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Monthly Newsletter
August 2017

North Central MN Chapter #7
PO Box 564
Bemidji, MN 56619

NEXT MEETING:
New DAV Center on 15th Street NW
Bemidji, MN
Monday, August 21st at 7pm

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CHAPTER OFFICERS

COMMANDER:	Dave Sterr - (218) 556-4633
SENIOR VICE:	Mike Zimmerman - (218) 252-2061
JUNIOR VICE:	Joe Vene
ADJUTANT:	David Myers
SERVICE OFFICER:	Walter James
TREASURER:	Jeri Harvey
CHAPLAIN:	Tara Schwinghammer - (218)368-9988
CHAPLAIN (ALT.):	Bruce Holden - (218) 467-3591
JUDGE ADVOCATE:	Bruce Holden - (218) 467-3591
SERGEANT AT ARMS:	Bruce Tiegen
OFFICER OF THE DAY:	Glenn Aagard
LEGISLATIVE CHAIR:	Joe Vene
HISTORIAN:	Tom Annonson
EXEC. COMMITTEE:	Walter James, Gene Schwantes, Tom Annonson - (218) 251-3025, torgor@lightspeed.net

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August Events

Clearwater County Fair –
Aug 2nd – 6th

Beltrami County Fair –
Aug 9th – 13th

Forget Me Not Fundraising - Lueken's North and South –
Aug 18th & 19th

DAV General Membership Meeting –
Aug 21st @ 1900Hrs

DAV Picnic –
at the DAV building on Aug 26th from 12 - 4 PM

COMMANDERS CORNER

Who has talent, generosity, kindness, a volunteer spirit and is willing to work their heart out in the sun, rain and humidity????? Everyone helping on the project to enclose the pole barn to transform it into a storage building for the Chapter. Mel Spies, Jim Haffner, Bruce Holden, Gene Schwantes, John Colford, Glenn Aagard—oh—and me. We may be senior citizens, but by golly we're moving along quite nicely on the project.

It was fun to be a part of the 4th of July parade representing the DAV. Thank you to everyone who participated. Lester and Irene Johnson (they are in their 90's) rode along on the float dressed in sparkly attire and with smiles on their faces. Mike Zimmerman rigged up a lower platform for the riders and "candy throwers" and pulled us along the parade route. He's quite the handyman and is so appreciated by the group.

The August picnic is in the planning stages and will be held August 26th at the DAV building from 1200 to 1600 (12:00 noon to 4:00 pm). We sure hope you will come and enjoy the picnic meal and the socializing. I'm watching with pride how our Chapter cares for its fellow veterans and how it has grown and developed into a warm and inviting organization. Every time I hear laughter among the group, I know you are enjoying good fellowship. I salute you and wish you a good rest of the summer.

Dave Sterr

The DAV's main mission is to help veterans in need. If you or someone you know is in need, the Veteran's Service Officer should be contacted by calling the Veteran's Service Office (333-4178). The officer will determine if the veteran qualifies for assistance and can then determine what funds or services are available to the veteran or a veteran's family member. Know also that we have a large supply of medical equipment items to offer our veterans (free of charge). Contact any of the DAV officers and they can help you connect with the person who can help you with securing an item you might need.



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THE DISABLED AMERICAN VETERAN NORTH CENTRAL MINNESOTA CHAPTER # 7 REGULARLY CONVENED ON JULY 17TH, 2017 AT 1900.

- Opening Ceremonies

A. Roll Call of Officers:

OFFICERS

Commander: Dave Sterr Present
Senior Vice Commander: Mike Zimmerman Excused
Junior Vice Commander: Joe Vene Present
Adjutant: David Myers Excused
Service Officer: Walter James Excused
Treasurer: Jeri Harvey Present
Chaplain: Tara Schwinghammer Present
Judge Advocate: Bruce Holden Present
Sergeant- at-Arms: Bruce Tiegen Present
Officer of the Day: Glen Aagard Absent
Historian: Tom Annonson Present

B. Members Present: 22

C. Introduction of guests or visitors, prospective new members, and transfers to Chapter # 7.

Guests/Visitors: None

Prospective new members: None

Transfers in: None

D. Minutes of Previous Meeting:

The minutes of June 19th, 2017 were read.

Motion to approve: Bruce Teigen

Seconded: Gene Schwantes

Carried.

E. Financial Report for June 19th through June 30th 2017: Report given by Jeri Harvey.

Motion to approve: Steve Seitz

Seconded: Marten Schrage

Carried.

