flight attendant for a piece of paper. He thought for a moment and then scribbled the memorable words that he would utter in a short time as he and his comrades stepped off the airplane into the arms of freedom at Clark AB in the Philippines.

"We are honored to have had the opportunity to serve our country under difficult circumstances," Denton declared. "We are profoundly grateful to our Commander in Chief and to our nation for this day. God bless America."

With that, the Navy pilot who went down in an A-6 carrier attack aircraft during a bombing run over North Vietnam's Thanh Hoa bridge complex on July 19, 1965, marked the end of the longest wartime captivity of any group of US prisoners in history. It was a triumph for Denton, who had alerted the world to the communists' torture of prisoners in May 1966. Dragged before propaganda cameras after 72 hours of nonstop indoctrination, the sleep-deprived pilot had numbly blinked his eyelids to relay the message "t-o-r-t-u-r-e" in Morse code as a Japanese television news crew filmed the interview.

A total of 771 Americans were captured and interned during the Vietnam War. Of those, 113 died in captivity and 658, or 85 percent, were returned to US authorities during or at the end of a grueling conflict that claimed the lives of more than 58,000 American troops in Southeast Asia. The number of prisoners taken during the Vietnam War was relatively small. Of the 142,255 Americans captured and interned during major wars in the 20th century, a total of 17,033 died in captivity. The Korean War had the highest casualty rate among US prisoners--with 38 percent of the 7,140 prisoners perishing. For Americans searching for meaning in a controversial conflict and yearning for heroes, the POWs became a touchstone for the traditional values of loyalty and inspiration often overlooked during the conflict itself. Encouraged by the anti-war movement in the US, Hanoi went to great lengths to pres-

ent its case through a persistent propaganda campaign aimed at its own people and the world, in this example staging the capture of a downed "pilot." In propaganda films made about the time of the Hanoi March, USAF F-105 pilot Capt. Murphy Jones was paraded first bandaged and dirty, clad in underwear, then (left) aboard a truck, wearing his flight suit. Both films were part of the North Vietnamese effort to establish American pilots as "criminal aggressors" and "air pirates."

THE FIRST POW

The first American taken prisoner by the Viet Cong was Army Spec. 4 George F. Fryett, seized Dec. 26, 1961, while riding a bicycle on the way to a swimming pool on the outskirts of Saigon. He was freed in June 1962: His captors simply came out of the jungle at a main road and put him on a bus back to Saigon. The last POW was seized Jan. 27, 1973--the day the cease-fire was signed in Paris. Navy Lt. Cmdr. Phillip A. Kientzler, shot down near the Demilitarized Zone, was held for two months in North Vietnam under perhaps the most benign conditions of the war, with captives and captors awaiting prisoner releases. Kientzler was freed March 27, 1973, with the last wave of captives to go home. Between these two bookends, the story of American POWs unfolded. Their triumphs and tragedies are vividly recaptured in Honor Bound: The History of American Prisoners of War in Southeast Asia, 1961-1973. The immensely detailed 592-page study was prepared by Stuart I. Rochester, deputy historian of the Office of the Secretary of Defense, and Frederick Kiley, a former Air Force Academy professor and noted POW historian. Drawing from memoirs, interviews, classified documents, and other sources, the historians provide the most sweeping view of American POWs since the return of the prisoners in 1973.

"We were convinced in the end that, on the whole, the PWs [the acronym commonly used by the military services] of the Vietnam War were indeed an extraordinary company of men who endured an extraordinary captivity," the historians wrote. "Both suffering and valor, tragedy and triumph, occurred on a large scale."

Prisoners captured and held in South Vietnam had a far different experience than the aviator officers shot down and held in the North. During the early years, one out of three Americans taken prisoner was expected to die in captivity--a toll reduced to one out of five by war's end. In the North, only one in 20 captives died in prison. The longest held POW was captured in the South and spent much of his imprisonment there. Army Ranger Capt. Floyd J. "Jim" Thompson, commander of a Special Forces detachment in Quang Tri Province, was

captured March 26, 1964, following the shootdown near the DMZ of his low-flying reconnaissance aircraft. He was held at a dozen jungle sites during the nearly nine years before his release on March 16, 1973. Thompson's captivity made him the longest held Prisoner of War in American history.

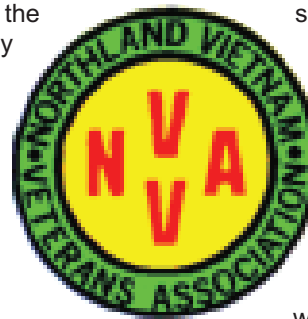
In the North, Navy Lt. j.g. Everett Alvarez Jr. became the first American pilot shot down. His carrier-based A-4 Skyhawk was hit during retaliatory airstrikes on Vietnamese patrol boats and oil storage facilities Aug. 5, 1964, not long after the Gulf of Tonkin incident in which Navy destroyers Maddox and C. Turner Joy reported coming under North Vietnamese attack.

Alvarez, who ejected not far from shore, was captured by armed Vietnamese in a fishing vessel. By Aug. 11, he had been taken to Hanoi's notorious Hoa Lo Prison, a turn-of-the-century French-built facility with thick two-story concrete walls known in Vietnamese as the "fiery furnace." Rats infested his cell. Food, consisting of animal hooves, chicken heads, rotten fish, and meat covered with hair, was sickening.

NORTH AND SOUTH

Prisoners in the North suffered far more extensive and systematic torture than comrades held captive in the South. "With the expanding American war effort, prison authorities were under increasing pressure to obtain information and statements that could be used for propaganda purposes," the historians said. "To produce these they had to break down the PWs' resistance."

The Air Force lost its first pilot in early 1965. Air Force Lt. Hayden J. Lockhart, flying an F-100, was seized by the communist forces March 2, 1965, after evading capture for a week. He was locked in the dreaded central prison in Hanoi soon thereafter. The complex, ringed with guard towers, soon became known as the "Hanoi Hilton," with sections known as "Heartbreak Hotel," "New Guy Village," "Little Vegas," and "Camp Unity." The complex was so formidable that not a single US serviceman managed to make an escape during the entire war. The most systematic torture of American POWs during the conflict began in fall 1965 and didn't end until fall 1969, when the Nixon Administration finally went public with evidence of the mistreatment. An estimated 95 percent of the prisoners in the North experienced some form of torture. Navy Lt. j.g. Rodney A. Knutson, a radar intercept officer captured with pilot Lt. j.g. Ralph E. Gaither when their F-4 was shot down on Oct. 17, 1965, got an



early taste of what lay ahead. His captors bound his arms so tightly that they lost circulation. He was denied food and water. He was beaten. When he still refused to cooperate, his torturers moved on to a new, more sinister method-the "rope torture." Knutson was subjected to this technique on Oct. 25, 1965. The prisoner was forced face down onto a bunk with his ankles in stocks and a rope tied at his elbows, with the rope then pulled up to run through a hook in the ceiling. The guard hoisted the prisoner off the bunk so he could not ease any of his weight-producing extreme pain and constricting breathing. USAF Capt. Konrad W. Trautman suffered the rope torture on a dozen occasions. "The pain is literally beyond description," said Trautman, who was shot down and captured Oct. 5, 1967. "After about 10 or 15 minutes in this position, tied up so tightly, your nerves in your arms are pinched off, and then your whole upper torso becomes numb. It's a relief. You feel no more pain. ... However when they release the ropes, the procedure works completely in reverse. It's almost like double jeopardy-you go through the same pain coming out of the ropes as you did going in." In 1967, the propaganda war continued as USAF Lt. Col. James Hughes was paraded through Hanoi visibly injured the day after his capture. Such scenes backfired, resulting in international revulsion at the prisoners' mistreatment.

Hanoi March

On July 6, 1966, 52 prisoners were assembled, blindfolded, handcuffed in pairs, and taken by truck to downtown Hanoi. The plan was to parade the Americans in public view and then use them as props in a war crimes show-trial to take place at a nearby stadium. This event came to be known as the "Hanoi March" and is viewed as a watershed in the propaganda war. "Oh boy, I love a parade," quipped USAF Capt. Robert B. Purcell, captive since July 27, 1965, when his F-105 went down 30 miles west of Hanoi. The prisoners were prodded through the streets at the point of bayonets, past the Soviet and Chinese Embassies and through threatening crowds standing 10 deep. One prisoner estimated the crowd as high as 100,000. Guards incited the angry mob with loudspeakers. Over a two-mile route, the POWs were punched and pummeled by flying bricks and bottles. The march highlighted the lengths to which Hanoi would go to score propaganda points against the US. Air Force Capt. Earl G. Cobeil, captured on Nov. 5, 1967, feigned mental illness, as did some other POWs, to protect himself from the experimental brainwashing carried out by a dreaded Cuban interrogator. The Cuban, known among POWs as "Fidel," convinced that Cobeil was faking, mercilessly beat him day after day. One day, Cobeil refused to bow. For the offense, Cobeil on May 21, 1968, was trussed in ropes overnight and mauled for 24 hours straight. Fidel, enraged, emerged from one torture session to shout to prisoners within earshot: "We've got [a POW] that's faking. Nobody's gonna fake and get away with it. ... I'm gonna teach you all a lesson. ... I'm gonna break this guy in a million pieces." Cobeil was last seen in the fall of 1970 and did not return with the other POWs in 1973. The Vietnamese later reported Cobeil had died in November 1970; his remains were returned March 6, 1974. The prisoners believed that, when captured, "their mission had

changed, from one of active fighting to one of resistance and survival," the Pentagon historians said. "They still had a soldierly function to perform-to disrupt, to stymie, to exhaust the enemy, finally to defeat him, in this case on the battlefield of propaganda and psychological warfare." One prisoner estimated that communist torturers exacted statements of some sort from 80 percent of the POWs. As soon as they recovered from the physical trauma, the prisoners faced the torment of having collaborated and, theoretically, having violated the Code of Conduct. However, the Code, updated after the Korean War and reviewed after the USS Pueblo incident off Korea in 1968, assumed that captors would observe the minimum provisions of the Geneva Convention governing POWs. Under relentless torture, "the Code increasingly seemed to be a noble, but meaningless, abstraction that paled into irrelevance before the harrowing reality of the ropes and stocks," the historians found. Navy Lt. Cmdr. Hugh Stafford broke his arm, collarbone, and ribs when his A-4 was downed by a SAM over Haiphong in August 1967. After three days without water, he was then subjected to the rope torture. Despite his injuries (damage to his left arm is evident in this photo), he became what the study's authors call "a spark plug in the resistance."

