

CADENCE

*Thank
You!*

148th
Fighter Wing
Minnesota Air National Guard



- CONTRIBUTORS -

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Chapter 226
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Disabled American Veterans
Bruce Solem, Commander

West Duluth American Legion Post 71
& Auxiliary Unit 71
Sons of the American Legion
Brian McFarland, Jr, Commander

David Wisted-Zenith City
American Legion Post 28
Tyler Witzke, Commander

Minnesota Assistance
Council for Veterans, Duluth
Durbin Keeney, Regional Director

Neill Atkins

148th Fighter Group

Coast Guard Auxiliary

Combined Color Guard

Duluth Composite Squadron

Duluth Vets Center

MNGEA 148th

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County Veterans Service Officer

Veteran's Memorial Hall
Daniel Hartman,
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Dwight Nelson

Dear Readers,

As you know, there were no issues of Cadence for the months of January and February. The simple truth is, I ran out of money and I notified the contributing organizations in early December. Within the following few weeks I was flooded with phone calls and Emails from the associations and many, many members requesting that I continue the magazine. With several offers of assistance, a lot of encouragement, and suggestions from the business community; I met with the magazines staff to realign the way we do business and introduce some cost saving initiatives.

In order to continue with Cadence I will need your assistance in several ways. First, Cadence is no longer a free publication to all. Readers who receive Cadence in the mail and do not have a membership in one of the twenty-four participating organizations, there will be an annual subscription fee of \$35.00, or \$60.00 for 2 years (see subscription form in the magazine). If you are a member who receives Cadence it would be greatly appreciated if you would send in a contribution to assist your organizations, so they will not have to bear the full cost of this publication. And I want to thank those members who have all ready given donations to Cadence when you first heard of the financial difficulties I was going through. You are the people who have inspired me to resurrect the magazine. Second, we are setting up a web site to view Cadence on the internet: **www.Cadencetwinports.com**, with links to all the contributing organizations (or their national headquarters) or local Email contacts, and links to all advertisers sites. Included on the site will be additional information from articles in Cadence when there is not enough room for the complete article, additional photos, and links to related subjects. There will also be the opportunity to register in the guest book to receive Cadence via e-mail and be taken off the mailing list. You will receive Cadence at the same time it goes to the printer and much earlier than receiving it in the mail. That alone will save a lot of money in printing and postal charges. Third, the businesses that advertise in Cadence, to support the area veterans, need your patronage in return; and when you are doing business there be sure to tell them that you appreciate their patriotism. And if you own a business or know of a business that should advertise in Cadence let me know who to contact. I cannot do this without you and your support to keep Cadence going for years to come.

Thank you, Deacon

A question for the readers of Cadence:

To subscribe to receive Cadence, would you prefer to remit a check or pay on-line at cadencetwinports.com with Paypal? If you prefer Paypal, let me know at deac805@gmail.com and if there is enough interest I will sign up for it for your convenience.

A Twin Ports
ALL MILITARY FAMILY PICNIC
in 2009?

About this time of year all the Posts and Associations are starting to talk about, and start planning the summer activities. One of those activities is the annual summer picnics for the memberships of these organizations. What if, instead of several dozens of small individual gatherings in the Duluth/Superior area we were to “pool” our resources and work together and hold one all encompassing military family picnic. “A picnic for all Veteran, military, Guard, Reserves unit or organization, and their families” Think about it, and bring it up for discussion and vote at your next meetings during the month of March and appoint or elect representatives to form a coordinating committee. Contact me at: deac805@gmail.com. If I get enough of a response by the end of the month I will publish a date and place in the April Cadence for a formational meeting.

LETTERS TO THE EDITOR

Bravo Zulu to the 125th Field Artillery. February 10th was their 68th Anniversary

I am forwarding you a link to a trailer for an HBO movie called "Taking Chance." And a little story...

One of Daniel's closest Marine buddies was Tommy O. They were in basic training at the same time, then the school of infantry, the same battalion, and ended up in the same squad when they were deployed to Iraq. Tommy was with Daniel when Daniel was killed. Tommy called our family from the field in Iraq. He wanted to know if any Marines came to Daniel's funeral that knew Daniel. He was glad to know that a corpsman that was with their squad in Iraq - but had returned to the US with injuries - was able to make it to the funeral. Tommy, his brother Michael, and "Chance," enlisted in the Marines together. Tommy ended up staying back a couple of years, but his brother and Chance's story is much like Tommy and Daniel's. Chance was killed when they were deployed, and Michael could not come home for the funeral. Tommy went for the both of them.

That is why it was so important to Tommy that a Marine that knew Daniel be at his funeral; to represent the brothers that couldn't. (Actually, "Doc" was a Navy Corpsman - but a brother none the less.)

Anyway - that Chance is the Chance of this movie.
<http://www.hbo.com/events/takingchance/>

Happy New Year! God Bless, Gwen

Durb, I do not know what the answer is...

Like so many good things brought forth by good people...and Deac...you are a good man for trying to do what you did for this community, the community fails to see the good, fails to respond, fails to step up and allows one person to shoulder the heavy load. They look away when that person asks for help, they look away when that person begins to sink...and the great idea with them.

That is not to say there are not many good souls...I watch all the good deeds. The feeds, the food drives, the meals cooked for the homeless - and not just yours Durb...any homeless. So much is done...yet a new idea is born and so many will not support it.

Thank You to these Patriotic Advertisers

LIST OF ADVERTISERS IN 2008
(in order of appearance in Cadence)

Bell Brothers Jarvi Dowd Funeral Home
Dougherty Funeral Home
Proctor Federal Credit Union
Best Service (Cloquet)

CADENCE

The only way this publication survives is that

1) The people that need it most - veterans - offer to subscribe and give a little something for it.

2) The organizations that could benefit most - VFWs, Legions, etc. offer to help a little for the tremendous exposure they get to grow membership

3) Businesses that get so much from veterans - not only from the shopping - but from freedom itself - buy an ad in it.

4) Even individuals that want to show appreciation could show their appreciation by buying an ad - "Thanks Dad for all you did for our Country" How many people might buy that ad...how many people have a relative that served and has passed on???

I agree with Durb that giving up is best left to last...but Deac can't fight this last battle alone...he needs a community behind him. He cannot lose all he has over this.

Ron

Dear Veterans,

Thank you for your service and support to our country, we proudly appreciate your many sacrifices, and those of your family. We want to let you know about our website, www.MilitaryConnection.com. This website is a portal of all things military. We specialize in connecting outstanding candidates from the military community with top job opportunities in all areas, as well as connecting outstanding employers with viable candidates. There are over thousands of pages and directories offering users all types of free resources and information. We are confident that many of the resources we offer will be of interest to you. We have entire sections devoted to each branch of service, with links to Bases, Transition Centers, Organizations, News, Benefits and Forms.

Regards, Debbie www.MilitaryConnection.com
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Dwight Swanstrom Company
Dahlberg Law Office,, P. A.
Cozy Restaurant and Lounge (Cloquet)
Mountain Spirits
API Electric
Northland Optical
Brickyard Restaurant (Wrenshall)
Sportsmen's Liquor
Player's Sports Bar
Sunnarborg Well Drilling (Esko)

Peerless Auto Top & Body Co.
London Road/Miller Mall Car Wash
Arthur's Men's Wear
Daugherty Appliance & Sales
Betty's Pies (Two harbors)
Hermantown Federal Credit Union
Prodigy, Real Estate-Mortgage-Title
Carr TV & Satellite (Two Harbors)
Shel-Don

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

Sorry this is late but it doesn't take much to get off track over the holidays! Miss your newsletter and am saying a few prayers to get it back on track. I know there are several others who miss it also.

Take care, Mary Lou

If you love Cadence as much as I do then Dwight needs your help!

This is more than a labor of love for him. I know what it means to make this kind of commitment. I remember sitting down my family and asking them to cut back on everything so that MACV-Duluth could get started. There were very lean times for us.

I fear for Dwight and the future of Cadence. Dwight is using his personal capital to supplement each month for us to enjoy this incredible veterans newspaper. This is a difficult time to start anything new and we all understand that, but we cannot let this fail. He needs all our help! If you own a business that or work for anyone who can help by providing buy add space it would be critical to the future of this very important addition to the Duluth-Superior Veterans community.