F. New Member Obligation: None

G. Communications were read.

H. Committee Reports:

1. **Membership Report, New members:** None
2. **Service Officer Report:** Assisted a Veteran's family with food
3. **Legislative Report:** Joe Vene reiterated that the veteran home not bonded due to Governor Dayton claiming that they needed to study the cost.
4. **Hospital Chaplain Report:** Working with a Veteran having issues with health.
5. **Entertainment:** Picnic will be Aug 26th from noon to 4 PM
6. **Fundraising committee:** FMN at the Blueberry festival in Lake George, Beltrami county fair 9-13 Aug.
7. **Newsletter Committee:** Need articles asap

I. Old Business

1. The Pole Barn enclosure project has been given to the Home Depot Foundation. Work is in progress and coming along nicely. Metal for sheeting will be here next week or so.
2. Anderson Estate will be auctioned and proceeds will be donated to the Chapter.
3. Audit Committee: Walter James, Tom Annonson, Joe Vene has not met yet pending the treasurers finishing the end of year report.

J. New Business

1. Wayne Killain from Middle River is asking for a donation towards their Goose hunt. *Motion to have them use the existing funds by Bruce Teigen, 2nd Jack McNamara, Approved*

K. Executive Committee Action Items discussed in new business

1. Rental agreement for the use of the DAV building was put forth to the general membership for approval. *Motion to approve: Jim Gildersleeve, 2nd Randy Hanavold, Approved.*

L. Good of the Order: Support for an addition to the Veterans memorial for a helicopter at the site.

M. Motion to adjourn:

Marten Schrage, 2nd Jack McNamara, Approved

The meeting was adjourned at 2019 hours. The next meeting will be held at 1900 Hrs. on Monday August 21st, 2017 at the Chapter Headquarters.

MN DNR ANNUAL PARKS PASSES

As of July 1st, 2017, Minnesota state parks and recreation areas offer new benefits for veterans. Active military personnel in any branch or unit of the United States Armed Forces and veterans with a service-connected disability, are now eligible to receive a free year-round vehicle permit, providing unlimited access to all 75 Minnesota state parks and recreation areas. These new benefits were proposed by the Department of Natural Resources and approved by state lawmakers during the 2017 Minnesota legislative session.

“We are grateful to the men and women who have served in the military,” said DNR Commissioner Tom Landwehr. “Providing free access to Minnesota state parks is just one way to thank them for their service and sacrifice.”

To see all the licenses, permits and passes that are available to military personnel and veterans, and the form of identification that is needed to be shown, visit www.mndnr.gov.

STATE COMMANDER

I would like to share my month of June with you. I drove 2,152 miles and spent 11 1/2 days away from home while attending Executive and Foundation meetings in Rogers, Trolling for the Troops at Camp Ripley, the DAV office in St Paul in committee meetings, going to Crookston Chapter # 14 to meet with members, down to Saint Cloud for a meeting with members of the Veterans Administration Volunteer Service (VAVS) to discuss their duties. I met with representatives from Saint Cloud, Minneapolis and Sioux Falls, South Dakota.

Spent a very rewarding day in St Paul for the National Association of Woman Veterans Conference.

I have had the opportunity to meet some wonderful DAV members and other people from around the Country at the National Conference.

The DAV of MN Northwest Transportation Program is expanding. With the Fargo VA agreeing to the expansion, the Polk County Commissioners voted to support the DAV of MN in expanding our free ride service to Veterans in Polk and the surrounding areas. Due to the success of the Park Rapids program, their Ford Flex will be moved to Crookston, and they will be upgraded to a new 10 passenger Ford Transit. Dan Wood will run the program, those interested in volunteering or in need of transportation can contact him at: 1-855-277-9787. We will now have DAV vans at 21 locations throughout Minnesota.

Governor Dayton recently signed into law a Property Tax Exclusion benefit for the Surviving Spouses of Military Veterans whose death was caused by their military service. Your County Assessor will remove a value of up to \$300,000 from your homestead taxes and they will be reduced for a period of 8-years. Surviving Spouses qualify if:

- the Veteran died after December 31st, 2011 and the Spouse holds the legal or beneficial title to the homestead and permanently resides there.
- The Veteran had an honorable discharge.
- The U.S. Dept. of Veterans Affairs certifies that the Veteran had a 100% total and permanent (T&P) disability or if the Surviving Spouse was awarded Dependency & Indemnity Compensation(DIC) payments from the VA, and meets the other qualifications.
- The spouse applies within two years of the Veteran's death or by June 1, 2019, whichever is later.