Just a Reminder Our annual NVVA banquet

will be held at
Barkers Island on March 28, 2009
We hope you can save the date to
join your fellow veterans.

Because of expenses we are all facing these days, the board has decided that we will only be having a social hour and a dinner. We are aware how we all enjoy a evening of dancing and prizes, but the need to help fellow veterans during these times is topping the NVVA boards choices this year. We hope the time spent on a evening of fellowship and comradery will still be as nice as your committee can make it for you, and will not keep you away. In years past we have had some members who have signed up, and failed to attend..we prefer not to write checks for no shows, and hope you will only plan to attend because you want to and not be among the familiar "maybe" guests. These no shows average about \$200.00 dollars a year. Therefore the board has also voted to send a bill to anyone who signs up but does not show or call by the week before the banquet.

As your committee we look forward to seeing you all. May you all have Happy Holidays, and see you on March 28th.

The Banquet Committee
Sandy Gunnarson

VETERAN'S DAY PARADE - 2008

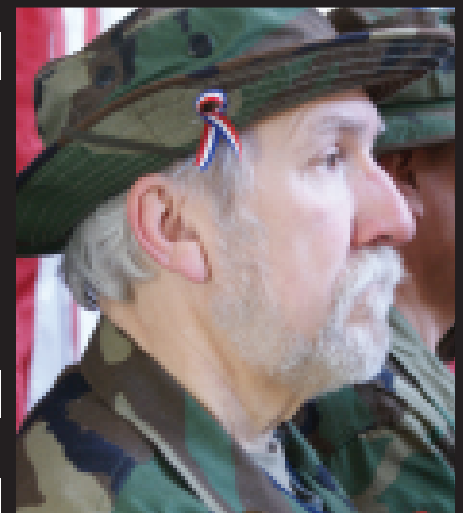
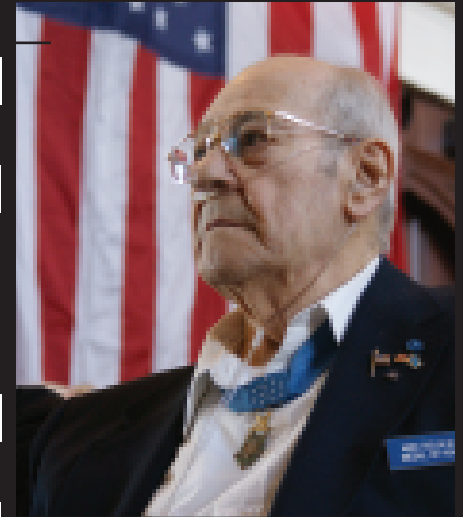




VETERANS' MEMORIAL HALL



VETERAN'S DAY
PARADE - 2008



KOREAN VETERANS REMEMBRANCE DINNER



A Presentation
for
VETERANS' MEMORIAL HALL

PROGRAM OF
St. Louis
Historical Society

SPONSORED BY
CADENCE

**KOREAN VETERANS
REMEMBRANCE DINNER
WEDNESDAY, DECEMBER 10, 2008**

MASTED OF CEREMONIES:
RICHARD DUMARCAE,
ST. LOUIS COUNTY VETERAN SERVICE OFFICER
UNITED STATES AIR FORCE, (RETIRED)

KEYNOTE SPEAKER:
WAYNE FICKETT,
KOREAN PRISONER OF WAR FOR 32 MONTHS

EVENING SCHEDULE

6:00 REGISTRATION
6:00 POSTING OF COLORS
6:05 Blessing of the Food
6:15 NATIONAL ANTHEM
6:20 INVOCATION
6:25 Dinner to begin
7:00 PROGRAM BEGINS
7:40 CLOSING PRAYERS
7:55 Refreshments

Food Prepared by



GRANT HALL OF THE
ST. LOUIS COUNTY HISTORICAL & LAND CENTER (Closed)
1004 W. MARSHALL ST.
DOWNEY, MO 63003

ADULT \$20.00 PER PERSON (180 THE OGDENFIELD
REVP Reserved for Children \$10)

RSVP - 314-733-7800 OR CHARTMAN@VETS-HALL.ORG - CONTACT - DANIEL HARTMAN



VETERANS OF FOREIGN WARSPOST6320

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

Post Meetings 2nd Thursday of the month are held at VFW Post 137
2024 West Superior Street at 1800 (6 PM)

WELCOME

to All Our Members,

We will continue to hold a Rummage sale of articles that are no longer needed by the Post on the second Sunday, the 15th of December. Open from 1PM to 3 PM. There are some bar collectibles and other memorabilia that will be on the tables. Stop down and take a look and meet with some of the members of the Post.

Our next Post meeting is on the 11th of December, at 6PM, at V.F.W. Post 137.

And don't forget that each and every Friday night starting at 8 PM a great bunch of people go down to V.F.W. Post 137 for an enjoyable evening of Karaoke with either Uncle Rico or The Deacon. And if we can't get you to do some "toe tapping" or "thigh slapping" then you better check your pulse.

I received this Email from Past Commander Denny, keep him and his family in your prayers.

"Sorry I didn't make the meeting. Colleen's brother is in Hospice. It's just a matter of time." Den Padora

Good News about Al Gafner.

Thanks much, we just got back from Rochester. Everything went fantastic for dad (immediately looked better than he has in a year) and the best news is cancer free.

Randy Gafner

Dwight Nelson, Command

ABC News bans

American flag lapel pins!

GOOD REASON TO NEVER - NOT EVER - WATCH ABC AGAIN !

ABC News Bans Flag Lapel Pins !

The brass at ABC News issued orders forbidding reporters to wear lapel pin American flags or other patriotic insignia. Their reasoning was that ABC should remain neutral about 'causes'.

Since when is support for preventing our death & destruction some sort of a cause? Since when is patriotism to be discouraged ? I urge you to boycott ABC and its sponsors and affiliates.

We are slowly losing everything our country stands for and everything our men and women fought and died to preserve.

Please forward this to as many as you can.

You can verify it by going to:

<http://www.snopes.com/rumors/noflag.s.asp> Time to dump ABC NEWS !

Postal service sets holiday mailing guidelines

By Samantha L. Quigley, American Forces Press Service

WASHINGTON (AFRNS) -- As the holidays approach and people start thinking about what they are going to send loved ones and friends serving overseas, there are a few dates to keep in mind."The earliest deadline is for troops that are serving in the Iraq [and] Afghanistan area," said Al DeSarro, spokesman for the western region of the U.S. Postal Service. "You want to send all your holiday mail and packages [to those areas] by Dec. 4."Holiday mail, including packages and cards, going to military bases in other parts of the world should be shipped by Dec. 11, he said."We do encourage people to closely follow these deadlines," Mr. DeSarro said. "Of course, we make every attempt, even if you miss the deadline, to deliver the mail to our troops."People who cannot beat those dates have another option to get holiday goodies to their destinations in time: Express Mail. But it will cost a bit more and it is not available for military members serving in Iraq and Afghanistan. Priority mail flat-rate boxes are the best value when shipping to military members serving at home or anywhere overseas, Mr. DeSarro said. The largest flat-rate box costs \$10.95 to ship to an APO or FPO address. That is a \$2 discount, and the boxes are free. The flat-rate boxes come with another bonus. If it will fit in the box, and weighs 70 pounds or less, it ships at the established rate."We also offer a special military package kit, ... and this applies even if you want to send to our troops here in the U.S.," Mr. DeSarro said. "If you call ... 1-

800-610-8734, they'll send you a free kit of packaging materials -- priority mail boxes, tape, labels and stuff that can make your holiday packing much easier."

When shipping any holiday package, there are some basic guidelines to take into consideration, he added. If a USPS-provided box is not being used, senders should make sure the box they're using is sturdy. Don't

use wrapping paper or string on the outside, and print both the shipping and return addresses clearly. Contents should be packaged securely and in leak-proof containers, and consider the customs of the country to ensure the items are appropriate and acceptable. USPS officials also suggests

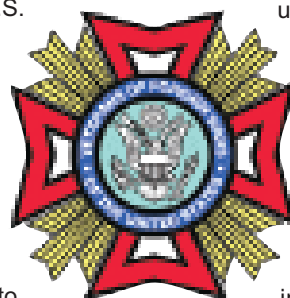
including the mailing address, return address and the contents of the box on a slip of

paper with the other contents, just in case something out of the ordinary should happen. Following not only the shipping date guidelines, but also the general packing guidelines can help the USPS get packages where they are going during their busiest time of the year.

Mr. DeSarro urges people to mail as much as they want and as early as they can, adding that officials expect 20 million pounds of mail will be sent to U.S. troops this holiday season.

Related Sites:U.S. Postal Service

<http://www.usps.gov>



**Post 6320 Rummage Sale! See something you like?
Please call 218-213-5544 and make a bid!**

OEF/OIF PROGRAM

offers transition assistance, case management and outreach services to all veterans who have served in combat since November 11, 1998 in their transition to civilian life.