We need Cadence, and we need to help it be a success. Dwight has taken a huge risk to do this for all of us. I understand that and I am sure you do as well. Please step up and help.

Thanks, Durb K.

CADENCE

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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*

"Belated Happy New Year greeting to all Veterans and their families from the members of Disabled American Veterans of Gilbert Nordmann, Chapter 6

2009- Another year ahead of us all. From all the members of Chapter 6, we wish you a wonderful new year. We hope 2009 is a year filled with peace, joy and wondrous opportunities, a year that brings about a time for personal reflection and then the strength to make positive changes in your lives. May we ever be vigilant in our pursuit of the many injured veterans who need direction on how to find help and support for themselves and their families. Please consider committing yourself to never miss an opportunity to congratulate and to encourage

fellow veterans. A good place to start is by encouraging veterans to seek help if they have been injured or disabled to any degree in the service by contacting their local County Veterans Service Officer. The Disabled American Veterans also stand in readiness to support all injured and ill veterans. Call us; we can point you in the right direction. Plus, we can help keep you encouraged throughout the process. 89% of Veterans claims are approved through the Disabled American Veterans Association in Minnesota.

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

Please call Jerry Uecker at 218-391-8800. He is willing to help and has years of experience to really help you.

Camp Lejeune Water Study - Were You There?

The United States Marine Corps encourages all those who resided at Marine Corps Base Camp Lejeune between 1957-1987 to now to receive updated information and notifications regarding the ongoing Water Study. If you know of any family members or friends who were at Camp Lejeune during this period, please encourage them to reg-

ister. The Internal Revenue Service (IRS) will be sending out letters from HQMC. If you receive a letter from the IRS and are already registered, no action is required. If you are not registered, please go to this site on the internet, <https://clnr.hqi.usmc.mil/clsurvey/> or call our toll free hotline: 1-877-261-9782. Visit: USMC Water Survey.

Need someone to assist you in filing you Federal and State Income Taxes?

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

The Minnesota Disabled American Veterans (DAV) State Conference

is coming to the Duluth Holiday Inn in the downtown Holiday Center Duluth,
April 30th to May 2nd.

Please contact a local DAV officer for details.

Clothing Drive Resumes in April The regular drop-off for the Clothing Drive will resume in April. More information will be forthcoming in the April Newsletter. Clothing Donations may be made until April by calling one of the Officers and making Special Arrangements. We will also post a note in the window of the American Legion. A special thank you to all those who donated and assisted during the 2008 drives.



DAV Officers

Senior Chapter Officers 07/08

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Auxiliary News

2009 is here and it is a new year. It is time that we look at what we can do in the coming year for our Veterans. The DAVA will also be getting ready for the State Convention that will be held in Duluth in May, 2009. There are raffle tickets available from any DAV or DAVA member for money prizes. The proceeds will be going to State to help support the expenses of the Convention. We will be looking for donations for the silent auction and the live auction, too. If you have any wish to donate something, please contact Dan or Mary Smestad and they will make arrangements to pick them up.

We want to thank the Spirit Valley Girl Scout and Brownie Troops 4008, 4018, 4029, 4032, 4035, 4063, 4099, 4152, 4343, 4344, and 4348 for all the Christmas cards they made for the Veterans at the Silver Bay Veterans' Home.

We always welcome new members to our meetings. We meet the same night as the DAV meets at the Depot. Our meeting is in the conference room on 4th floor, at 6:30. Please come and join us.

STUDY FINDS GULF WAR ILLNESS IS REAL

A report delivered Nov. 17 by a congressionally-mandated committee of scientists and veterans has definitively determined that Gulf War illness is a very real new disease caused by exposure to toxic chemicals, including pesticides and a drug given to protect service members from nerve gas.

The Research Advisory Committee on Gulf War Veterans' Illnesses says the disease has no effective treatments and has urged that Congress appropriate \$60 million a year to study and develop new, effective medical care.

Gulf War illness is a combination of memory and concentration problems, persistent headaches, unexplained fatigue and widespread pain. It may also include chronic digestive problems, respiratory symptoms and skin rashes. It is a new disease and has not been seen in veterans of wars before or after the Gulf War.

The report estimates that that at least one in four of the 697,000 veterans of the 1991 Gulf War suffer from the illness, which was attributed to the drug pyridostigmine bromide (PB), given to troops to protect against nerve gas, and widely used pesticides during the Gulf War. The committee also found associations between Gulf War illness and low-level exposures to nerve agents, smoke from oil well fires, large numbers of vaccines and other toxins.

Hundreds of studies into the causes of Gulf War ill-

nesses were reviewed by the committee, which presented scientific proof that not only was the illness real, but that it was without question caused by PBs, pesticides and other toxins.

The Department of Defense says that about 100,000 service members were potentially exposed to low-level nerve agents resulting from the demolitions of Iraqi munitions near Khamisiyah, Iraq, in 1991. A 2007 study found that low-level exposure to nerve gas could have lasting brain deficits in Gulf War troops.

Gulf War veterans also have significantly higher rates of amyotrophic lateral sclerosis than other veterans. Service members who were downwind from the Khamisiyah demolitions have died from brain cancer at twice the rate of other Gulf War veterans.

The committee's report says research is now available to consistently indicate that "Gulf War illness is real, that it is the result of neurotoxic exposures during Gulf War deployments and that few veterans have recovered or substantially improve with time."

The DAV is urging the VA to appoint a working group to give a definitive name other than "undiagnosed illness" to Gulf War victims and designate the disease as a presumptive service-connected illness. In addition, the DAV supports more research funding to find a way to treat and cure the disease to relieve the suffering of Gulf War veterans.

Joining the DAV



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

Please Come to our MEETINGS:

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

506 West Michigan Street 6:30 p.m.

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

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

CONGRATULATIONS

to Deac and Cadence magazine for
beginning publishing –
we wish them well-!!

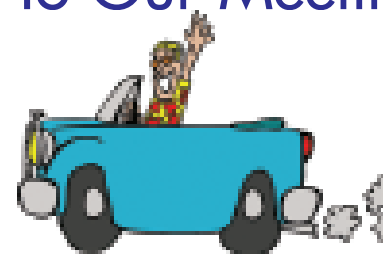
Enhanced VA Mortgage Options Now Available for Veterans - Potential Benefit to Those in Financial Distress

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," 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. 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.

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

Would You Like a Ride To Our Meetings?



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

Attention to Orders

By Durbin M. Keeney

President Obama got this one right when he picked General Eric Shineseki to head the Department of Veterans Affairs. It has not been since Secretary Jessie Brown have we had such a great pick. Now that is not so say that we have not had good men in those possessions, well most of them, but this choice is spot on, and if given the support by Congress will be a great pick for all our current and future veterans.

He is not just a one-man band. His wife Patty, has been very active in his career and she understands what it mean to be a military wife and dealing with deployments, family, employment, and community. She encouraged her husband to put into effect that families with high school senior not be moved until after graduation. When the General was about Army business she created the Annual Army Education Summit and was influential in creating and promoting a "Separate Army Family Action Plan." The concern and action went on to found the "Spouse Orientation Process Action Team" of active, Reserve and National Guard spouses. This became an Army wide resource for family combinations Army wide for soldiers and families. When the General takes the rains of the VA he brings 38 years of military background, and a wife dedicated to military families and I believe that will translate well to the Department of VA.

What is he faced with as he takes over the third largest budget in the Federal Government? One of the great issues with the returning troops is that their records get from the DOD to the VA in a timely fashion. This is huge when it comes to getting benefits for those with combat related disabilities. It takes months to get these records today and it leave many of these veterans with as little as \$230 a month or less to live on while benefits are being applies for. This seems outrageous in a time of electronic commutations that allows a pilot to sit in an Air Force base in Nevada and fly an unmanned aircraft in Iraq it seems so dumb that we cannot get records in days instead of some times or month or two. My mother would have said, "that this is just plan

NUTZ...N,U,T,Z...NUTZI!"

What other issues will he face? Well this is only my opin-

ion, but I have been dealing with much of this for a long time and here are a few thoughts:

- Dump-offs. This is what happens when military hospitals get too many patients to treat and then pass on the burden to the VA. This has a positive effect for the patient, in many cases, as it gets them closer to home and this can make it better for the families, but what does this do to budgets? It preserves the DoD's funds while putting a greater burden on the VA's budget.

