



KEEPING OUR PROMISE TO
AMERICA'S VETERANS
www.davchapter7.org

**Support the advertisers in
 this newsletter, it's their
 sponsorship that makes
 this newsletter possible!**

Monthly Newsletter
 December 2024

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



NEXT MEETING:

**Eagles Club at
 1270 Neilson Ave SE, Bemidji, MN
 Monday, December 16 at 5:30pm**

BETTER TOGETHER
Since 1897

1 FIRST NATIONAL BANK BEMIDJI
 MEMBER FDIC
Better Together.

fnnbemidji.com | 218-751-2430

CHAPTER OFFICERS

- | | |
|----------------------|--|
| COMMANDER: | Gene Schwantes - (218) 556-4592 |
| SENIOR VICE: | Darrel Baltzell |
| JUNIOR VICE: | Tom Annonson |
| ADJUTANT: | Jeff Meyer |
| SERVICE OFFICERS: | Tom Annonson - (218) 251-3025 |
| TREASURER: | Jeri Harvey |
| CHAPLAIN: | Mike Gutz - (218) 444-5015 |
| JUDGE ADVOCATE: | Ward Sutton |
| SERGEANT AT ARMS: | Bruce Tiegen |
| OFFICER OF THE DAY: | Glenn Aagard |
| LEGISLATIVE OFFICER: | Joe Vene |
| HISTORIAN: | Vacant |
| EXEC. COMMITTEE: | Bruce Tiegen, Gary Guggenberger, Andy Staudt,
Henry Hammerback, Jim Pinsonnault |

CH. #7 UPCOMING HOLIDAYS & EVENTS

- | | |
|--|---|
| Dec 1st - First Day of Advent | Dec 26th - Kwanzaa |
| Dec 2nd - DAV Chapter 7 Executive Committee meeting 1630 Hrs. | Dec 31st - Official end of WWII in 1946 |
| Dec 5th - Somalia Campaign began in 1992 | DEC 31st - Kosovo Campaign ended in 2013 |
| Dec 7th - National Pearl Harbor Remembrance Day (Flags at Half Staff until sunset) | Dec 31st - New Years Eve |
| Dec 8th - War Declared on Japan in 1941 | Jan 1st - New Year's Day |
| Dec 10th - Human Rights Day | Jan 2nd - Hanukkah ends |
| Dec 11th - Germany and Italy Declare war on the U.S. in 1941 | Jan 6th - Epiphany |
| Dec 15th - Iraq War ended in 2011 | Jan 6th - DAV Chapter 7 Executive Committee meeting 1630 Hrs. |
| Dec 16th - DAV Chapter 7 Christmas Party at the Eagles Club | Jan 20th - Inauguration Day |
| Dec 15th - Bill of Rights Day | Jan 20th - Martin Luther King Jr. Day |
| Dec 20th - Panama Campaign began in 1989 | Jan 20th - DAV Chapter 7 General Membership meeting 1830 Hrs. |
| Dec 20th - U.S. Space force Established in 2019 | Jan 25th - Robert Burns Night (Scottish Poet) |
| Dec 21st - Winter Begins | Jan 27th - Victims of the Holocaust Commemoration Day |
| Dec 24th - Christmas Eve | Jan 29th - Chinese New Year |
| Dec 25th - Christmas Day | |
| Dec 25th - Hanukkah Begins | |



SINCE 1948

ACME TOOLS
 BUILDING • REMODELING • WOODWORKING • LANDSCAPING™

www.acmetools.com

Bemidji • 2025 30th Street NW
 218-444-8665 • 800-286-6268
 Mon-Fri: 7:00-5:30 • Sat: 8:00-5:30
 9 Locations To Serve You In Minnesota, North Dakota and Iowa

Adult Day Services inc.

620 Carr Lk Rd S, Bemidji, MN 56601

Phone: 218-751-1324
 Fax: 218-444-5324

acollman@paulbunyan.net
www.AdultDayServicesBemidji.com

Promoting quality lifestyle choices for older adults.