1.va.gov/minneapolis/oioeof/oifo_welcome.html

Project New Hope



Short presentations are offered at different times through the day that include break-out sessions

All sessions are self-paced according to the individual Veteran's wants Location is rural, pristine, and private

Objective is to be low key and offer assistance as requested by the family

Youth activities and programs are available

Counselors are available 24/7

MILITARY FAMILY RETREATS

Our Mission: To provide Veterans and their families the education, training, and skills necessary to manage their lives after wartime service.

WHO THESE RETREATS ARE FOR:

Combat Veterans and their families.

WHY THERE'S A NEED:

Multiple and extended deployments
Unprecedented survival rates
25% of all homeless are combat Veterans
Suicide rates for Veterans aged 20-24 are 4 times greater than that of a civilian
200+ Veterans become disabled every day
Over 2 million Veterans live without insurance

HOW WE'RE DIFFERENT:

100% Volunteer staff
The whole family is involved
ALL Combat Veterans
Cost of the camp is FREE and all meals are provided

EXAMPLES OF POSSIBLE SESSIONS:

The Wheel of Life Inventory
Creative Expression
Self Care Tool Box
Self Care
Relaxation Techniques, Meditation, Etc.
Stress Reduction
Sleep Solutions
Problem Solving Process
Money Management
Intimacy
Communication
Anger Management
VA Services Available
Children's Activities

Local contact is

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

VETERAN'S DAY
PARADE - 2008



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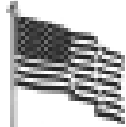
Main Office: (218) 732-MOVE (6683)
Direct: (218) 348-7343

Email: jll15@yahoo.com

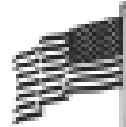
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WEST DULUTH POST, UNIT, and SQUADRON #71



5814 Grand Ave.
628-2181

Sentinel

vol. 27 • no. 12



GREETINGS POST #71 FAMILY

Thanks to all of our American Legion Family members for your continued support. Please keep our active military members, veterans and their families in our thoughts and prayers.

Happy Holidays Post #71 Family!!!

We have several people that give their time to make Post #71 a great place. I would like to mention everyone but I know I'll miss somebody. So I've decided to make it a little more personal by recognizing one or two people per month.

This month I'd like to recognize our Kitchen Manager Barbara Slaviero. Barb spends many hours organizing, ordering, preparing and cooking, among other things. She is very dedicated and does an outstanding job. Thanks Barb.

WE HAVE THE FOLLOWING EVENTS PLANNED FOR DECEMBER:

11th.....House Committee and Executive Board meetings

13th.....The Children's Holiday Party

18th.....General meetings-American Legion, American Legion Auxiliary and Sons of the American Legion

20th.....Adult's Holiday Party

26th & 27th..Live Entertainment

31st.....New Years Party

Sorry, No Omelet Breakfast this month

These events are planned for the entertainment of the Post #71 members and their guests. Please show up and support your post. Everyone have a safe and happy holiday.

Brian McFarland - Commander



UNIT #71 AUXILIARY GREETINGS,

It's hard to believe we've arrived at the last month of 2008. As we look forward to holiday parties and family gatherings, please consider stopping by the Post during the holiday season before or after your other festive events. We'd love to have you join us for our annual Christmas dinner on December 20 or our New Year's Eve Party on December 31. Tickets for these two popular events go on sale at the Post on Saturday, December 6 from noon to 3:00 p.m. **THE CHILDREN'S CHRISTMAS PARTY (for children 12 and under) will be on December 13 from noon to 2:00 p.m. This party is for children and grandchildren OF MEMBERS ONLY.** Post/Auxiliary/SAL members need to sign up their young family members by December 6. Pre-registration helps us with food ordering and gift preparation.

Looking back, I'd like to thank everyone who played a part in making our November Auxiliary Birthday Dinner such a special evening. The food and service under the direction of Barb Slaveiro was great as usual. Our own choir gave another one of their "star" performances. It was fun to recognize our past post commanders and unit presidents and greet our most recent Boy and Girl Staters. I was honored to present a life membership to one of my Auxiliary sisters. Last, but not least, we were very pleased to have our Department Auxiliary President Carol Barbknecht and Eighth District President Donna Gillmor as our special guests.

In closing, I'd like to extend to the entire Legion family, my best wishes for a most joyous and fun-filled holiday season. In this uncertain time of world conflict and economic turmoil, we need to pause and count our many blessings as free Americans.

Mary Hendrickson
Auxiliary Unit President

Post News

Post #71 members are proud to host the Combined Duluth Honor Guard. We provide a place for them to store their weapons and ammunition. We hosed the garage for the Ford Van used for transportation. We provide a comfortable place for them to have coffee while they muster for the days activities. Some days two Honor Guard teams join at the Post when two funerals fall on the same day. We see these volunteer uniformed members arrived at the Post during the week, and on weekends, to ready themselves for their service to our veterans. Who are these dedicated men and women who provide the military honors for funerals, parades and special events? Honor Guard Membership includes active members of the American Legion, Veterans of Foreign Wars and Sons of the American Legion organizations who volunteer their time, effort and funds because they think it is important.

Active membership totals about 50. To be active one has to participate in at least one event monthly.

As other organizations go these days their membership is waning also due to the same reasons the parent organizations are losing membership. Veterans are passing away and the newer veterans are not joining in to provide our comrade/veteran brothers and sisters help in time of need. They have other priorities in their lives.

You might see our Honor Guard members wearing newer uniforms these days. Some of the Honor Guard members elect to wear their service dress uniforms. You may see a Navy or Army uniform along with the unique Honor Guard Uniforms. Some of the motivation for that is the US Government reimburses the Honor Guard additional funds when a member is in a service dress uniform.

Don't they all look proud? They should for the service they provide rain or shine for our departed comrades.

Keith Bischoff - Editor

POST #71 Leadership 2008-2009

Brian J. McFarland	Commander
Kirk Glass	1VC
Wilson W. Spence III	2VC
Brenda J. Haase	Chaplain
Raymond L. Galazen	Executive Committee
Alvin S. Berg	Executive Committee
Robert G. Dunnweber	Executive Committee
Jerome H. Svee	House Chairman
Carl D. Hendrickson	Finance Officer
Gerald W. Privette	Sgt at Arms
Merwin G. Moder	Adjutant

Auxiliary Unit #71 Leadership

Mary Hendrickson	President
Diane R. Martinek	1VP
Suzanne J. Baker	2VP
Tamara K. Opland	Secretary
Bonita J. McMillan	Treasurer
Barbara K. Slaviero	Sgt at Arms
Jean Moder	Executive Board
Beverly Strongitharm	Executive Board

Sons of American Legion ¶ Squadron #71 Leadership

Michael A. Slaviero	Commander
Jeffery Baker	1VP
Lawrence Yadlowsky	Adjutant
Lawrence Yadlowsky	Finance Officer
Sgt at Arms	Dennis Lane

November Membership Information

We have received 847 membership renewals towards our 2009 goal of 1024. We have 191 2008 Post #71 members who have not paid their 2009 dues. We have 108 2008 Auxiliary Unit #71 members who have not paid their 2009 dues.

If 2009 dues are not paid by the first of the year, members may lose their membership benefits and privileges. You will be dropped from our membership role. We will miss you. We hope the 30 paid 2007 membership members who have not paid their 2008 dues will do so soon along with their 2009 dues. Keep your membership record intact.

We hope that you are encouraging newer veterans serving now to come and enjoy the comradery and membership privileges of our Post. Every member is important to our American Legion Post #71.

Our Post #71 members should now consider applying for a Paid Up for Life membership this year since the charge is based on the current 2008 dues of \$30.00 a year. After January 1st 2009, the PUFL will be based on the 2009 dues rate of \$35.00 per year. The savings would be significant.

We remind each new Post #71 member they are entitled to no cost \$1,000 accident insurance policy. However, they must complete and mail in an application to be eligible.

We had NO new or transferred members joining Post #71 in November 2008. We had one new American Legion Auxiliary Unit #71 member joining during November 2008: LaVon K. Martineau.

NO new Sons of the American Legion (SAL) members joined in November. SAL membership is open to sons of veterans. This is an opportunity to participate in the benefits of American Legion membership and support the activities of this fine veteran's support organization. Sal members may also participate in the Combined Duluth Honor Guard as a service to our veterans and the community.

When was the last time you visited your Post? Do it now and share in the benefits.

Have you asked a veteran if they belong to a veteran's organization? Why not try the American Legion? Always carry a membership application. They are available at the Post bar.

"Remember it isn't the price you pay to be a member, it's the price you paid to become eligible."

Mary Krieger
Membership Secetary

Vet's Visits on TV Inc Part of the National Veterans TV Network, Channel 20. Made possible by Olmstead County Veterans Service Office, Rochester, MN. Airing throughout Minnesota for Duluth and surrounding area. Tune in on Thursdays, 8:30 AM, 2nd Thursday 6:30 PM. Donations to Vets Visits on TV are tax deductible. Vets serving Vets, for God and country. If we don't do it, who will?

American Legion Post #71 FACILITIES

Our Post home is available for parties, weddings, anniversaries, luncheons and showers. We provide it as an ongoing community service to our members and guests.

Contact our Bar Manager, Susan Johnson or House Committee Chair, Jerome Svee at 218-628-1495

American Legion Post #71

MONDAY through FRIDAY noon to 6pm

- WANTED VOLUNTEERS - SUNDAY - BINGO ATTENDANTS
please see... Michelle Olson or Susan Johnson



May they rest in Peace
November 2008
Bill E. Jeffery
Olga A. Madill
Gerald E. Tafs
David W. Botsford

Chaplain's Report

During November we sent sympathy cards to the families of Post #71 members: Bill E. Jeffery, Gerald E. Tafs, David W. Botsford. Please notify the Post when our comrades are ill or have special needs.