- Though the budget is large it is not enough. I know veterans from my era that instead of seeing their doc's as often as they have in the past have to wait six months or longer. Now I am not in any way damning the VA. It is all about the money. There just isn't enough.

- Keeping highly qualified doctors and specialized medical staff. Pay rates for so many professions are so far behind the private sector that keeping good people to perform continuous care for the veterans that are in the system difficult. A hospital administrator spoke, not too long ago, about forming a top-notch cardiac team. In order to hire a great doctor he had to go to D.C. to get permission to offer him a rate that he would be paid in the private sector. This request was off the chart of what the VA has allowed for that profession. After one year of training a team, and doing wonderful work, the doctor came to him and told him that a local hospital had offered him almost \$100,000 more that the VA was paying him. It was a blow to the services that the VA was providing, not to mention the over all cost of developing a team around him was now lost. This has forced the use of itinerant doctors, or send many of the VA's patients to other local hospitals for services. The former VA doctor no doubt operated on some of those patients.

- TBI and PTSD will, I believe, to be the biggest issue that will be facing the VA for the next thirty years or more from this war. While TBI clinics like the new one that has been formed at the Minneapolis VA are trying to meet the needs, it amazes me that they are able to meet the increasing needs of all they have to serve.

- Benefits and claims work takes to long to resolve. This is in part to the delay in transfer of records from DoD as I have said. However, there is something that is call "presumptive illnesses and conditions". It seems to me that if the applicant has an established TBI issue that a



preliminary disability can be given and then reviewed as the process is completed and any adjustments can be made at that time. This would not only help the veterans, but it should lessen the number of current and future homeless veterans and their families as well.

- This is the biggest one. Since we depend so much on the National Guard and Reserves as part of our country's defenses we must care for them equally as we do the activity duty military. The care in the VA must be for all their lives.

There should be no limited care for the veteran. Currently there are restrictions on health care. The reality is that the VA will capture about 40% to 45% of all those who have served within the times limits imposed by Congress. This must be open ended. It took thirty years for the VA to make the issues that I have faced for years as service connected. I had the advantage of being regular military, but had I not and had been a Guard member with my same issues; I would never have been able to see the VA for care. I for one do not want to see this for this generation.

WE CANNOT LET IT HAPPEN

These are just a few issues the General Shineseki will have to face, but I believe that a man that has the philosophy "a good citizen always leaves a place better than he found it" will embolden him well in his new roll. We wish him God's speed. After thirty-eight years in the military, combat wounded, and served as the Chairman of the Joint Chief of Staff, I believe that he will find this as a formidable challenge, but I feel he is up to the battle. Only time will tell. I am looking forward with great confidence in his ability to make the lives of all veterans better.

We have men and women overseas and serving us here in this country. We need to take a page from the General's wife and do all we can do to help these men and women upon their return, and be there to help their families until their return. In the mean time pray for their safe return. God bless them all.

HONOR BOUND

by Stewart M. Powell

Cherry's Ordeal

 (Part 2 in a series)

Vietnamese communists played the race card. Air Force

Maj. Fred V. Cherry, the highest ranking black POW in the North, recalled his captors trying to exploit him by treating him differently. The Vietnamese housed Cherry with Navy Lt. Porter A. Halyburton in apparent hopes of sowing dissension between a black aviator and a white Southerner. The tactic backfired. Cherry later credited Halyburton with saving his life, when his injuries from being shot down became so infected that he had to be fed by hand and assisted with his bodily needs. Cherry's resistance won him some of the war's most severe exactions-including one 93-day stretch of unbroken torture and 53 straight weeks of solitary confinement. Prisoners fashioned elaborate means of reaching out to comrades. Navy Lt. Cmdr. Robert H. Shumaker spied a fellow prisoner in March 1965 and surreptitiously left a note in the latrine that was never found. Guards found a second note, and Shumaker was threatened with punishment. His persistence paid off in the summer of 1965 when he left another note in the latrine that was read by Air Force Capt. Ronald E. Storz, downed while flying a small observation airplane near the DMZ. Storz scratched his name in reply on a piece of toilet paper with the burnt end of a match. "Thus was accomplished the first exchange of messages among American PWs in North Vietnam," the historians said. The names of captured pilots soon appeared on the undersides of plates and the handles of food pails as makeshift communications began. By the summer of 1965, Air Force Capt. Carlyle S. Harris perfected and spread a tap code that became the gold standard for communication throughout the prisoner population. Harris recalled the code from survival training at Stead AFB, Nev., where an instructor had shown him the code during a coffee break. The prisoners used a five-by-five grid for the letters of the alphabet, with two numbers assigned to each letter. They dropped the "K." Prisoners quickly reverted to short cuts--so that "God bless you" became GBU--the universal sign-off. By the summer of 1966, Navy Cmdr. James B. Stockdale, the senior officer and the POW leader, had become so proficient that he carried on a virtual conversation with Air Force Maj. Samuel R. Johnson, a prisoner in an adjoining cell. In his memoir, Stockdale recounted, "Our tapping ceased to be just an exchange of letters and words; it became conversation. Elation, sadness, humor, sarcasm, excitement, depression-all came through. ... I laughed to think what our friends back home would think of us two old fighter pilots standing at a wall, checking for shadows under the door, pecking out a final message for the day with our fingernails-'Don't let the bedbugs bite' [DLTBBB]." The grueling, day-to-day stresses took a toll. A generational split developed between prisoners captured between 1965 and the bombing suspension of November 1968 and the younger generation of pilots shot down after resumption of bombing in December 1971. Newly seized prisoners tended to be more cynical about the war, the Pentagon historians found. They also operated under a more flexible interpretation of the Code of Conduct. Navy Lt. Cmdr. John McCain (now a US senator) suffered severe injuries in 1967 from bailing out of his A-4 over Hanoi and being beaten by a mob. A prize hostage because of his prominent father, he rejected offers of quick repatriation.

PATRIOT GUARD

Due to the story about the Remember The Fallen Tribute that was published recently by the Mankato Free Press and then distributed by Associated Press, we have been contacted by many families and friends of the Fallen who plan to attend one or more gravesite visitations. Three families have indicated that "10 or more people" will be with them at FSNC on May 16, FSNC on May 17 and in Willmar. We know there will be a "large" group attending in Virginia, and probably in Janesville, Hermantown, Moose Lake, Spooner (WI) and the Minnesota State Veterans Cemetery near Camp Ripley. Several visitations will likely include Honor/Color Guards, including a unit of the Minnesota Air National Guard and uniformed, "platoon-sized" units in the western and northern parts of the state. We will post information about Honor/Color Guard and Military units as they finalize their plans. In all cases, their involvement will be to stand to the side in formation as we conduct the visitation.

It is our intention to adhere to the posted schedule as best we can. On the other hand, we are determined to treat each visitation equally, even if it means falling behind schedule.

Judging from comments we are receiving from individual members of Tribute To The Troops and the MN Patriot Guard, we are expecting a large number of participants throughout the state. It is my opinion that the presence of a large number of participants will go a long way to comfort the families attending, even before we begin the visitation ceremony. Therefore, we will do the best we can, include as many people as possible, and the schedule will simply have to adjust as each day of the Tribute progresses.

Any Ride Captains who would like to pre-arrange police escorts for your area are encouraged to do so.

Having escorts would not only be safer to some degree, it might also help us conserve valuable time. We have the routes and times for all 7 weekends of the Tribute posted on the Itinerary page. If you are contacted by any groups who plan to attend, please have them contact me

so that I can make certain we keep each visitation as "simple" as possible. For example, we do NOT want to add anything to any of the visitations, such as a rifle salute, flag presentation, etc. There will be three Military Salute Project photographers with us at each visitation. They will be identified during the short briefings I will conduct. Please keep in mind that our primary mission is to take photographs of each headstone that will be posted online. As a result of asking several of the families what additional pictures they would like to see, two of our three

photographers who are not Veterans will be taking pictures during the playing of Taps. Anyone who wants to take pictures will be encouraged to do so. We will have cards available to distribute so that others can send us copies or links to their online photo albums. The first shipment of memorial flower arrangements has arrived and all of the individual name cards have been printed. We have Flower Presenters for every visitation. I'd like to thank all of you who played a part in spreading the word. We still need buglers for 5 cemeteries (Breckenridge, Cass Lake, Lake Benton, Northome and Superior, WI). If you know any horn players or a Legion or VFW member who has access to a digital bugle in any of those areas, please have them contact me.