COMMANDER'S CORNER

Greetings Veterans,

Tis that time of year when the Minnesota hunch shows up along with all of the heavy coats, hats, boots, and gloves. All of those happy, smiley faces are not on those that have to prepare and cook all of the food, not to mention the clean-up after, for those that just show up to eat or on those that have to buy all of the presents that they might not really be able to afford. REST ASSURED THOUGH; I HOPE YOU ALL HAD A HAPPY THANKSGIVING AND I WISH EACH AND EVERYONE OF YOU "A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR"!!!

At the Chapter Meeting, the Auxiliary provided pizza and dessert for everybody in attendance, so a GREAT BIG THANK YOU GOES OUT TO THE AUXILIARY. We also conducted a lot of business including selecting a nominating committee for the purpose of nominating the candidates for next year's Commander, Sr. Vice Commander, and Jr. Vice Commander. So now is the time to get your name in the hat for any of these positions, just contact Henry H., Gary G., or Rodney if you are interested.

REMEMBER to get signed up for the Christmas Party, it is on December 16, DO IT NOW, we must turn in our head count, or if you are like me, in 2 minutes you will have forgotten. There will be plenty of delicious food, great conversations, and fabulous door prizes, so sign up now!

As always, if you have any questions or concerns, please feel free to contact me.

Happy Holidays,
Gene Schwantes

AUXILIARY COMMANDER'S CORNER

Greetings,

What a beautiful fall we have been having. I hope you are doing well and have been able to enjoy it.

We held our meeting on November 18th, thank you all that was able to attend and enjoyed some pizza in honor of our veterans for Veteran's Day.

Marie Lamon attended a Veteran's Day program at the Eagles. The Boy Scouts, Girl Scouts and JRROTC served and sang the National Anthem. It was well attended.

Linda Engesether was able to attend both the National and State Conferences and provided updates. Membership fees will be increasing to \$300 from \$250 on January 1st. If you know anyone that is looking to join, please encourage them to before the 1st of the year to save money. VAVS is in need of new combs, toothbrushes, T-shirts, gym shorts, and underwear all in the size of medium to XL.

Linda Engesether will be delivering the honor quilts she made, and the Auxiliary helped fund the cost of the quilting to the Bemidji Veteran's Home on Wednesday afternoon, 11/20/24.

The DAV is holding the Christmas party again this year at the Eagles on 12/16/24. Sign up is available now. The Auxiliary will be decorating the tables again this year. We hope to see you there.

Please keep the following in your prayers: Dylan Crawford, Lyndsey Moe, Julie Gutz, Gloria Schwantes, Linda Engesether, Marie Lamon's sister-in-law and daughter, our service members and veterans.

I hope you all had a Happy Thanksgiving!

Sara Gast



**Beltrami Electric
Cooperative Inc.**
Your Touchstone Energy® Cooperative 
Connecting Communities. Powering Life.
218-444-2540 | beltramielectric.com



**BEMIDJI
CHRYSLER CENTER**  **HONDA
OF BEMIDJI**

Toll Free 877-755-JEEP
Local 218-751-8006
www.bemidjichrysler.com

Toll Free 877-82-HONDA
Local 218-444-HONDA
www.hondaofbemidji.com

755 Paul Bunyan Drive N.W • Bemidji, Minnesota 56601
Fax 218-751-8901

THE DISABLED AMERICAN VETERANS NORTH CENTRAL CHAPTER #7 REGULARLY CONVENED ON 18 NOVEMBER 2024 AT 1830.

OPENING CEREMONY: * OPENING PRAYER * PLEDGE OF ALLEGIANCE

A. ROLL CALL of OFFICERS to determine if a quorum is present.

Commander	Gene Schwantes	Present
Senior Vice Commander	Darrell Baltzell	Present
Junior Vice Commander	Tom Annonson	Present
Adjutant	Jeff Meyer	Present
Treasurer	Jeri Harvey	Present
Chaplain	Mike Gutz	Present
Judge Advocate	Ward Sutton	Present
Sergeant-At-Arms	Bruce Tiegen	Present
Officer of the Day	Glen Aagard	Present
Historian	Vacant	N/A

B. Members Present: 18

C. Introduction of Guests or Visitors: None

D. Minutes of Previous Meeting:

1. Motion to accept minutes as read by Tom, 2d by Mike G., the motion carried.

E. Treasurer's Report:

1. The Nov treasurer's report was read by Jeri, the motion to accept was made by Tom, 2d by Mike, and the motion was carried.