Brenda Haase - Post Chaplain

Teddy Bear Collection Time

West Duluth American Legion Auxiliary Unit #71 is collecting teddy bears for at St Mary's Medical Center Helicopter Life Flight. We have collected about 25 bears for the children that fly in the helicopter. They are given the bear for security. Their parents are not allowed on the helicopter due to weight limitations. Please help and donate a bear or two. A Teddy Bear donation box is at Post #71 entrance.

Thanks
Rosemary Stratioti - Chairperson

American Legion Post #71

MONDAY NIGHT MEALS

Serving 4:30pm to 5:00pm
Reservations taken at 3:00pm

628-2181

\$7.00 including tax

DRUM AND BUGLE CORPS

We wish to encourage new members to join our group. The D&B Corps practices are held Wednesdays evenings starting at 7:00 PM. Anyone interested in joining the unit can call Brenda at 628-7292 or leave your name and phone number at the Post. You need not be a member of any veteran's organization to participate. All are welcome to join us. You will be contacted.

Brenda Haase - DBC Sec/Treasurer

NORTHWIND DRUM AND BUGLE CORPS - TOURS -

GRAND CASINO HINKLEY;
Saturday, December 6, 2008
COST; \$25.00 per person
PACKAGE; Receive the \$25.00 back at the Casino in Grand Play
DEPART TIME; 9:30 A.M. American Legion-5814 Grand Ave-Duluth

Fortune Bay Casino
Saturday, January 17, 2009
Cost \$25.00 per person
PACKAGE; Deluxe Motor Coach Transportation \$15.00 in Fortune Bay play \$5.00 be back & \$1.00 off deli coupon
DEPART TIME; 9:30 A.M. American Legion-5814 Grand Ave-Duluth

GRAND CASINO HINKLEY;
Saturday, February 14, 2009
COST; \$25.00 per person
PACKAGE Deluxe Motor Coach Transportation, & \$25.00 back at the Casino in Grand Play
DEPART TIME; 9:30 A.M. American Legion-5814 Grand Ave-Duluth

WATCH FOR MORE INFORMATION ON FLYING TO LAS VEGAS AND WENDOVER, NEVADA
Call Karin Swor for more info or to sign up 218-348-5843

CHILDREN'S CHRISTMAS PARTY

Post #71 will host a
Children's Christmas Party
 at the Post on
 Saturday, December 13, Noon to 2:00 PM.
Members need to sign up the children for the party by Saturday, December 6th



Prizes will be available
 and games are played

POST #71

CHRISTMAS PARTY

Saturday, December 20, 2008
 Social 5:00 PM Dinner 6:00 PM
 Dance 7:00 PM
 Pot Belly Stallions

Tickets on sale \$20 each

Sat., December 6th- Noon - 3:00 PM

NEW YEARS EVE PARTY

Wednesday December 31, 2008
 Social 5:00 PM Dinner 6:00 PM
 Dance 8:00 PM to 1:00 AM
 Mustangs

Tickets on sale \$25 each

Sat., December 6th Noon to 3:00 PM

VETERANS & COMMUNITY DONATIONS FOR

November 2008
 Duluth Army National Guard families
 Boys and Girls Clubs
 Camp Connection Youth
 Salvation Army Youth Programs.

American Legion Post #71 Chorus Notes

MONDAY EVENING

practices at the Post #71

7:00 PM

On Veterans Day we were privileged to participate in a patriotic program at Lakeshore Nursing Home. Mr. Jim Burud is recouping there after his surgery. He was able to sing with us. Get well wishes to both Jim Burud and Joe Burton. You can't keep a good chorus member down. Director Judy Hane was very pleased.

We are into the holiday season once more. The next order of business will be the holiday programs. Christmas carols abound. The Chorus is so lucky to have Mary Schultz as an accompanist.

We thanks Post #71 and all our members who make our group possible Keep up the good work

Carol Botten - Chorus Member

DAVID WISTED ZENITH CITY POST 28

Ramblings from a Navy Guy

As I write this, tomorrow is Veteran's Day. Today is the Marine Corps Birthday. I e-mailed my son, Tom, in Iraq wishing him a Happy Birthday. I asked him if he was eating steak.

Last Sunday (November 9th) my church recognized veterans. We have alot of veterans in our church. Veterans served the congregation Communion. A retired Minister and Marine officiated. During the sermon, he mentioned the Navy several times. Afterword I teased him by saying there are no Marines that can tell a story without mentioning the Navy!

I often think about veterans and how, no matter where we served, who we served with, or what our personal experience, we took time out of our lives while others continued their lives without interruption. I also think about those veterans whose lives ended in far away places. They did not live to go to college, marry, have children, grandchildren or get gray hair. Their parents had to bury them, not the natural order of things. I do not reflect morbidly about these things, but with gratitude and an understanding of how blessed I am to have lived to experience this life.

The word HERO has been used alot in recent years and I personally feel the word has been watered down.

Today service men and women live through injuries that would have killed them 25 years ago. Veterans lose limbs, have horrific head injuries and suffer with mental difficulties. Veterans service organizations are needed to help keep these veterans in the main stream. I am grateful to all veterans service organizations and the vets who are active in these organizations.

Recently I was reflecting about being overseas one Christmas Eve. It must have been 1968. We were in The Gulf of Tonkin. We were sitting around, thinking about home, girlfriends, snow, fun. Stories were pouring forth. Those who smoked, smoked. Those who drank coffee (who didn't) drank coffee. The hatch opened and the cook and his helper came in with two trays of hot, fresh donuts, with chocolate frosting!!! There is a Santa Clause! Later that night, one of the officers came in and set a bottle of Ten High on the counter. All he said was "I wasn't here tonight and I never saw that bottle before in my life." We shared the bottle and the stories really poured forth. I expect that my experience that night would be like a piece of heaven to many other service men and woman who did not come close to hot donuts or a pull of whiskey. Or, a bed, lights, dry clothes, etc. Only veterans will understand how special hot donuts and a drink of whiskey could be considered a fond memory of mine.

I hope that our service men and women serving all over the world will be able to reflect fondly about their Christmas in 2008, some day. It may seem wanting now, but may be a great story for their kids.

It seems we have a new Commander in Chief.

Well, enough of my babbling. May God bless our service men and women and may God Bless America.

John Witzke - Adjutant - American Legion Post 28



84th Annual Duluth Hall of Fame

You are invited to participate in the 84th Annual Duluth Hall of Fame recognition dinner and awards ceremony, honoring Duluth's Volunteer of the Year. The David Wisted - Zenith City American Legion Post 28, will be hosting the dinner on Thursday, the 14th of May, 2009 at the Radisson Hotel, in the

Great Hall. As a veteran organization, the David Wisted Post has honorably served the city of Duluth since 1919; and has the distinction of being the founding organization of the first Hall of Fame in the nation. This year we are asking for your support to recognize another one of Duluth's first citizens.

We request that your organization consider supporting this non-profit event via one of several forms of sponsorship. All proceeds will be used to benefit and improve the Hall of Fame Gallery in the lower level of City Hall, help sustain the annual dinner, and honor the annual recipient and nominees. Underwriting the costs of the event; such as subsidizing expenses (the hall, the caterer, or publicity), donating an item for the Silent Auction, and cash donations all count as sponsorships; or make a \$100.00 donation to sponsor the tickets for a nominee and guests.

The levels of sponsorship are as follows:

- Enger Tower Level - (over \$1,000.00) same as Lift Bridge Level plus inclusion in all future advertising and 4 tickets to the Dinner.
- Skyline Level - (\$500.00 to \$999.00) same as Lift Bridge Level plus inclusion in all future advertising and 2 tickets to the Dinner
- Lift Bridge Level - (\$250.00 to \$499.00) acknowledgement at the Dinner and in all future publicity
- Lake Superior Level - (\$100.00 to \$249.00) acknowledgement at the Dinner

With your help, this will be another successful event for the citizens of Duluth, as was last years.

Does your business or association recognize annually an outstanding volunteer? Then you should submit a nomination to the Duluth Hall of Fame Committee so that those good works can be recognized and honored by the citizens of Duluth.

All sponsorship contributions to the American Legion are tax-deductible donations to a 501(c-19) organization. Sponsorships and contributions should be made out to: American Legion Post 28. Please write or call the Duluth Hall of Fame Committee at 624-4362, or Email: deac805@cpinternet.com, or mail to: Post 28, P.O. Box 161353, Duluth, MN, 55816-1353 to indicate your interest in supporting this event or for more details about in-kind donations and expense items. For tax purposes, we will be happy to forward a W-9 form upon request.

Sincerely,

Tyler Witzke, Commander - American Legion Post 28

P.S.: Don't miss this year's event and be a part of the Silent Auction. Join us in honoring Duluth's first citizen of 2008.

Tired of hearing about the "Bailout" or "Rescue Package?" *Putting your opinion aside on that topic, sometimes legislative and executive offices do get things right*

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



This month's article mainly comes right out of the law or another published handbook I use often to help veterans...the "VFW Guide for Post Service Officers." I use the VFW Guide as a quick reference to help me locate the actual location of the wording of the law in Title 38 CFR. So at the very least you'll know that "these really aren't my words and I'm not just making this stuff up!"

Did you know if you served in the military in certain locations or time periods that a service connection disability may be granted due to exposure of certain elements or chemicals even though the conditions were not manifested or diagnosed during active service? These are called presumptive conditions, some must be diagnosed within one year of your release from active duty and some have no time limit. Just keep in mind that two things must be provided to the VA Regional Office in order to claim the illnesses or diseases; 1) a diagnoses from a medical doctor of the condition and 2) proof that you were in the location during the time periods. Most separation documents do state that you were in the location but not all do. If your discharge document doesn't show the dates do not let that discourage you from filing for service-connected disability anyway.