Respectfully,
Robert Sadoris

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2017 DAV NORTHWEST TRANSPORTATION DATES

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May 2017

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CHAPLAIN'S CORNER

Tara, our Chaplain, requested I write this month's article. She is writing a series of articles regarding grief and has been organizing activities for our chapter to get together. So far, we have shared our experiences, lives and struggles at the bowling alley as well as at our DAV building at the end of 15th Street NW. She did not suggest a topic to write about, but if I may, I would like to continue in the direction her articles have been going.

As I pondered the steps of grieving - denial, anger, bargaining, depression, acceptance - I realized there were many indicators in the scriptures for grieving (Old and New Testament, Prophets, Lamentations, History, Gospels, Letters), not only for us, but for God too (Jesus Crucifixion)! Yes, nobody is exempt in this process, at times in life we all hurt and hurt for a very long time. This leads me into another observation, as we grieve it is important to make sure we do not add another layer of stress to a person who is already grieving. Decreasing stress in a situation like this is good. We may not know if a particular person is grieving or not, but we want to always be careful in the things we say and do to make sure we do not add to their grief.

Being kind is one way of helping them. People can really see God through our heart-felt kindness and we certainly do not want to grieve the Holy Spirit (Ephesians 4:30). Kindness is such a breath of fresh air for all of us in the times we live currently live in.

We all handle grief differently and for many of us, the duration of grief is also very different too. Throughout the Bemidji area, there are many people who have been going through a lot of grieving lately and are putting together meetings, conferences and a get together at local churches to help others who have lost loved ones or experienced some other life altering event. There are other areas of help too, such as our counselor at the Community Based Outpatient Clinic (CBOC) Veteran Administration (near the Bemidji Post Office), and assistance received at the Post Traumatic Stress Disorder (PTSD) meetings at Sanford Health.

Should you be in need of anything, or wish to simply talk, please do not hesitate to contact us.

Michael and Julie Gutz (218) 444-5015.

Writing Your War

August 19, 2017 • 9-12am Bemidji VA Clinic (CBOC)

This three-hour workshop is an introduction to exploring and writing memory. Wendell Affield, Vietnam Veteran and author, will lead attendees through a discussion on why to write about military experiences and explore how creative writing can alleviate associated stress.

"Traumatic memories are often triggered by unexpected events, a smell, a sound, a song. Our goal is to help the veteran separate and organize his/her intrusive memories. Writing the memory creates boundaries and allows the veteran, over time, to study it more objectively."

We plan to begin a Veterans Writing Group that will meet once a month, beginning September 11, 2017. Our curriculum will be centered on Ron Capps *Writing War, A guide to telling your own story*. Capps, a combat veteran of Afghanistan, founded and directs the Veterans Writing Program.

Our writing is private—only to be shared if the participant desires.

Dr. William Petersen, M.D. (Bemidji CBOC) and Dr. Carol Ann Russell, Professor & author (BSU) will contribute to future writing group discussions.

Writing has therapeutic significance for Veterans with PTSD, be it factual or expressive. Dr. Nina Sayer of the Center for Chronic Disease Outcomes Research conducted a study, published in 2015, on the benefits of "expressive writing" for returning Veterans. She notes that, whereas formal psychological treatment often requires a clinical diagnosis, referral, appointment, wait time and travel, the therapeutic benefits of writing can begin at any point, anywhere.

For more information and registration, contact Wendell Affield.

- Email: affarm@paulbunyan.net
- Phone (218) 368-4221

This program is offered through the Bemidji VA Clinic. Funding support through Disabled American Veterans Chapter 7, Bemidji American Legion Post 14, and private donations.



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AUXILIARY COMMANDER CORNER

We will be needing volunteers to help man the DAV booth at the Beltrami County Fair. If you are interested and willing to help please let me know what days you are available so I can figure out a schedule.

We will be holding our regular meeting on the August 21st at 7 PM, hope to see you all there.

Linda Engsether

Forget-Me-Not Fundraising Events

I will need volunteers to man the Forget-Me-Not tables at:

- Leuken's North and South from 10 AM to 4 PM on the 18th & 19th of Aug.
- Walmart, both doors, from 10 AM to 4 PM on the 1st & 2nd of Sept.
- The Gun Show at Neilsen Area from 9 AM to 5 PM on the 9th and 10th of Sept.
- Marketplace Foods from 10 AM to 4 PM on the 15th & 16th of Sept.

This is due to my being out of the State off and on for the harvest season starting on the 14th of August. If you are available for any of these dates please give me a call and let me know so that I can make the arrangements to get the equipment to you for each event. My number is (218) 251-3025. Thanks in advance!

Tom Annonson
Fundraising Chairman

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