F. Communications:

1. National is spotlighting the DAV Caregiver Support program. The new website is full of pertinent information for Veterans and their caregivers;
 - a. <https://www.dav.org/get-help-now/dav-caregivers-support/>
2. DAV National announced Ron Minter as the National Caregiver Support Program Director.
3. We received a thank you from the DAV of Minnesota Foundation for our donation of \$3000 dollars. This money was used to help purchase a UTV for the St. Cloud campus to shuttle Veterans to their various appointments on the large campus.
4. DAV National announced a new page on their website dedicated to Veterans of the Iraq War sharing their stories as we mark the 20-year anniversary of that campaign. These can be accessed directly by going to <https://www.dav.org/fallujah/>
5. We also received a thank you letter from Shirley Tolevson for her \$100 dollars for 100 years gift.
6. We received a \$200 dollar donation from Russ and Sharon King of Blackduck, a thank you letter to them will be sent out shortly.
7. Joyce Plinke sent us a letter of appreciation along with her \$20.00 donation. She had asked for a subscription to the newsletter, which she now receives, and can keep up with all our chapter business.
8. DAV National sent us a thank you for the \$10,000 dollar donation we provided to the disaster relief fund to help Veterans impacted by the two recent hurricanes in Florida.
9. We received a thank you letter from the Blackduck Senior Center for donating \$3000 to their floor renovation project. The donation was made to Northwoods Lumber, who provided the materials and labor to repair the floor of the Senior Center, which had become a severe trip hazard to our Veterans served by the Senior Center.
10. Fargo VA HealthCare System announced the 2025 New Year's "Moving the Body" Challenge for Veterans. Aimed at promoting physical and mental wellness for our Veterans, it can be accessed at;
 - a. <https://www.va.gov/WHOLEHEALTH/circle-of-health/moving-body.asp>

G. Committee Reports:

1. Membership: 1 new member from Hines, MN, Chares Nagel, welcome Charles!!
2. Service Officer: Tom reports he has referred 4 Veterans to their various CVSOs to file claims and for enrollment into the VA healthcare system.
3. Hospital/Sickness and Distress: We are grieved to report the passing of our Veteran brother Ron Kaiser this week. We will post information on his funeral/memorial as soon as it becomes available. Our prayers and condolences go out to Ron's family in this time of grief.
4. Legislative: NA
5. Entertainment: NA
6. Publicity and Fundraising: NA

7. Medical Equipment:

- a. Gene reported we have had 24 issues this month with 21 donations.
- b. Gene reports over the last two years we have issued approximately 379 pieces of medical equipment and received approximately 300 donations.

H. Executive Committee Action Items: No actions were brought forward.

I. Old Business:

1. The Blackduck Senior Center flooring project is almost complete. They anticipate having the project completed by the end of this month.
2. The previously approved \$3000 dollars for a Veteran in need to purchase a new furnace for his RV has been rescinded after new developments in the veteran's life. A new motion was made by Tom (2d by Steve) to purchase a wood-burning furnace for the new home the Veteran is building and living in for \$3046 dollars. The money will be paid to Gull Lake Furnace and Fireplace for the purchase of the furnace.