The first group of veterans I'd like to address is the Prisoner of War veterans. Studies have shown that the physical hardships and psychological stress endured by POWs have life-long effects on health, social and vocational adjustment. These studies also indicate increased vulnerability to psychological stress. The laws on former POW benefits recognize that military medical records do not cover periods of captivity. For many diseases, unless there is evidence of some other cause, VA disability compensation can be paid on the basis of a presumption that a disease present today is associated with the veteran's captivity or internment.

For POWs detained for 30 days or more, such eligibility covers any of the following illnesses that are found at a compensable level (at least 10 percent disabling): avitaminosis; beriberi; chronic dysentery; cirrhosis of the liver; helminthiasis; irritable bowel syndrome and malnutrition, including associated optic atrophy. Also covered are: pellagra and any other nutritional deficiency; peptic ulcer disease; and peripheral neuropathy, except where directly related to infectious causes. Several categories of diseases are presumptively associated with captivity without any 30-day limit: psychosis; any anxiety state; dysthymic disorders; cold injury; post-traumatic arthritis; strokes and common heart diseases.

The next group of veterans I'd like to address is the World War II veterans. Service-connection may be granted for chronic and/or tropical diseases under certain circumstances even though the conditions were not manifested or diagnosed during active service. The veteran must have served 90 days or more during an active wartime duty or service after December 31, 1946. The Chronic disease must have become manifest to a compensable degree within 1 year from release from active duty (there's over 30 diseases on the list), for Hansen's disease (leprosy) and tuberculosis, within 3 years; and or multiple sclerosis, within 7 years. The Tropical disease must have become manifest within 1 year from date of separation from service, or at a time when standard accepted treatises indicate that the incubation period commenced during such service. The resultant disorders or diseases originating because of therapy administered in connection with a tropical disease or as a preventative may also be service connected.

If you participated in a radiation-risk activity (atomic bomb) you shall be service-connected for the following diseases if they become manifest at any time after service: Leukemia, Cancer of the thyroid, breast, pharynx, esophagus, stomach, small intestine, Pancreas, bile duct, gall bladder, salivary gland, urinary tract, bone, brain, colon, lung, ovary, Multiple Myeloma, Lymphomas, and Bronchiolo-alveolar carcinoma.

Diseases Associated With Exposure to Agent Orange: A veteran who, during active military service, served in the Republic of Vietnam (in country) during the

period beginning on January 9, 1962, and ending on May 7, 1975 and is diagnosed with the diseases which VA currently presumes resulted from exposure to herbicides like Agent Orange. The law requires that some of these diseases be at least 10% disabling under VA's rating regulations within a deadline that began to run the day you left Vietnam. If there is a deadline, it is listed in parentheses after the name of the disease: Chloracne or other acneform disease consistent with chloracne. (Must occur within one year of exposure to Agent Orange), Chronic Lymphocytic Leukemia, Diabetes Mellitus, Type II, Hodgkin's disease, Multiple myeloma, Non-Hodgkin's lymphoma, Acute and subacute peripheral neuropathy. (For purposes of this section, the term acute and subacute peripheral neuropathy means temporary peripheral neuropathy that appears within weeks or months of exposure to an herbicide agent and resolves within two years of the date of onset.), Porphyria cutanea tarda. (Must occur within one year of exposure to Agent Orange), Prostate cancer, Respiratory cancers (cancer of the lung, bronchus, larynx, or trachea), Soft-tissue sarcoma (other than osteosarcoma, chondrosarcoma, Kaposi's sarcoma, or mesothelioma), Soft-tissue sarcomas include the following: Adult fibrosarcoma, Dermatofibrosarcoma protuberans, Malignant fibrous histiocytoma, Liposarcoma, Leiomyosarcoma, Epithelioid leiomyosarcoma (Malignant leiomyosarcoma), Rhabdomyosarcoma, Ectomesenchymoma, Angiosarcoma (Hemangiosarcoma & lymphangiosarcoma), Proliferating (systemic) angioendotheliomatosis, Malignant glomus tumor, Malignant hemangiopericytoma, Synovial sarcoma (Malignant synovioma), Malignant giant cell tumor of tendon sheath, Malignant schwannoma, including malignant schwannoma with rhabdomyoblastic differentiation (malignant Triton tumor), glandular and epithelioid malignant schwannomas, Malignant mesenchymoma, Malignant granular cell tumor, Alveolar soft part sarcoma, Epithelioid sarcoma, Clear cell sarcoma of tendons and aponeuroses, Extra-skeletal Ewing's sarcoma, Congenital and infantile fibrosarcoma and Malignant ganglioneuroma

If you are a Gulf War veteran with certain chronic disabilities; service connection may be granted for a qualifying chronic disability that became manifest during service on active duty. There are illnesses that are labeled undiagnosed illness or, a medically unexplained chronic multisymptom illness (such as chronic fatigue syndrome, fibromyalgia, and irritable bowel syndrome) that is defined by a cluster of signs or symptoms. These also may fall under service-connected disabilities. Signs or symptoms that may be a manifestation of an undiagnosed illness or a chronic multisymptom illness include the following: fatigue, unexplained rashes or other dermatological signs or symptoms, headache, muscle pain, joint pain, neurological signs and symptoms, neuropsychological signs or symptoms, signs of symptoms involving the upper or lower respiratory system, sleep disturbances, gastrointestinal signs or symptoms, cardiovascular signs or symptoms, abnormal weight loss and menstrual disorders.

The Term "Gulf War veteran" means a veteran who served on active military in the Southwest Asia Theater of operations during the Gulf War. The Gulf War extends from August 2, 1990 through a date yet to be determined by law or Presidential proclamation.

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

WE ARE HERE TO HELP YOU!

Mark your
calendars
for the



December

QUARTERLY DINNER

*We will have an evening out with
our members and their guests at*

The Pickwick

Wednesday, December 10th

to celebrate Christmas and the holiday season

Social 6:15 Dinner 7:00



Pay as you go - Order from the menu.

Please RSVP to John Seely if you can attend
and the name/s of your guest/s

715-378-2525

or e-mail: jcseelychar@centurytel.net

Extracted from the Air Force Association Daily Report

Air Force prepares for the Presidential Inauguration

In September, more than 85 airmen from 30 different Air Force bases came together to form the 320th Air Expeditionary Wing in Washington, D.C., to provide ceremonial support to the inauguration of the next President on Jan. 20, 2009. Maj. Gen. Ralph Jodice II, commander of the Air Force District of Washington, leads the unit, which, by the time of the inauguration, will have about 200 airmen on the ground supporting the festive events as part of the joint-service Armed Forces Inaugural Committee. The AFIC was established in the 1950s to coordinate all military ceremonial participation in presidential inaugurations, including musical units, marching bands, color guards, salute batteries, and honor cordons. "The armed forces participation in the presidential inauguration is a centuries-old tradition," said Jodice. "We use it to celebrate our democracy, honor our new commander-in-chief, and recognize civilian control of the military." Additional airmen supporting the inauguration will be Air Force Honor Guard and Air Force Band members, military assistants, drivers, and contingency support members.

The Bong Flyer



Editorial

By Robert S. Dudley, Editor in Chief

Hard Times

THE world may be heading for its worst recession in a quarter of a century—if it's lucky," read an Oct. 13 Bloomberg dispatch.

In that article, experts expressed a belief the new slump would rival the big one that hit the US in 1982. There was hope, stated a former Treasury official, "that it won't become the worst ... since the Great Depression."

If history is a guide, this means trouble for the military. The features of a big recession—slack revenues, heavy social needs—always put pressure on defense.

Already, Rep. John Murtha (D-Pa.), a powerful House defense appropriator, has declared, "The next President is going to be forced to decrease defense spending in order to respond to neglected domestic priorities."

The US military will suffer a setback if that dubious proposition gains too much momentum.

The underlying notion here is that the US military has been burning tax dollars at an unaffordable rate. One popular view of the situation imagines that shooting wars—especially the war in Iraq—has imposed crushing costs on the taxpayer. Another is that the expense of simply maintaining today's 1.4-million-strong US force has gotten wildly out of hand.

Those visions are flawed, as we hope Mr. Murtha and others realize before they get too far along with their prospective cut drills. We would remind them of a simple but frequently ignored truth: Pentagon spending didn't cause today's economic crisis, and drastic cuts will not end it, either.

In this matter, we direct everyone's attention to a July 24 Congressional Research Service report giving a historical view of the costs of the nation's 12 major wars, expressed (as best as can be done) in terms of constant 2008 dollars.

A review of the relevant data, reprinted on this page, is instructive. Some things are well-known. For instance, the table affirms the widely understood fact that World War II was a vast national crusade, consuming in its peak year nearly 36 percent of America's Gross Domestic Product. We see that the cost of the Civil War

dwarfed all other 19th century American wars, as expected.

However, it contains surprises, too. Yes, the Iraq War has cost plenty: \$648 billion to date. The shocking fact is that, even in its peak year—2008—the war consumed just one percent of the nation's GDP, an inordinately small share. That is because the US economy is enormous.

So let's be honest about it; the Iraq War has not bankrupted America or

ment nuclear weapons programs, and the works—claimed 4.2 percent of the economy.

As can be seen, that burden is smaller—in most cases, much smaller—than that which was borne by Americans in the peak years of all of the wars of the 20th century. Yet in each case, the American economy came through intact.

When one analyzes other data, the story is much the same: Defense spending isn't the overwhelming economic factor many think it is.

Take, for example, the composition of the federal budget, which once was, but no longer is, dominated by defense spending. In 2008, military functions accounted for only 20 percent of federal outlays, according to the Office of Management and Budget.

The real money-burners are the three big federal entitlement programs—Social Security, Medicare, and Medicaid. Together, they generated fully 52 percent of this year's outlays. They consume some 11 percent of US GDP, and are still growing.

None of this should be taken as an argument for profligate military spending. To the contrary, it should be evident to all that, right now, caution is more vital than ever. We are headed for hard times. We should not spend on defense one dime more than is necessary.