It appears we will all be part of an event that the families have taken to heart even at this early date. I extend my gratitude and thanks to all of you for helping to bring it together so quickly.

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



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VETERANS' MEMORIAL HALL

Dan Hartman

One of the most visible local Army units, the 125th Field Artillery, had its roots in 1893, when Companies A, C and G were created in Duluth as part of the Minnesota Third Infantry Regiment. Shortly before the start of the Spanish American War the Third Infantry Regiment became the 14th Minnesota Volunteer Infantry Regiment. Many local residents served in the Spanish-American War as members of those units. Though they did not see combat action, members were returned home and sent to Leech Lake at the time of an Indian uprising. During World War I, the Duluth-based Minnesota 14th MN Regiment was renamed the 125th Field Artillery and its approximately 700 members were called to active duty under the command of Col. Hubert V. Eva. The unit was shipped to France in the last months of the war. Shortly before the start of WWII the 125th Field Artillery was activated on February 10th, 1941. It was to Camp Claiborne, Louisiana that the 900 members of the 125th Field Artillery came for training. The 125th was comprised of men mainly from all over the United States. Approximately, 600 men came from northeastern Minnesota. Their training took place before the US became involved in WWII, and as part of the 34th Division, they were one of the few divisions ready at the start of the war.

December 7th of 1941 was a horrifying day for many Americans as they found out that the US had been attacked by the Japanese at Pearl Harbor. Many men after the assault, would enlist to fight, but the men of the 125th had already answered the call. It would be the men of the 34th Division, of which the 125th was a part of, that first set foot and fought in Europe. Immediately following the Pearl Harbor attack, the 125th were spread across the coastline of United States to defend against a possi-

ble Japanese or German mainland invasion. Some were stationed at Pensacola, Florida, New Orleans, Louisiana, and all across the coast of Texas. Eventually they were reorganized and would be sent to be part of the first major operation in the European theater, Operation Torch. The men of the 125th moved from Camp Claiborne to Fort Dix, New Jersey, then to New York City, where they were shipped to Northern Ireland. At Northern Ireland, the 125th prepared for the invasion of North Africa.

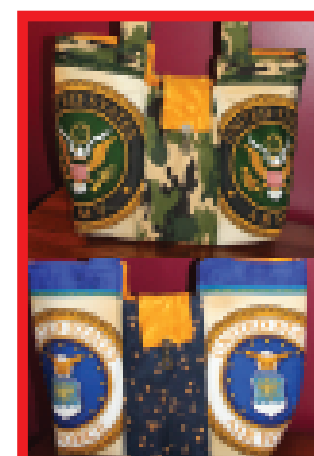
While the men were at war in North Africa, they were required to dig themselves into the ground to avoid enemy fire. These trenches varied in depth and thickness. They also usually were covered in camouflage to hide the men and their artillery. These trenches would be the only thing between them and surrounding enemy

fire. **The expression, "there are no atheists in a foxhole" explains the mental state of the men as they hide in these trenches.**

es. These conditions were what the men became familiar with. The war had begun. As the men sat in these trenches for several hours, they would tend to sing to pass the time. One of the more popular songs in the trenches of the 125th was "Pennies from Heaven." As part of Operation Torch, the 125th landed in Oran, Algeria and began pushing towards Tunisia to end German dominance in Africa. Moving thousands of men across the desert wasn't a easy task, and convoys could stretch for miles. Landmines were a common obstacle on the road to Tunisia. In order to incur minimal damage to a convoy, trucks were ordered to move in single file lines, because there was only one two lane road to follow. Convoys were organized into batteries and each battery was separated by more than half a mile.

Artillery units of the US in WWII in Italy were usually issued 105 Howitzers. To operate the 105 Howitzer seven men were needed on duty. The 105 Howitzer had a range of 11,720 meters and a barrage of artillery could level a small town. By the end of the war, the US would produce over 8,000 of these guns. The 125th, with the help of the 135th, would shoot over 250,000 rounds in 480 days. On February 7th of 1944 the men of the A battery were being served food at the kitchen truck when an American plane dropped a bomb on the truck, killing 25 men. Had it been a German plane, they would have run for cover. Sadly, more than half of all casualties of the 125th occurred on this day. One of the most feared and famous weapons in the German artillery in Italy was the K-5 280 MM Railroad Gun, nicknamed by the Allies as "Anzio Annie". The Germans built two, which they named "Robert" and "Leopold". They would use it to destroy landing boats in the harbor and units in the Allies' rear echelon. The unique sound of an "Anzio Annie" was a frightening experience to the men as the entered the harbor. The Germans would fire 3 or 4 rounds, then move it into a railroad tunnel to secure it from Allied bombers and artillery. After the Germans abandoned them, the Allies were amazed at the sheer size and power of the weapons. With Germany's surrender on May 8th of 1945, the war in Europe ended. By that point, the 125th had driven up the entire boot of Italy. In the end, forty-one members of the 125th had given their lives to protect our freedom. Ten men are buried at Sicily-Rome American Cemetery in Nettuno, Italy; two men are buried at North-African American Cemetery in Carthage; Tunisia, and two men are buried at American Cemetery in Florence, Italy.

Once the war was finished, 125th soldier Ernie Jaap, brought forward the idea of organizing a 125th Field Artillery Association. The Association was founded, and it was decided that they would meet every second Tuesday of the month at the Pickwick restaurant in Duluth, Minnesota. After its service in World War II, members of the 125th Field Artillery became part of the National Guard's 47th Division. Some units of the 47th were activated during the Korean War, but it was designated as a replacement division. Many of its members saw combat action as members of other units. In 1991 the 125th again was made part of the 34th Division. The 125th Battalion is now headquartered in New Ulm, Minnesota and has served a tour in Iraq and will be deployed yet again on February 10th in 2009.



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125th Field Artillery



Africa - Jan. 1943



Anzio, Italy - March, April and May 1944
A BTY. 125 F.A. BN. C.P. In R.R. Culvert
Lived and slept in Culvert for three months



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

NOTICE of special meeting on Thursday, March 12

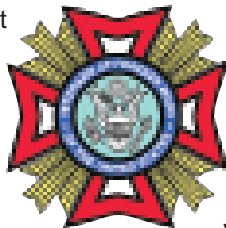
A vote will be taken by the Membership of V.F.W. Post 6320 on accepting an offer for the Post building. The offer is for a maximum 5 year contract for deed with a final balloon payment for the balance at the ending of the contract for deed. The bid on the building is \$85,000. As many members as possible should attend this important meeting. The meeting will be held at the Depot in the Ruth Manny Room and 6:00, promptly.

We will also be taking nominations for the Officer positions for the coming V. F. W. year. We will also be taking nominations at the April meeting when we will elect our Post Officers for the 2009 – 2010 year.

Dwight Nelson, Commander

From the QUARTERMASER’S DESK

There are still 39 Post 6320 members that haven't paid dues for 2009. We will be merging with Post137 soon and if you don't like that then at least transfer to another post somewhere. We are trying so hard to please all, but we don't have enough volunteers to do the projects we want to do. Our meetings are at Post 137 on the second Thursday of each month at 6PM. Please call (Rico) Ralph Talerico at 724-3854 if you would like to get on a list of volunteers for projects or committees for upcoming activities.



To the LADIES AUXILIARY

If you were a member of the Auxiliary and you haven't transferred your membership to 137 or another post, and paid your dues, this will probably be the last Cadence you will receive. Each and every one of you are as important as getting new members. We are making some new plans for the future of the VFW and we need your insight, ideas and help. Please don't give up on us. All around the country VFW's are merging together to make it. We need to change to bring in the new veterans and to protect their rights and benefits just as ours were. I know I may have stepped on some toes in the past, but that was because I didn't want to see that which has happen. We're not doing this for ourselves anymore, but for the new Veterans. If you read the article that the Post commander of 137 has written, then you will know my feelings also. We can do this together. Please come back.

Ralph Talerico (Rico) Quartermaster Post 6320

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



This year, POPPY DAY is May 15th 2009

We will be looking for volunteers to sell them at locations around the city from Thursday afternoon the 14th of May till Friday the 15th about 5PM. We will also be asking for people to sell Poppy cards to businesses in the entire city. Also, you can buy a card in memory of or in honor of a Veteran to be displayed at the post till after Memorial Day. This will take quite a lot of people, and we will do this as a joint effort from both posts.