J. New Business:

1. We have three volunteers for this year's nominating committee: Henry H., Gary G., and Rodney O. Please find any of these three for your officer nomination choices.
2. Commander Gene paid \$97.64 dollars for a funeral flag replacement. The flag had been lost in a house fire, and the family had requested a replacement flag, which they now have.
3. Veteran in need, requesting \$312.07dollars for propane, approved by Gene, monies to be paid to Veterans propane supplier.
4. Veteran in need, requesting \$400 dollars for two cords of wood. Approved by Gene and money will be paid to Veterans firewood provider.
5. Veteran in need, requesting \$409 dollars for electric which is currently shut off, and \$362.45 dollars for phone bill which is currently shut off. Motion to approve \$771.45 dollars was made by Rodney, 2d was made by Tom and the motion carried.
6. Treasurer Jeri made a request to the general meeting to reestablish sending 10% of each semi-trailer load to the transportation account. Motion to approve was made by Glen, 2d by Tom, and the motion carried.
7. Reminder, The Christmas party is Monday 12/16/2024, if you haven't signed up yet, please do so, all DAV members and their family members are welcome to attend, with lots of door prizes to give away. Social hour starts at 5PM, short program at 5:30 PM, and then the meal begins at 6PM.

K. Good of the Order:

1. As we grieve the loss of our Veteran brother Ron Kaiser, a reminder that there is a Veteran support group that meets the second and fourth Friday of each month. They meet at 10 AM and is for exactly these types of issues. They meet at 1426 Bemidji Ave N, Suite 1.
2. Afghan was raffled at the close of business, which was won by Mike W., Afghan was donated by the Walker American Legion auxiliary.

L. Closing Ceremonies performed.

M. Motion to Adjourn: Motion to Adjourn was made by Mike and second by Tom

- The meeting adjourned at 1955.
- Next meeting 1/20/2025 at 1830 hours.



CHAPLAIN'S CORNER

This month we are again going to take a break from our discussion of spiritual temperaments from October 2024.

As members of the Disabled American Veterans and Disabled American Veterans Auxiliary each and every one of us has a meaningful, unique and compelling life. All of our lives consist of our thoughts, emotions, spiritual faith, physical abilities and overall experiences in life. There can be no comparison between any of our lives with anyone else's life; to do so, it would be like using a very common expression – “comparing apples with oranges” (it's not possible). Just as apples and oranges are totally different and cannot be compared with one another, so are our lives. This is an incredibly complex issue, which includes a variety of factors such as historical, psychological, genealogical, national, medical, sociological, cultural, philosophical and spiritual. Volumes of books have been written about this topic with all the interrelating factors, yet, this is the topic of our article, although limited; it's very much a part of our lives today. Stigmatizing/comparing only hurts ourselves and others.

Let's look at the scriptures to see and understand God's view; comparing anything about ourselves with anything about somebody else's life:

- II Corinthians 10:12 Not that we dare to classify or compare ourselves with some of those who are commending themselves. But when they measure themselves by one another and compare themselves with one another, they are without understanding. (English Standard Version)
- James 2:1-4 My brothers and sisters, believers in our glorious Lord Jesus Christ must not show favoritism. 2 Suppose a man comes into your meeting wearing a gold ring and fine clothes, and a poor man in filthy old clothes also comes in. 3 If you show special attention to the man wearing fine clothes and say, “Here's a good seat for you,” but say to the poor man, “You stand there” or “Sit on the floor by my feet,” 4 have you not discriminated among yourselves and become judges with evil thoughts? 5 Listen, my dear brothers and sisters: Has not God chosen those who are poor in the eyes of the world to be rich in faith and to inherit the kingdom he promised those who love him? (New International Version)
- Psalm 37:3-6 Trust in the Lord instead. Be kind and good to others; then you will live safely here in the land and prosper, feeding in safety. 4 be delighted with the Lord. Then he will give you all your heart's desires. 5 Commit everything you do to the Lord. Trust him to help you do it, and he will. 6 Your innocence will be clear to everyone. He will vindicate you with the blazing light of justice shining down as from the noonday sun. (Living Bible)
- Psalm 44:1 Of David. Blessed be the LORD, my Rock, who trains my hands for war, my fingers for battle. (Berean Standard Bible)
- Ecclesiastes 3:1-8 To everything there is a season, and a time to every purpose under the heaven: 2 A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; 3 A time to kill, and a time to heal; a time to break down, and a time to build up; 4 A time to weep, and a time to laugh; a time to mourn, and a time to dance; 5 A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; 6 A time to get, and a time to lose; a time to keep, and a time to cast away; 7 A time to tear {rend}, and a time to sew; a time to keep silence, and a time to speak; 8 A time to love, and a time to hate; a time of war, and a time of peace.