This, however, is a critical moment for America's military. The services, weakened by an ill-advised "procurement holiday" in the 1990s and worn down by seven years of post-9/11 warfare, will require steady funding to replace worn-out gear, fund advanced weapon systems, and attract and retain high-caliber troops.

The Army and Marine Corps are in the midst of major force buildups. The Air Force budget already is \$20 billion short of its annual requirement. The Navy is in similar straits.

With two wars under way and other crises on the horizon, the nation cannot afford an orgy of defense cutting, even if it would make a difference in the health of the economy. The fact that it would do nothing of the sort makes the idea all the more foolhardy.

Pentagon spending didn't cause the economic crisis, and drastic cuts will not end it, either.

Conflict	War Cost Billions of 2008 \$	War Cost % GDP (High Yr)	Mil Cost % GDP (High Yr)
Revolution	\$1.8	—	—
War of 1812	\$1.2	2.2	2.7
Mexican War	\$1.8	1.4	1.9
Civil War-US	\$45.2	11.3	11.7
Span-Am War	\$6.8	1.1	1.5
World War I	\$253.0	13.6	14.1
World War II	\$4,114.0	35.8	37.5
Korean War	\$320.0	4.2	13.2
Vietnam War	\$686.0	2.3	9.5
Gulf War	\$96.0	0.3	4.6
Afghan War	\$171.0	0.3	4.0
Iraq War	\$648.0	1.0	4.2

pushed its economy into a recession. The war, whatever else one may think of it, has been affordable. Indeed, its cost doesn't even rise to the standard of the Spanish-American War (1.1 percent of GDP), much less that of Korea or Vietnam—wars of similar scope and duration.

What about the "burden" of overall defense expenditures? Hasn't that risen to unprecedented levels?

Raw numbers, unquestionably, are great—a total of about \$607 billion this year for all US defense functions.

However, that is only part of the story. The table makes a more important point: In the Iraq War's peak year of 2008, total national defense spending—war costs, Energy Depart-

MINNESOTA STATE PRESIDENTS MESSAGE

By Glenn Shull

During Oct 13-16, I was one of four from our 5 state region who attended the Regional/State Presidents meeting in Arlington, VA. There were 45 from 40 states at the meeting. Below are some of the highlights.

1. AFA is highly respected by Congress, and our leaders have asked us to focus on membership growth this coming year.

2. The Air Force is losing 300 aircraft during the coming year, most are fighters to include F-16s, F-15s and some A-10s. On the other side: 125 new aircraft will be added to the inventory.

3. Next year's convention (14-16 Sept) will be at the new Gaylord Hotel. The reason for this is the current Location, Marriott Wardman Park, told AFA 5 yrs ago that they were converting the hotel into condos so AFA had to find another location. AFA immediately signed a 10 year contract with the Gaylord Hotel group for future conventions. Next years hotel cost will be \$280 per night

4. AFA has three young people headed by Doug Birkey that work with congressional staffers. Many of the congressional staffers have no knowledge of the Air Force. Two of our AFA staff

liaison people recently transferred from the White House. The AFA Staff job is to educate, advocate and support the Air Force. AFA staffers are not PAC or lobbyists.

5. Some of us in the field wonder why there is not much publicity in the Air Force Magazine from the Chapters. The editor encourages photos and articles from the chapters and will post them when they meet news rules. The editors currently post all news from the field when it meets news rules.

6. AFA is still raising funds for the AF Memorial. Reason: operations support. AFA owns the memorial, not DOD. According to AF Memorial Director Pete Lindquist, the memorial is very busy with tours, Honor Flight tours, retirements, special events, ROTC commissioning, change of commands and other events. During June, July and August, an Air Force Band plays under the spires two times per week at 8PM. There are no charges for events however donations are accepted.

7. It was noted that the enlisted Air Force is the most educated enlisted force on the planet.

8. A State must have at least two active AFA Chapters to justify a State President.

9. AFA believes in integrity first, service before self, excellence in what we do.

10. At the National Convention in Sept. Minnesota had 5 delegates present. Nationally, there were 234 present out of the 460 allowed.

11. Membership-Find interests of young people, get them involved and give them a voice before talking about membership, find out what motivates them. Solicit then for their ideas on projects, put them to work, give them an opportunity to contribute. It is important to have a 1.5% gain in membership each month.

12. Regarding the economic situation, AFA HQ is financially sound, investment will take a strong bath however, symposiums and donation will keep AFA healthy.

13. Jim Lauducci is now the Vice Chairman of the Board for Field Operations replacing Joe Sutter, who is now the Chairman of the Board. Sandy Schlitt is now Vice Chairman of the Board for Aerospace Education. These folks are available for chapter programs along with HQ AFA staffers.

Personal Note: We are blessed to have such talented and experienced leaders that give their time without pay to AFA. Their relentless efforts are directed toward the success of the chapters in the field.

Aerospace Education Visions Program Set for 18 Schools

Good news! It gives me great pleasure to inform you that we have achieved our operating budget for the 2008/2009 school year. On behalf of the many teachers and students that receive the Visions program, a great big THANK YOU goes out to the 26 individuals who so generously donated their hard earned money. Though the current economic times are difficult, it is encouraging to see the many people who have made "our kids" a priority in their financial lives. Because of their generosity, the Visions program will reach 18 area schools, and 45 classrooms of students within those schools. The following is a list of the area schools currently enrolled in the program:

Bryant Elementary-Superior; Cathedral School-Superior; Hermantown Middle School; Iron River

Elementary; Lakeview Christian Academy; Merit Creek Academy; Morgan Park Middle School; North Shore Community School; Northwestern Middle School-Poplar; Ojibway School-Cloquet; Piedmont Elementary; Solon Springs Middle School; South Shore Elementary-Port Wing; St. John's Elementary; St. Michael's Catholic School; Washburn Edison; Willow River Elementary; Wrenshall Elementary.

Tom Wilk and I will once again be visiting each of these classrooms, on your behalf, to put on our "History of Flight" program. These classroom visits allow us, not only to meet all of the students, but to select our "Student of the Year", and "Teacher of the Year" for recognition and awards at our May Education Banquet.

This program ensures that each student is exposed to our wonderful aviation heritage, something that is no longer covered in our History books. Your financial investment in this work that our Chapter is doing is making a big difference in the lives of each of these students! I wish all of you could visit the schools with us, and meet these great kids.

Thanks again

Leo Wittenberg
VP Aerospace Education,
Richard I Bong Chapter

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VETERANS OF FOREIGN WARSPOST 137

John Marshall, Commander V.F.W. 137

I would like to start off by wishing every one of our post members, veterans, and community a very Merry Christmas and a Happy New Year. It has been a very long and interesting year for me personally and I am enthusiastically optimistic about the upcoming New Year.

In my short tenure as the post commander I have been observing the different problems that we have been confronted with for a long period of time. I am not going to get into the specifics but know in confidence that these problems are being addressed. One of the biggest problems that I will share is the lack of membership participation. I do not care what has happened in the past, my only concern is the future of our organization. This may sound rhetorical but positive change is here and I will not blame our past commanders or anyone else because we just have not had members participating. I will tell you that while I am the commander our organization will be all inclusive and I will not tolerate petty arguments or personality issues and will mediate any differences that we come up against with total neutrality. Remember, we must all work together for the betterment and, more importantly, the survival of our organization. Please get involved!

It was decided at the last meeting that Post 137 WILL CONTINUE their Thursday night and Friday night dinners. The dinners will have to be increased in price by 1.00 dollar though because of the price in

product, utilities and so forth. This slight increase in price will still keep us much cheaper in price than our local restaurants and I would ask that people start patronizing these dinners because the monies do go support the post, its activities, and veterans issues. My hope is that we will be able to do much more in the future for our men and women serving but this is our starting point. On 6 December 2008 we will have a Christmas party from 1100 a.m. to 1:00 p.m. for our post children and grand children. We will provide food, entertainment and gifts to children 12 and under. All are welcome so please come and join us in this fun event.

In closing, I would ask that all our members keep faith that this downward spiral has ended and together we will overcome any obstacle presented to us. I would also ask for your patience during this transitional stage. I would ask for all of those who have felt slighted in the past or feel that their voice was not heard to please start attending the meetings. We need you, I need you. If anyone has any concerns or comments about our post or post issues, please contact me @ 218-348-2929 or jcmars1@gmail.com.

May God bless you, our country, and those fighting and dying to defend our Constitution and any future harm?

Dear Auxiliary Sisters:

Before I get into all that this Auxiliary is offering I'm going to say thank you to all our loved ones who sacrificed so much so that we may enjoy so many freedoms! Thank you gentlemen and ladies for all you have done and are doing to protect the freedoms my family and the rest of our nation enjoy!

The big event for this month is the Children's Christmas Party, the Auxiliary is asking for cash donations to help support of this event. Any donation would be deeply appreciated, as well as cash we are looking for volunteers to help make this the wonderful event it has been in the past. This event is one of the most joyful projects hosted by the Auxiliary, to volunteer or participating it is the funnest event to be a part of. We will host this party on December 6th at 11am to 2pm at the VFW, hotdog luncheon (consisting of a hotdog and buns, chips, cookie and punch) will be provided for those children registered and volunteers – a hotdog lunch will be offered for \$1.50 to all others attending the Christmas party.

Decembers meeting is scheduled for the 10th of December at 7 pm in conjunction with the Post meeting, following will be a potluck luncheon. A \$2.00 donation per person attending that will be gifted to the local chapter of the Salvation Army.

Angie Gibbons - VFW
#137 Auxiliary President

Here it is December already. Even though Santa brings toys, you still have to pay your own VFW dues for 2009. Please don't wait to pay them. Sit down right now and write you check for \$30.00 and send it to VFW Headquarters in the return envelope. Thanks for doing that. Have a Very Merry Christmas and Happy New Year!