Please call Ken Hendrickson (chic)

723-1278

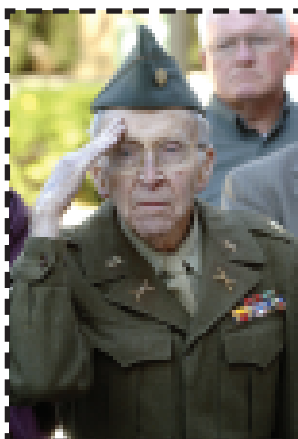
or Ralph Talerico (Rico)

724-3854


please let us know how
and when you can help.

There is a Coupon in this
newsletter for memorials.
Feel free to make a copy for
more than one memorial card.

*Thank You
in advance!*



VFW POST 137 & 6320
MEMORIAL POPPY CARD ORDER


Ken Hendrickson

Name: _____

Donation: _____

Card Inscription: _____

Remarks: _____

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/oifoef/oifo_welcome.html
Project New Hope



Cost of the camp is FREE and all meals are provided
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

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

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Combat Veterans and their families.

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Unprecedented survival rates
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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

EMPLOYMENT OPPORTUNITY

Veterans' Memorial Hall

is seeking a pt program assistant (18 hrs./wk.). Primary duty is entering veterans' stories onto website, with some administrative assistance. Must be computer proficient. Call Dan at 218-733-7500 with questions. Mail resumes to St. Louis County Historical Society, 506 W. Michigan St., Duluth, MN 55802 by 3/11/09.



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Sunday - Noon

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Friday nights

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adult beverage and stay for*



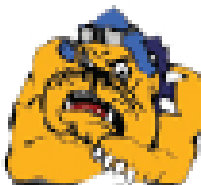


148TH FIGHTER WING

of the Minnesota Air National Guard



Bulldog BITS



Jan-Mar 09

Col Penny Dieryck

As I write this column, I am headed to the Air National Guard Readiness Center with our Base Civil Engineer, Captain Ryan Kaspari. We are going to brief the ANG Civil Engineer Planners and Programmers (A7) on the design of the new fuel cell facility for the Wing. I have learned a lot about military construction in my short time as the Mission Support Group Commander and briefing A7 about our projects at specific intervals is the first step in the construction project. Not only do we plan on discussing the fuel cell, we'll also talk about the proposed Wing parking lot and other potential projects.

As I ponder our brief in the morning, I reflect on where the Wing is headed with its facilities. Our long range goals are to build a fuel cell; weapons load training and weapons release facility; move the Logistics Readiness Squadron to a modified building in the current roads and grounds, move roads and ground to the old fire hall; utilize the Naval Reserve Building for Security Forces; and expand the Communications Flight facilities within Building 255. The Defense Energy Supply Center is drafting a new aviation fuel farm for the Wing, which will be located on our side of the airfield. A Wing cold storage building has been approved and funded, and we're busy planning and designing a second entrance to the base. When all these stars align and the moon shines down on us, the 148th Fighter Wing will be the "state of the art" base in the Air National Guard. This vision and proposed 22nd Century view will be taking place over the course of the next several years. Add to these thoughts the new base roads, continued upgrades in technology and security systems, large aircraft parking ramp, etc., to the Duluth/Superior/Hermantown/Proctor for many years to come.

As I mentioned, economic stimulus, I also need to write a quick "Thank you" to Congressman Oberstar,

Senator Klobuchar, Senator Coleman, Governor Pawlenty, General Shellito, Joint Force Headquarters, General Cossalter, and Colonel Eric Ahlness for supporting our initiatives and helping us obtain the funding for these projects. Their belief in the 148th Fighter Wing and our importance to the security and sovereignty of our nation are unparalleled. Through the work of our national political arm and our state legislature, our mission to "Fly, Fight, and Win" is always at the forefront because we know we have their sponsorship.

Another individual I want to say "Thank you" to is Col Johnson, our Wing Commander. His unyielding desire to ensure the longevity of the base has driven all of us to "Expect, Provide, and Be the Best." Under his leadership and guidance, we have excelled in all parameters to include Wing End Strength; commitment to federal, state, and community tasking; "Outstanding" inspection ratings, "Mission First, Family Always" initiatives, and giving more of ourselves every step of the way. I need to say "Thank you" also to Cynthia, his wife, and his children: Jessica, Chelsey, Brittney, and Mathew. Thank you for letting Col Johnson give so much of himself to the Wing. Your support of him on our behalf is phenomenal and we can not "Thank you" enough!



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

MINNESOTA ASSISTANCE COUNCIL FOR VETERANS

Durbin Kenney, Regional Director

Many of you have asked "How is the Duluth Veterans Place building project coming along?" If you are not aware of Duluth Veterans Place it will be located at 5201 & 5209 Ramsey street. There will be in 5201, 11 permanent housing units and one handicap transitional housing unit. 5209 will have four transitional housing units, MACV-Duluth's offices and training area all for veterans. This project alone will meet eleven of the sixteen permanent housing units needed for veterans identified in the St. Louis County's "Ten-Year Plan to End Homeless." More importantly it will restore our "Health Care for Homeless Program that has been so successful taking homeless veterans from the streets to independent living, a critical part of our work.

What I have learned that this is more than a project it is a process. This process is time consuming, construction building with a myriad of meetings, grant application, and so much more. To some we are moving at lightening speed in this process, and to others we cannot move fast enough. Truth is known as far as I am concerned the

sooner the better. We have a small dedicated core group consisting of the Land Trust, Architect Doug Zaun, Patty Beech grant writer, MACV's Executive Director Kathleen Vitalis, and myself who now are to a point of meeting bi-weekly. We could not have not gotten to his point without the help of LISC's, Corp. for Supportive Housing, City of Duluth Community Development office, SPENDA, St. Louis County and so many more that I am sure that I have left out someone (please don't be offended). The process is moving forward. We are still awaiting word from HUD Super NOFA Grant for funding, and the VA Grant & Per Diem application does not go into the VA until the end of March. However, Minnesota Housing and Finance Agency wants us to begin in May. We are working with them and the Greater MN. Housing Fund to reach that goal. That would mean that we could be in the buildings by mid-November to some time in December of this year. We will have two buildings and nothing in them. We are presently costing out what furniture, garage, and other capital needs that we have, and possible a new van that would be 65% funded by the V.A. MACV will be announcing a capital campaign very soon and hope that you will be able to help in that campaign.

NORTHWIND DRUM AND BUGLE CORPS CASINO TOURS

FORTUNE BAY CASINO;

Saturday, March 14, 2009

Cost \$25.00 per person

PACKAGE; Deluxe Motor Coach transportation, \$15.00 back at the casino plus \$1.00 off at the deli

DEPART TIME; 9:30 A.M.

American Legion

5814 Grand Avenue - Duluth

HOLE IN THE WALL CASINO;

Sunday, April 19, 2009

Cost \$250.00 per person

PACKAGE; Deluxe Motor Coach transportation, and \$5.00 at the casino

DEPART TIME; 9:30 A.M.

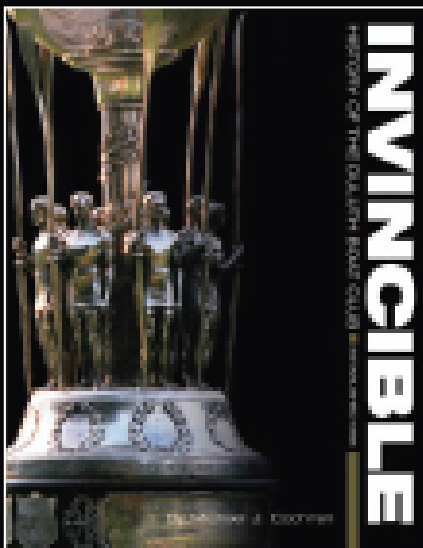
American Legion

5814 Grand Avenue - Duluth

Watch for more information on flying to Las Vegas and Wendover, Nevada!