There really isn't anything in any person's life to compare with the status, career, activity, experiences or anything else in our own, or another person's life.

Take Care,
Mike and Julie Gutz

VETERAN OUTDOOR ACTIVITIES PROGRAMS

The following is a list of Organizations that cater to taking Veterans on outdoor events, usually at no cost to Veterans and some offer events that are also available to your family members as well. If you are interested in participating in any of these events and don't have access to a computer have a family member help you get in contact with them. Their contact info is listed on their home pages.

American Heroes Outdoor TV

<https://www.americanheroesoutdoors.com/applications/>

Band of Brothers Outdoors

<https://www.bandofbrothersoutdoors.com/>

Brady Oberg Legacy Foundation

<https://bradyoberglegacyfoundation.org/>

Fishing With Vets

<https://fishingwithvets.org/>

Mandatory Fun Outdoors

<https://mandatoryfunoutdoors.org/>

Middle River Veterans Outdoors

<https://mrveteransoutdoors.com/>

Minnesota Veterans Outdoors

<https://www.mnvetsoutdoors.org/>

Warriors and Walleyes

<https://warriorsandwalleyes.org/>

Wounded Warrior Guide Service

<https://wwgsmn.org/>

LUCACHICK ARCHITECTURE, INC.

481 MAG SEVEN COURT SW, SUITE #9
BEMIDJI, MN 56601
PHONE: (218) 759-2305
www.lukearch.com

LUEKEN'S VILLAGE FOODS

NORTH - 1171 PAUL BUNYAN DR NW - 218.444.3663
SOUTH - 609 WASHINGTON AVE S - 218.444.3663
SERVING BEMIDJI SINCE 1966 - EMPLOYEE OWNED SINCE 2012

LEGISLATIVE DIRECTOR UPDATE

Greetings all,

You may have heard some good news out of Washington, D.C. this week with the U.S. House of Representatives passing the Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act (H.R. 8371). It passed the House 389-9 (none of the nay votes were from Minnesota Representatives).

I thought I would take a moment to give you a better look at what is included in this bill so you can be armed with more information beyond the basic talking points. This is a very abbreviated summary of the bill. I took the 24-page summary of the 256-page bill and condensed it into this email. If you like to see the full 24-page summary put together by the staff at the House Veterans Affairs Committee, you can find it here: [and if you are interested in reading the entire 256-page bill text you can find it here](#)

If you scroll to the end, I do cover how this is paid for by Veterans. This bill was not exempted for pay go/cut go.

Sec. 120. Increases the amount of cost coverage for Veterans who are seeking non-institutional alternatives to nursing home care.

Sec. 122. Allow the Sec. VA to award contracts or grants to improve the mental health of family caregivers.

Sec. 126. Pilot program to address the shortage of home health aides by hiring directly to VA nursing assistants in those areas.

Sec. 127. Pilot program to test the VA offering assisted living services to Veterans.

Sec. 132. Requires the VA to make one effective website to clearly lay out information, programs, eligibility, etc.. for caregivers and publicly lists the procedures used to determine eligibility and suitability for caregiver support programs.

Sec. 143. Requires VA Secretary to pay or reimburse a covered Veteran for the cost of an ambulance transport to a VA, non-VA or the nearest hospital that can meet the needs of the Veteran.

Sec. 145. This would require the VA to get the Veteran's preference for

scheduling health care appointments including whether the Veteran prefers to schedule care in the community.

Sec. 150. Requires the VA Medical Centers to identify what infrastructure requirements would be necessary to expand dental eligibility to more Veterans not currently covered.

Sec. 154. Would expand access for women Veterans to utilize mobile mammography and advanced mammography equipment.

Sec. 210. Allows Veterans the option to receive a certificate of eligibility or award letters electronically.

Sec. 403. This section allows the VA Homeless Program to better supply the basic needs of homeless Veterans by authorizing available funds to pay directly for bedding, shelter, food, hygiene items, blankets, and rideshares to medical appointments.