2024 West Superior Street • CLUB HOURS: Mon. though Sat. - 3p.m. • Sun. - Noon

third Thursday of every month DANCE AND INSTRUCTION

with Keith Mierneke 7pm to close

every Friday night starting at 8:00 Uncle Rico's Karaoke

Mid-Rats Menu for Friday nights at VFW 137 during Karaoke
Pizzas, Chicken Strips, Hamburger, Hot Dog, French Fries, Onion Rings, Mozzarella Sticks, Breaded Mushrooms, Mini Tacos, & Jalapenos Poppers

\$7 STEAK & EGG BREAKFAST

Sunday, 10a.m to 2p.m.

FREEDOM - 2008





VA Expands Protections for Veterans with Missing Paperwork Peake: Benefit of Doubt for Vets, Accountability for VA Staff

WASHINGTON - The Department of Veterans Affairs (VA) today announced special procedures for processing claims from veterans, family members, and survivors whose applications for financial benefits from VA may have been mishandled by VA personnel.

These special procedures come after an audit by VA's Inspector General found documents waiting to be shredded at some of VA's regional offices that, if disposed of, could have affected the financial benefits awarded to veterans and survivors.

"I am deeply concerned that improper actions by a few VA employees could have caused any veterans to receive less than their full entitlement to benefits earned by their service to our nation," said Secretary of Veterans Affairs Dr. James B. Peake.

"In rectifying this unacceptable lapse, VA will be guided by two principles - full accountability for VA staff and ensuring veterans receive the benefit of the doubt if receipt of a document by VA is in question," he added.

VA worked with the six largest veterans service organizations in developing these special new procedures. The procedures will assist veterans and survivors in establishing that an application or another document was previously submitted to VA, but was not properly acted upon by VA and was not retained in the veteran's records.

The special procedures cover missing documents submitted by a veteran or other applicant for VA bene-

fits during the 18-month period between April 14, 2007 and October 14, 2008.

VA will process any missing applications or evidence resubmitted under these special procedures as if the document had been originally submitted on the date identified by the claimant.

Veterans and other applicants have one year, or until November 17, 2009, to file previously submitted documents under these special procedures.

Veterans not covered by these special rules who believe relevant material is missing from their files can submit additional documentation at any time. An award of benefits earlier than April 14, 2007, may be established if there is credible corroborating evidence supporting an earlier date of document submission.

When this problem of mishandled documents was uncovered on October 14, 2008, VA immediately ceased all shredding activities while it established tighter controls over all claims documents and conducted special training for all employees who process veterans' applications.

All regional office shredding equipment and operations are now under the strict control of the facility records management officer. Every employee has been given a separate receptacle for papers appropriate for shredding. These receptacles are subject to review by supervisors and other officials.

Before any claims document can be shredded now, it must now be reviewed by two people and the facili-

ty records management officer

VA's Inspector General is continuing to investigate a small number of cases where inappropriate shredding may be traceable to a specific employee. Legal and disciplinary action will be initiated to hold accountable any employee who has acted improperly.

Veterans and others who are concerned about missing documents and want more information on the special processing procedures may call 1-800-827-1000 for assistance or go to our website at www.vba.va.gov/VBA/specialprocedures_qa.asp.

They may also send an e-mail inquiry through IRIS@va.gov or visit their local VA regional office.

VA representatives will review VA's record systems to verify receipt of applications and supporting evidence and will assist anyone desiring to file a claim under the special processing procedures for missing documents.

Enhanced VA Mortgage Options Now Available for Veterans Of Potential Benefit to Those in Financial Distress

WASHINGTON (Oct.24) -- Veterans with conventional home loans now have new options for refinancing to a Department of Veterans Affairs (VA) guaranteed home loan. These new options are available as a result of the Veterans' Benefits Improvement Act of 2008, which the President signed into law on October 10, 2008.

"These changes will allow VA to assist a substantial number of veterans with subprime mortgages refinance into a safer, more affordable, VA guaranteed loan," said Secretary of Veterans Affairs Dr. James B. Peake. "Veterans in financial distress due to high rate subprime mortgages are potentially the greatest beneficiaries."

VA has never guaranteed subprime loans. However, as a result of the new law VA can now help many more veterans who currently have subprime loans.

The new law makes changes to VA's home loan refinancing program. Veterans who wish to refinance their subprime or conventional mortgage may now do so for up to 100 percent of the value of the property. These types of loans were previously limited to 90 percent of the value.

Additionally, Congress raised VA's maximum loan amount for these types of refinancing loans. Previously, these refinancing loans were capped at \$144,000. With the new legislation, such loans may be made up to \$729,750 depending on where the property is located.

Increasing the loan-to-value ratio and raising the maximum loan amount will allow more qualified veterans to refinance through VA, allowing for savings on interest costs or even potentially avoiding foreclosure.

Originally set to expire at the end of this month, VA's authority to guaranty Adjustable Rate Mortgages (ARMs) and Hybrid ARMs was also extended under this new law through September 30, 2012. Unlike conventional ARMs and hybrid ARMs, VA limits interest rate increases on these loans from year to year, as well as over the life of the loans.

Since 1944, when home loan guaranties were offered with the original GI Bill, VA has guaranteed more than 18 million home loans worth over \$911 billion. This year, about 180,000 veterans, active duty servicemembers, and survivors received loans valued at about \$36 billion.

For more information, or to obtain help from a VA Loan Specialist, veterans may call VA at 1-877-827-3702 or visit www.homeloans.va.gov.

The Veterans, Staff and Board of Directors of Minnesota Assistance Council for Veterans

invite you / your organization to our



Annual Holiday OPEN HOUSE

Friday, December 5th, 2008
12 p.m. — 4 p.m.

Building 47
Minneapolis VA Medical Center Campus
One Veterans Drive, Minneapolis MN
55417

We thank you for your
continuing support & wish you
the very best for 2009



It's a Secret!
Please don't tell anyone about this event.

1943 USO Campaign

Date: December 5th
Time: 12:00 p.m.

Location: Hennepin County Historical Society
Address: 1000 Hennepin Avenue, Minneapolis
Host: Jacki Blomquist, Executive

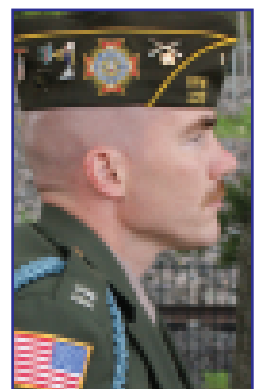
With the 65th anniversary of the USO and our American Bicentennial, we mark the 50th anniversary of the USO's efforts during World War II. The USO provided food, clothing, and shelter for our troops and their families. The USO also provided entertainment and recreation for our troops and their families. The USO was a vital part of our military's support system during World War II.

More information: www.uso.org or call 1-800-827-1000





DULUTH COMBINED HONOR GUARD



Greetings from the Honor Guard

As of November 14, 2008, your honor guard has attended 192 funerals, 18 flag postings, 5 parades, and numerous speaking engagements by the commander. The last couple of weeks have been relatively slow. This is a very good thing because it means that we are not laying our local heroes to their final rest. Soon we will be traveling to Solon Springs to lay another veteran to rest. The reason for that is that Benna Ford in Superior, WI. donated a van to our organization and this allows us to make sure that no veteran is ever denied military rites. We have traveled great distances to honor our Minnesota-Wisconsin veterans and were even requested to go to the state of Ohio. The reason I share this with you is that I want everyone to know what the caliber of people we have in the honor guard. It has absolutely nothing to do with me, it is the dedication, commitment, and willingness of our men and women that make this organization work. My role as the commander is much easier because without these volunteers we would not have the great organization in which I am entrusted to lead. Thanks to all the active membership that make our honor guard the finest in this state.

I would like to ask all in the veteran's community to keep Mike Calallio (honorary member), Joe Venier, Arnie Bredow, Red Grover, Bob Huston, Jim Benvie, Russ Rollins, and all our senior members who are the foundation of the Duluth Honor Guard to please keep them in your thoughts and prayers as they are all experiencing health issues at this time and we need to remember them not only for what they have done for the honor guard but our country. Thank you men you are always in my thoughts and prayers and I am sure that you are thoughts of many throughout the veteran's community.

I have decided that I would recapitulate on the 21 gun salute and the 3 round volley as there is still much confusion between these two military honors. This is not just for civilians but many in our veteran's community do not understand the differences. In fact, there is quite a bit about our military history, flag etiquette, and a myriad of issues that are not understood by many. Hopefully, these articles will help inform all of us, myself included.

The 21 gun salute is the highest honor our nation can render and is actually done by artillery pieces.

The salute is given to honor the national flag, the arrival and departure of the president of the U.S., former presidents, foreign heads of state, reigning members of the royal family, and Medal of Honor recipients (NOT MEDAL OF HONOR WINNERS), nobody ever intends on winning the Medal of Honor, they receive it for acts of heroism. It is also not called the Congressional Medal of Honor, It is the Medal of Honor, Congress decides who receives the medal and that is so not just anyone receives this medal. I would also like to mention Congress has never done anything to earn the medal. However, we did have Senator Inouye from Hawaii receive this prestigious award for acts of heroism in Italy during WWII. This is another issue. Anyways, there are also a 19, 17, 15, 13, and 11 gun salutes. The vice president receives a 19 gun salute and general officers and heads of state receive anywhere from 11 to 17 gun salutes.

The origins of the 21 gun salute go way back but we are only going back to the 17th and 18th centuries when Britain's Navy was at its height. When ships would come into shore they would discharge 7 rounds. The ports would fire 3 rounds for every one shot at sea. This

would show the ports that the incoming ship was clear and came with peaceful intentions. At that time ships used sodium nitrate and it did not hold up very well at sea. It wasn't until potassium nitrate was invented that the warships did not have to get rid of there bad powder but they decided to carry on with the 21 gun salute anyways. We have adopted many traditions and superstitions from England and odd numbers were auspicious in nature where as even numbers were bad and even indicated death when fired from a warship.