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info or to sign up 218-348-5843



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To legionnaires and anyone else interested,

I am the commander of the David Wisted Zenith City Post 28, American Legion. I would like to give my members some background as to my military career, that consisted of 5 years in the United States Air Force. It started with Basic Training at Lackland AFB, San Antonio, TX. This was not the best 8 weeks of my life however it was necessary and something that I am glad I had behind me. (At least it wasn't 29 Palms) I was then infused with aircraft maintenance knowledge at Shepard AFB in the panhandle of Texas; if you have never been there don't plan a trip because there is nothing to see. What is there is an educational command that consists of soldiers from Generals to Airman whose sole mission was to teach thousands of troops who had recently learned their manners in Basic Training how to do their jobs. I was taught how to launch, recover and maintain the A-10A Thunderbolt II, also known as the Warthog. After five months of rigorous mental and physical training I was sent to my first Duty Station at Davis Monthan AFB, Tucson, AZ.

Here I was attached to the 354th FS and handed a mop because there were plenty of dirty hanger floors that needed my attention. Eventually I was allowed to have my own aircraft and I loved it. My aircraft needed 24/7 care; however, it paid off because by the end of my stay with the 354th, I had some of the best flying hours attached to my aircraft that the squadron had ever seen. In light of this it became the commander's aircraft. Maybe some people were not interested in such an honor but it was worth it to me, I was happy that they noticed. This squadron was a large part of the Middle East even during the times between the two Iraqi Wars; we went to Al Jabar AFB in the southern part of Kuwait on a revolving basis in order to support the No Fly Zone. I along with everybody else in the squadron had a bag packed and ready to go in case we were needed, anywhere at any time. This was a pain but like most soldiers we turn our pain into pride and our pride into honor.

Then I was sent orders to go to Osan AFB, South Korea. I was attached to the 25th Fighter Squadrons Aircraft rigging section, still working on the lovely UGLY Warthogs. The mission was simple work hard, play hard and hope that Kim Jung III didn't decide to march south. But if he did, we were there and we were ready. The memory I will never forget, happened when I was working the night shift neck deep in the cockpit of an A-10. My sergeant came out and said, come in here you have got to see this. I crawled out of the jet went into the break room and saw the television just in time to see the second plane hit the second tower on September 11, 2002. Some say that everything changed at that moment, surely many things did. What did not change however was our military, I served the United States along with thousands of others before and after 9-11 and we are still the same driven men and women who are ready to do what needs to be done anywhere anytime.

I separated from the Air Force in Korea after much thought. They gave me a plane ticket to Minneapolis, MN and that was the end of my active duty military career. I hope that the members of Post 28 will join us at the next meeting and bring your wives and any body you think can help further our goal of helping soldiers and the community.

Thanks for your time.
Sincerely,
Commander, Tyler Witzke

Post 28 Meeting Dates in 2009: **26 March, 28 May, 17 September**

It is our unhappy duty to inform the Post and Auxiliary about the passing of Past Commander Yvonne Wellnitz (Kelly) last November. She will be fondly remembered by this Post and many veterans here.

Kenai resident Yvonne Wellnitz died Monday, Nov. 24, 2008, at Providence Alaska Medical Center in Anchorage of kidney cancer. She was 57.

A funeral service was held at 11 a.m. Saturday, Dec. 6, at Grace Lutheran Church in Kenai. A second service will be held at 11 a.m. Saturday, Dec. 20, at Shepherd of the Hills Lutheran Church in Duluth, Minn. Mrs. Wellnitz was born Oct. 10, 1951, to Henry and Geraldine Mattfeld in Waconia, MN.

"She was made a child of God through baptism Oct. 21, 1951, and confirmed in the faith April 11, 1965," her family said. She was raised in Gaylord, Minn., and Belle Plaine, Minn., where she attended Lutheran Christian Day Schools. She graduated from high school at Martin Luther Academy in New Ulm, Minn., in 1969 and furthered her education by attending Dr. Martin Luther College in New Ulm for one year before joining the U.S. Air Force, where she spent six years as a medical lab technician.

Mrs. Wellnitz completed a registered nursing degree at St. Scholastica College in Duluth in 1983. She worked a few years

at St. Mary's Hospital and Viewcrest Nursing Home before working 14 years at the Minnesota State Health Department as a surveyor and investigator.



"She married Harold Wellnitz on Dec. 23, 2000, and worked until February 2001, when she retired because Harold was having too much fun alone in retirement," her family said. They moved to Alaska in September 2004. Mrs. Wellnitz was American Legion Past Post Commander in Duluth and Kenai. Last year she was honored with the Alaska Commander of the Year Award. She also belonged to the Disabled American Veterans. Her hobbies were cooking, baking, crocheting, golfing and sightseeing, and she shared most of what she made with others. "She was a faithful and committed Christian and a member of Grace Lutheran Church and School. She loved worshipping the Lord Jesus, belonged to Ladies-of-Grace and Pampered-Souls and was a Sunday school teacher," her family said. "Her ashes await the day when the Almighty Lord will come again and raise up and glorify the bodies of His believers and reunite them with their souls."

Mrs. Wellnitz is survived by her husband, Harold of Kenai; stepdaughter, Carol Spry and children of Superior, Wis.; stepson, Michael of Duluth; brothers, William (Nancy) Mattfeld of Manassas, Va., and Thomas (Jackie) Mattfeld of Gaylord, Minn.; nephews, William Mattfeld of Deerfield Beach, Fla., and Michael Mattfeld of Vienna, Va.; aunts, Marcella Hansen of Minnetonka, Minn., Edith (Dale) Glende of Fairbault, Minn., and Marcella (Al) Koennicke of Fergus Falls, Minn.; and uncle, Robert (Gloria) Rottmann of Suwanee, Ga.

In lieu of flowers, a donation may be made to Grace Lutheran School and Youth Ministry.

Arrangements were made by Janssen's Evergreen Memorial Chapel in Anchorage.

2009 Duluth Hall of Fame

Anxious to pay tribute to the men and women of Duluth for unselfish service to the community, the David Wisted Post of the American Legion created the Duluth Hall of Fame in 1924.

Through the years, the Duluth plan of honoring a "first citizen" annually has spread to all corners of the United States and similar civic awards are now being made in more than 200 cities in the nation. With community service as one of the major objectives of the American Legion since its birth at the close of World War I, Duluth Legionnaires struck on the timely thought of honoring men and women annually for outstanding service to the community. The Hall of Fame idea is a simple one. Civic clubs, luncheon groups, women's societies, labor bodies and community organizations, as well as individuals, may nominate persons to the Hall of Fame. The local news media are asked to publicize such nominations. In each instance the specific service to the community during the previous year, as well as general activities through the years, must be listed with the nomination. At the night of the banquet, the name of the new member of the Hall of Fame is announced and presented with a gift from the David Wisted – Zenith City Post and a portrait of the recipient will be added to the Hall of Fame in City Hall. This year's banquet will be held on Thursday, May 14, at the Radisson Hotel. Make this an opportunity to nominate a deserving individual and plan to attend the banquet.



"Past Commander Yvonne and Past National Historian Bernie, her favorite Adjutant. Together again."

Duluth Hall of Fame - 2008 NOMINATION FORM

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

Nominee: _____

Phone number: _____

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

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

Occupation: _____

Duluth resident from: _____ to: _____

Nomination made by: _____

Phone number: _____

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

Thursday, May 14, 2009
Radisson Hotel

Award Dinner Reservation Form

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

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

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

Name: _____

Phone Number: _____

Organization: _____

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

Table Seating Preference: _____

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

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ST. LOUIS COUNTY VETERANS SERVICE OFFICE

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



It's inevitable; we are going to pass away some day and if you read my previous articles about presumptive conditions and service-connected disabilities, make sure that your spouse and eligible children are protected when the day comes. Should a veteran pass away from a service-connected condition (a disability that the VA Regional Office has evaluated and granted service-connected compensation for) your spouse and eligible children may qualify to receive Dependence Indemnity and Compensation (DIC). What is DIC? DIC is a monthly benefit paid to eligible survivors of a military service member who died while on active duty, OR veteran whose death resulted from a service-related injury or disease, OR veteran whose death resulted from a non service-related injury or disease, and who was receiving, or was entitled to receive, VA Compensation for service-connected disability that was rated as totally disabling for at least 10 years immediately before death, OR since the veteran's release from active duty and for at least five years immediately preceding death, OR for at least one year before death if the veteran was a former prisoner of war who died after September 30, 1999. Confused? Go see your local County Veterans Service Office, we can explain your circumstance as it individually fits your scenario. Remember, every veteran has a different situation.