The three round volleys is a respect and in my opinion still an honor that is rendered to all ranks up to colonel. This can be done from a 3, 5, or 7 man rifle squad. I prefer the seven man squad because it looks much

better. Notice all odd numbers. I have read material that states a rifle squad may consist of only 5 to 8 men. Not one more and not one less. However, in today's society people are never happy with simple traditions and want to constantly change things or enhance it even more. There comes a point when it becomes too much but that is only my opinion. When people see our 7 man rifle squad, they make the correlation of seven men firing 3 rounds as a 21 gun salute. Their multiplication is correct but their interpretation is wrong because we are only firing a 3 round volley. Again, this is in my opinion, more than just a respect it is an honor rendered to all soldiers for serving their country. It is bestowed upon all ranks from a private to a full bird colonel. Since men have waged wars against one another they have honored their war dead. However, we are only going back to the Civil War period and how the three round volleys evolved. During long drawn out battles both quarreling sides would cease fire in order to retrieve their wounded or dead. Once this was accomplished both sides would fire three rounds to resume fighting. The volley would symbolically ward off evil spirits. There was even a period of time when the three rounds were fired within the confines of a church. That must have been deafening but notice again the odd number of volleys. There are probably innumerable reasons, traditions, superstitions or whatever the case may be for our forefathers doing what they did but I do know that it these traditions perpetuated honor and assuaged their losses. All I am trying to convey is a little history and fact behind the traditions we uphold today.

Our next meeting will be on 9 December 2008 and will begin promptly at 7:00 p.m. Officers will meet at 6:30 p.m.

Sincerely, John Marshall - Commander

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"How to Work with Your Financial Network Investment Adviser Representative"

From: Neill A. Atkins • Contact: atkinsn@financialnetwork.com • 218.740.2284

One of the keys to achieving long-term objectives is planning.

You need to know what you want to achieve...and then map out a strategy that will help you achieve it.

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I PROVIDE A FULL RANGE OF SERVICES, INCLUDING WORKING WITH YOU TO:

1. Review your individual situation and personal objectives. Why is this important? For one thing, your situation and needs are different from those of your neighbors. What's right for them may not be appropriate for you. Plus, the more I know about you, the more precise and on-target my recommendations will be. That's why it is important for me to get a clear understanding of who you are and what you want to achieve.

As a result, I will ask questions about – and I may even appear to be a bit nosy about -- your hopes, dreams and objectives, the things that really matter to you. By the way, all information will remain strictly confidential.

2. Analyze & review your needs. I will work with you to identify and prioritize your objectives, then help you establish benchmark goals. This is important because we live in a world in which there are unlimited choices, but only limited resources. For instance, you may want to retire in comfort, make sure your children can graduate

from college debt-free, and vacation in a different European country every winter. However, your resources may say that you cannot do it all.

As your Financial Network Investment Adviser Representative, I can work with you and help you focus on what is most important to you. Then we can look at available resources and decide which goals are realistic, which need to be adjusted and scaled down, and which simply must be abandoned.

3. Develop and implement a strategy to help you achieve your goals. Based on the information you share, I'll provide specific recommendations. Some may be process suggestions (meet with your attorney to draft a revised will, set up a trust), while others may be product recommendations (adjust your insurance coverage, commit a specific amount of money to an annuity for long-term accumulation each month).

4. Coordinate your financial activities. If you wish, I can serve as your financial quarterback to help you design a personalized plan and coordinate the work of other advisers. These may include your attorney, your accountant, and your financial institution.

5. Monitor progress, providing ongoing service as your needs and situation change over time. Planning is not a one-shot deal. Strategies need to be adjusted periodically. I will work with you over the years to help keep your program on track with your changing needs.

Your role is also crucial. The key to getting maximum value from our relationship is communication and candor. You should consider doing the following:

1. Get acquainted. Understand the need for us to establish and maintain an ongoing relationship. That's why I recommend that you contact my office and arrange a meeting to discuss the full extent of available services and to review your situation.

2. Educate me. I certainly can anticipate many of your needs, but I will not assume anything. That's why it is so important for you to be candid about providing information.

3. Educate yourself. You also need to ask a lot of questions. Be nosy. Ask for details and explanations about recommendations and how certain plans may work. Remember, the only dumb question is the one you do not ask.

4. Make it a team effort. We need to work together to get the best results for you. Listen carefully to recommendations, but remember -- all final decisions are yours. Make sure you are comfortable with the outcome.

Recommendation: Find out more. Contact my office to arrange an appointment and find out how we can help you achieve your objectives.

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CALENDAR OF EVENTS - DECEMBER 2008

COMMUNITY CALENDAR OF EVENTS January 2009

January 1
New Years Day
January 2
Karaoke at V.F.W. 137-
UNCLE RICO at 8:00
January 6
Veterans Memorial Hall Committee
Meeting 5:00
V.F.W. 137 Auxiliary 6:00
January 8
V.F.W. 6320 Post Meeting 7:00
(at Post 137) Second Thursday
January 9
USS Chevalier DD-805 launched
Karaoke at V.F.W. 137 -
THE DEACON 8:00
January 13
Honor Guard Meeting 7:00 Second
Tuesday
January 14
Paducah Reunion Meeting 12:00
Second Wednesday
V.F.W. Post 137 Post Meeting 7:00
End of the Revolutionary War 1784
January 21
D.A.V. Meeting 6:30 Third Wednesday
January 16
Karaoke at V.F.W. 137-
UNCLE RICO at 8:00
January 23
Karaoke at V.F.W. 137-
THE DEACON at 8:00
January 26
N.V.V.A. Meeting 6:00 Fourth Monday
January 28
Vietnam Ceasefire Declared 1973
January 30
Karaoke at V.F.W. 137
with UNCLE RICO
or THE DEACON at 8:00
Start of the TET Offensive 1968
WEST DULUTH POST #71
Drum and Bugle Corps Practice 7:00
JANUARY 6
Finance Committee 4:15
JANUARY 8
House Committee Meeting 6:30
Executive Board Meeting 7:30
JANUARY 15
Auxiliary Board Meeting 4:30
JANUARY 30-31
Post Meeting 7:30
Auxiliary Meeting 7:30
West Duluth S.A.L. 71 Meeting 7:30
West Duluth Club Events
Post #71
Every Sunday
Bar Open 1:00 - 7:00 • Bar Bingo 2:00
Every Monday
Dinner 4:30
Every Tuesday
Bingo 6:30 Short Order Food
Every Friday
Short Order Food 5:00 - 7:00
Bingo 6:30
HAPPY HOUR
Monday through Friday
Noon to Six

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Post #71 Hamburger Steak Dinner 4:30	Post #71 Bingo 6:30 Veterans Memorial Hall Committee Meeting 5:00 Peyton's Birthday, 4 years old	Post #71 Drum and Bugle Corps Practice 7:00	D.A.V. Clothing Drive	Post #71 Short Order Food 5:00 - 7:00 Bingo 6:30 Karaoke at V.F.W. 137 with UNCLE RICO at 8:00	Post 137 Children's Christmas Party
		1	3	4	5	6
Post #71 Bar Open 1:00 - 7:00 Bar Bingo 2:00 National Pearl Harbor Remembrance Day 1941	Post #71 Oven Fried Chicken Dinner 4:30 War Declared on Japan 1941	Post #71 Bingo 6:30 Post #71 Finance Committee 4:15 Auxilliary Board 4:30 Honor Guard Officers Meeting 6:30 Honor Guard Meeting 7:00	Post #71 Drum and Bugle Corps Practice 7:00 Veterans Memorial Hall Fundraiser Dinner Honoring Korean War Veterans 5:00 V.F.W. 137 Auxiliary Meeting 6:00 V.F.W. Post 137 Post Meeting 7:00 Paducah Meeting at Mr. Ds 12:00	Post #71 House Committee 6:30pm Exucutive Board 7:30 V.F.W. 6320 Post Meeting 6:00 (at Post 137 War Declared on Germany and Italy 1941	Post #71 Short Order Food 5:00 - 7:00 Bingo 6:30 Karaoke at V.F.W. 137 with THE DEACON at 8:00 12 thru 14 OEF-OIF Project New Hope Camp	Post #71 Children's Christmas Party noon - 2:00 Members Only
7	8	9	10	11	12	13
Post #71 Bar Open 1:00 - 7:00 Bar Bingo 2:00	Post #71 Pork Chop Dinner 4:30 Bill of Rights Day 1941	Post #71 Bingo 6:30	Post #71 Drum and Bugle Corps Practice 7:00 D.A.V. Meeting 6:30	Post #71 Post, Auxilliary SAL meetings 7:30 Silver Bay Veterans Home Christmas Party	Post #71 Short Order Food 5:00 - 7:00 Bingo 6:30 Karaoke at V.F.W. 137 with UNCLE RICO at 8:00	Post #71 Adult Christmas Party Dinner 6 PM Dance 7:00 Pot Bellied Stallions Katie's Birthday 1981
14	15	16	17	18	19	20
Post #71 Bar Open 1:00 - 7:00 Bar Bingo 2:00	Post #71 No Dinner N.V.V.A. Meeting 6:00	Post #71 Bingo 6:30	Post #71 CLOSED	Post #71 CLOSED	Post #71 NO Bingo No short order food Band: Two for the Road Karaoke at V.F.W. 137 with THE DEACON at 8:00	Post #71 Karaoke: Lynn Thompson
21	22	23	24	25	26	27
Post #71 Bar Open 1:00 - 7:00 Bar Bingo 2:00	Post #71 No Dinner	Post #71 Bingo 6:30	Post #71 New Years Eve Party! The Mustangs Official End of WW II 1946			
28	29	30	31			



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