Who Is Eligible? The surviving spouse if he or she: validly married the veteran before January 1, 1957, OR was married to a service member who died on active duty, OR married the veteran within 15 years of discharge from the period of military service in which the disease or injury that caused the veteran's death began or was aggravated, OR was married to the veteran for at least one year, OR had a child with the veteran, AND cohabited with the veteran continuously until the veteran's death or, if separated, was not at fault for the separation, AND is not currently remarried (A surviving spouse who remarries on or after December 16, 2003, and on or after attaining age 57, is entitled to continue to receive DIC.)

Even surviving children are eligible if he/she is not included on the surviving spouse's DIC, AND unmarried AND under age 18, or between the ages of 18 and 23 and attending school (Certain helpless adult children are entitled to DIC. Contact your local County Veterans Service Office for the eligibility requirements.)

How Much Does VA Pay? The BASIC monthly rate of DIC is \$1,154 for an eligible surviving spouse. The rate is increased for each dependent child, and also if the surviving spouse is housebound or in need of aid and attendance. VA also adds a transitional benefit to the surviving spouse's monthly DIC if there are children under age 18. The amount is based on a family unit, not individual children. Benefit rate tables, including those for children alone and parents, can be found on the Internet at <http://www.vba.va.gov>.

How Should a Claimant Apply? You can swim upstream and do the paperwork all by yourself or you can easily allow us (the County Veterans Service Office) to do all the required paperwork for you.

What Are Some Related Benefits? When a veteran passes from a service-connected disability the surviving spouse and eligible children may be able to use Health Care (CHAMP-VA), Federal Employment Preference, Home Loan Guaranty, Survivors' & Dependents' Educational Assistance and MN Department of Veterans Affairs benefits.

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

218-725-5285

we moved to the Amendola Building Suite 130,

405 East Superior Street in Duluth, or call our other offices at ...

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- It is time to plan for outreach events such as the Silver Bay Veterans Home "picnic", fishing trip, golf outing, etc.
- We need to decide our summer meeting days, times, and places.
- Will we have a Tour to museums or museum boats.
- The "Topless Carwash" was a big hit in the past so let's set a date and place.
- We are continuing our Adopt-A-Highway Cleanup on Hwy 53 just east of Midway Rd. By Casa Latte and Super America.
- Locating and finding ways to attract new members. If you know someone that served on Submarines tell them about us or give us their number. This includes active duty.

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"To perpetuate the memory of our shipmates who gave their lives in the pursuit of their duties while serving their country. That their dedication, deeds and supreme sacrifice be a constant source of motivation toward greater accomplishments. To pledge loyalty and patriotism to the United States and its Constitution."

For more information please contact: Michael Hatfield, Base Commander, 218-624-0251 or Al Pittsley, Membership Secretary, 218-391-8354
visit us on the web at: www.ussvi.org

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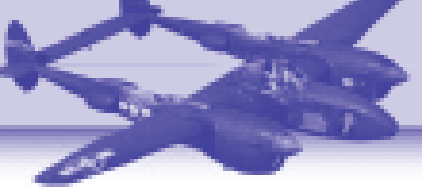
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AIRFORCE ASSOCIATION CHAPTER 226

The Bong Flyer



March Program

Our March program will be held on Wednesday, March 11th, at the Richard I Bong Veterans Historical Center. (Social at 6:15/Dinner at 7:00). Bob Fuhrman, the Executive Director will be providing us with an updateAnd did you catch the NEW name?!

The March program will also include the recognition of the annual award recipients from the 148th ANG Wing. Congratulations! We hope to have a good turnout to honor the 148th's annual award winners. Please plan to join us to congratulate our distinguished guests.

Also, I will be appointing a nominating committee for the fall officer elections. Please see me or one of the chapter officers if you are interested in serving, or helping with one of the sub-committees.

Carol Wolosz, Chapter President

Membership Report

As of January, we have 217 members in the Bong Chapter. Please look to recruit a friend and encourage them to join. Beyond the Air Force magazine and the other tangible benefits of individual membership, you are helping to provide the strength to educate the public and to advocate a strong Air Force and military, providing support for the military members and their families.



Please contact Midge Foster or Keith Johnson if you need membership applications.

CHAPTER EXECUTIVE COUNCIL MEMBERS

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COMMUNITY PARTNERS	EARL ROGERS	218-728-3012	earl@duluth-travel.com

Changes at the Richard I Bong Center

By Ray Klosowski

What's new and different at the Bong Center? A name change and in expansion of the recognition of the service and activities of America's Veterans in the conflicts following WWII is now the basis of the Richard I. Bong Veterans Historical Center (NEW NAME). In the past, the focus of the Dick Bong Center has been on the events and service of America's military and home front activities in WWII.

In the past several month, extensive discussion among the Board of Directors centered on expanding the recognition of the contributions, sacrifice, and service of our military and citizens in the conflicts following IIWW. What this means to the visitor is that they will see new and changing exhibits from Vietnam, Korea, and the Desert Wars, the Cold War and the War on Terror, and the current conflicts. There will be special programs and events that will include veterans discussing their experiences and view during these conflicts in addition to well known authorities in these areas. Dick Bong will remain as the outstanding symbol of the dedication, sacrifice, and contribution of all of America's veterans and military members.

The Bong Center will be seeking artifacts from there conflicts in the near future. The change in focus coincides with a capital campaign to raise additional funds for future expansion of the historical center to meet the additional requirements of our expanded focus and activities. The capital campaign will be seeking additional grants, donations, and endowments.

Chapter Visions Program at the Crossroad

Our AFA Chapter's award winning, hands-on Aerospace Education program for middle school kids has been a pacesetter and a mark of the chapter for nearly a decade. "Visions of Exploration" is a partnership between AFA, its local chapters and USA Today Newspapers. Locally, its success has rested solely on the shoulder of two stalwarts – Leo Wittenberg and Tom Wilk.

Leo Wittenberg, due to health, eyesight and personal consideration must hand over the program to new managers effective with the 2009/10 school year. That means now – the planning, coordinating, and fund raising efforts must lead the school year by some six months.

Leo thinks the job, which is well documented, could be handled in three parts. 1. Advanced contact with schools and teachers, 2. Project fund raising, and 3. Student and teacher award program. In addition, a pair

of new History of Aviation Professors will be need to work with Leo and Tome to cover classrooms outside the immediate Duluth area. Fortunately, Leo and Tom have agreed to continue some local classroom outreach for the time being, and will also be mentor to the new leaders.

If Aerospace Education and working with youth is your inspiration, or if you think you could learn from the Professors – Please volunteer your time and talent for this effort. Call Leo, or any officer of the Bong Chapter, because this time, continued success is dependent on each of us.

Ed Culbert, Past President

Quarterly Chapter Meeting

Wednesday Evening, 11 March 2009
At the Richard I. Bong Veteran Historical Center
Hwy 2, Superior, WI
6:15 PM Social / 7:00 PM Dinner

Program Speaker:

Robert Fuhrman, Executive Director

RESERVATIONS MUST BE MADE
IN ADVANCE NLT FRIDAY, March 6, 2009
Call or email John Seely not later than noon
cseelychar@centurytel.net (preferred)
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- 16 word maximum -

Service person's name: _____

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Date served in: _____

Our Memorial Day Issue

Will be published, May 1, 2009.

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



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Signal Corp. U.S. Army
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VETERANS OF FOREIGN WARSPOST 137

John Marshall, Commander V.F.W. 137

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Dwight "Deacon" Nelson

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As I make my preparations to go to St. Cloud and Baltimore I am often wondering what can I do as the commander of VFW? What can I do to make a difference in this organization? I find myself thinking, I am but one man who truly cares what happens and without the care, passion, and combined efforts of all our members we can not make this organization survive nor can we overcome these tribulations in which we are confronted with.

In my short tenure as the commander I have discovered that we must first abide by the by-laws that are set before us. That means members must participate and make sure that this is adhered to. I have found that our organization has not had the most stringent adherence to our by-laws which has been a huge detriment to our organization and one of many reasons we are experiencing such dysfunction. In the by-laws it states specifically, "Do not let petty jealousies or trivial personalities influence our deliberations." If we did that we would have functional and participating members of the Veterans of Foreign Wars and we would not be in the dilemma that we are currently in right now.

Secondly, the lack of participation of our members has ravaged this organizations ability to be a viable entity within our community. I have heard every excuse not to come and patronize our club activities but I must ask what are you doing to change or support its intended purpose? Here are three suggestions. Members need to attend one dinner a month or get a take out order, they need to come down and have one drink or soda a month, or they need to attend monthly meetings and get involved with one task in support of our organizational operations. In doing this, our members would be supporting the operations of our Post and we would be able to provide more support to our veterans and our community.

When I was in the military quitting was not an option nor has it been an option in my life, Period! I find it so hard to believe that we have men and women who have served in combat or in support of combat operations behave in such a manner. Was it an option to quit then? No! I am asking that our members step up and stop being quitters.

I have a plan to lead, restructure, and guide this organization now and after my command is through in May. Right now, I need participation because without our members, all my efforts will be in vain. I will not take responsibility for this Post's failure because I was thrown into a terrible situation but I will take responsibility for all that I do while I am here and since I have taken command. You, as members, need to take responsibility for our Posts current situation and that is the simple truth of the matter! I am also responsible for not getting involved sooner. Again, every problem that we have falls on every member for not getting involved. You can have a healthy and diverse organization but only if our members participate.

I am sorry to be the bearer of reality to our Post members but I will not fabricate the current situation within our Post

home in hopes that our problems will go away. I will always be absolutely forthright in any and everything I do in this community and I do expect the same from those I am involved with. Reality is not always the most pleasant situation to confront but it needs to happen. In the movie, "Grumpy Old Men", Meridith Burgess says to his son, Jack Lemon, "wish in one hand and crap in the other, see which happens first"? My point, we can no longer pretend our situation is non-existent, so let's save this organization and create a new chapter of history and success.

In closing, I would like to pass on some insight and humble wisdom.

Agree to disagree. Treat each other with dignity and respect. Work towards a common goal, make a plan, and execute. It does not matter how we get to the common goal so long as we reach the goal or goals set forth by the command and its members through compromise and a willingness to work together.

Finally, if we are to survive we must get involved, advocate, and recruit new members. May God bless you, our veterans, our community, our organization, our country and its allies, and may he touch the hearts of those who intend to harm us and turn them from their evil ways and may he touch our hearts and turn us from our evil and human nature.

Auxiliary Sisters of VFW Post #137

Dear Sisters: As you know National no longer sends out dues reminder notices. I have put the information in the past few issues of the Cadence, but I understand sometimes the little articles are missed. So...our dues are \$16.00 a year. Part of these dollars stay with the local Auxiliary and part goes to Department. We have not mailed out dues notices this year as the money is tight. Many of you have already paid your dues and I thank you. You either have your new cards or they will be in the mail soon. Transfers and new members take longer to get mailed as there is a mandated set of rules we must follow before mailing. You may mail your dues to:

Penny Siven

4324 West 7th Street

Duluth, MN 55807





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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 nosey 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 nosey. 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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Editor/Publisher

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

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CALENDAR OF EVENTS - MARCH 2009

COMMUNITY CALEDAR OF EVENTS April 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Post #71 Bar Open 1:00 - 7:00 Bar Bingo 2:00 Asiatic Fleet Memorial Day 1	Post #71 Dinner 4:30 Vietnam War Began 1965 2	Post #71 Finance Committee 4:15 Bingo 6:30 Veterans Memorial Hall Committee Meeting 5:00 "Star Spangled Banner" made US National Anthem 1931 3	Post #71 Drum and Bugle Corps Practice 7pm 4	V.F.W. Post 137 All You Can Eat Spaghetti 5:00 5	Post #71 Short Order Food 5:00 - 7:00 Bingo 6:30 V.F.W. Post 137 Fish, Chicken, & Shrimp Dinner Karaoke at V.F.W. 137 with THE DEACON at 8:00 6	7
Post #71 Bar Open 1:00 - 7:00 Bar Bingo 2:00 Daylight Savings Time Begins 8	Post #71 Dinner 4:30 9	Post #71 Auxiliary Board Meeting 4:30 Bingo 6:30 Honor Guard Officers Meeting 6:30 Honor Guard Meeting 7:00 10	Post #71 Drum and Bugle Corps Practice 7pm Paducah Meeting at Mr. Ds 12:00 V.F.W. 137 Auxiliary Meeting 6:00 V.F.W. Post 137 Post Meeting 7:00 11	Post #71 House Committee Meeting 6:30 Executive Board Meeting 7:30 SPECIAL MEETING V.F.W. 6320 Post Meeting 6:00 at the Depot V.F.W. Post 137 All You Can Eat Spaghetti 5pm Girl Scouts of America Founded 1912 12	Post #71 Short Order Food 5:00 - 7:00 Bingo 6:30 V.F.W. Post 137 Fish, Chicken, & Shrimp Dinner St. Patrick Days PARTY Karaoke at V.F.W. 137 with UNCLE RICO at 8:00 13	14
Post #71 Bar Open 1:00 - 7:00 Bar Bingo 2:00 15	Post #71 Dinner 4:30 16	Post #71 Bingo 6:30 Saint Patrick's Day 17	Post #71 Drum and Bugle Corps Practice 7:00 D.A.V. Meeting 6:30 18	Post #71 Post Meeting 7:30 Auxiliary Meeting 7:30 West Duluth S.A.L. Post 71 Meeting 7:30 V.F.W. Post 137 All You Can Eat Spaghetti 5pm 19	Post #71 Short Order Food 5:00 - 7:00 Bingo 6:30 V.F.W. Post 137 Fish, Chicken, & Shrimp Dinner Karaoke at V.F.W. 137 with THE DEACON at 8:00 First Day of Spring 20	21
Post #71 Bar Open 1:00 - 7:00 Bar Bingo 2:00 22	Post #71 Dinner 4:30 N.V.V.A. Meeting 6:00 Fourth Monday American Legion Post 28 Meeting Fourth Thursday 23	Post #71 Bingo 6:30 24	Post #71 Drum and Bugle Corps Practice 7:0 25	V.F.W. Post 137 All You Can Eat Spaghetti 5:00 Karaoke at V.F.W. 137 with UNCLE RICO at 8:00 26	V.F.W. Post 137 Fish, Chicken, & Shrimp Dinner 27	N.V.V.A. Banquet at Barkers Island 28
Post #71 Bar Open 1:00 - 7:00 Bar Bingo 2:00 29	Post #71 Dinner 4:30 30	Post #71 Bingo 6:30 31	<div> <div>American Legion Post #71</div> <div> MONDAY through FRIDAY noon to 6pm </div> </div>			

- 1 - Deacons Birthday
- 3 - Karaoke at V.F.W. 137 THE DEACON at 8pm
- 6 - Army Day
- 7 - Veterans Memorial Hall Committee Meeting 5:00
- V.F.W. 137 Auxiliary 6:00 First Tuesday
- 8 - Paducah Reunion Meeting 12:00 2nd Wed.
- V.F.W. Post 137 Post Meeting 7:00 2nd Wed.
- 09 - V.F.W. 6320 Post Meeting 7:00 (at Post 137)
Second Thursday
- National Former POW Recognition Day
- 11 - Persian Gulf War Cease Fire 1991
- 14 - Honor Guard Officers Meeting 6:30 2nd Tue.
- Honor Guard Meeting 7:00 Second Tuesday
- 15 - D.A.V. Meeting 6:30 Third Wednesday
- Tax Day
- 16 - AM Legion Post 71 Meeting 7:30 3rd Thurs.
- 17 - Karaoke at V.F.W. 137 with UCLE RICO at 8:00
- 20 - Carl's Birthday
- Todd & Katie Anniversary
- 22 - Earth Day
- 24 - Karaoke at V.F.W. 137 THE DEACON at 8pm
- Arbor Day
- 27 - N.V.V.A. Meeting 6:00 Fourth Monday

V.F.W. Post 137

Every Thursday
All You Can Eat Spaghetti 5:00
Every Friday
Fish, Chicken, & Shrimp Dinner 5:00
Every Friday
Karaoki 8:00

WEST DULUTH POST #71

Every Wednesday
Drum and Bugle Corps Practice 7:00
APRIL 13
Finance Committee 4:15
APRIL 8
House Committee Meeting 6:30
Executive Board Meeting 7:30
APRIL 13
Auxiliary Board Meeting 4:30
APRIL 15
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
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