If you have heard me speak, you are familiar with cut go/pay go in legislation. This is where legislation must be paid for in the area where it originates. If Veterans have a bill that will cost money, the money must be generated by revenue enhancements or cuts in spending in the Veteran area. This bill is paid for by extending the VA home loan funding fee from 2031 to 2034. This would increase a Veteran's monthly mortgage cost by \$5 for the duration of the loan. Service-connected Veterans are exempt from the VA home loan funding fee, and would remain so.

Trent C Dilks
Legislative Director
Disabled American Veterans, Dept. of Minnesota
20 West 12th St., 3rd Flr, St. Paul, MN 55155
O: (651) 291.1212 C: (651) 788.3186

BEMIDJI SPORTS CENTRE

Eugene Teigland
Owner

Cell (218) 766-0262
Ph (218) 751-4477 x 112
Fx (218) 444-4577

1826 Anne St. NW
Bemidji, MN 56601

eugene@paulbunyan.net
www.bemidjisportscentre.com

Bernick's
Beverages

www.bernicks.com

(218) 751-5752

959 Industrial Park Dr SE, Bemidji, MN 56601

BOB LOWTH

Ford

BEMIDJI, MN

BONDED LOCK & KEY

NORTHERN MINNESOTA'S GUN SAFE SUPERSTORE!

COMMERCIAL, RESIDENTIAL, LOCKOUTS,
AUTO CHIP KEYS AND REMOTES,
LOST KEYS REPLACED

medco SECURITY CENTER
LIBERTY AUTHORIZED DEALER

(218) 751-8084 • 2919 Bemidji Avenue North • Bemidji, Minnesota

NEW BENEFIT ALERT - 100% DISABLED VETERANS



Vehicle Registration, Title Fees, Driver's License Fees, etc..

Jan. 1, 2024 changes to veteran benefits

Veterans with a total service-connected disability will be eligible for new benefits from DVS starting Jan. 1, 2024.

What you need to know

- 100% disabled veterans will be exempt from registration fees (including filing fees) for two vehicles of their choosing. This includes passenger vehicles, non-commercial 1-ton pick-ups, motorcycles and RVs.
- Does not include personalized plate fee, annual contributions for special plates, reinstatement fees or impound fees.
- 100% disabled veterans will be exempt from title fees (including filing fees) for vehicles purchased on or after Jan. 1, 2024.
- Does not include salvage inspections or fast track fees.
- Early renewal/titling (before Jan. 1) is not an option for veterans who would like to take advantage of these benefits.
- 100% disabled veterans will be exempt from driver's license and identification card fees for all types of cards: Standard, REAL and Enhanced.
- Starting July. 1, 2024 100% disabled veterans will also be exempt from paying motor vehicle sales taxes for vehicles purchased on or after that date.

To utilize these benefits bring your award letter or statement of benefits with you to show proof of 100% Service Connection

Additional Sponsors

Cease Funeral
Grimes Realty
Lifquest Chiropractic

Nei Bottling
Zetah Construction





Season's
GREETINGS
& HAPPY NEW YEAR

It has been an honor to serve as your forum for information from the Chapter, the Minnesota Department of the DAV, National, the VA, and local military / veteran events.

We are looking forward to the coming year as the Department of Minnesota DAV celebrates its' 100th year of serving their fellow Veterans.

**Wishing you all a
WONDERFUL, BLESSED HOLIDAY SEASON!**

Your newsletter staff.

POSTED ON SEP 12, 2024, BY JIM MARSZALEK

As DAV benefits advocates, we occasionally hear from veterans who are disappointed after receiving a 0% disability rating from the Department of Veterans Affairs. While this means you don't get monetary benefits or an increase in your overall compensation, that zero still has value.

It's important to remember that even with a 0% disability rating, which the VA calls a non-compensable disability, veterans may be eligible for benefits that include VA health care, prescriptions, co-payment waivers and federal hiring preferences.

As with all disability ratings, veterans can file for an increase if they think that their disability is more severe than the current rating indicates. If you or any veteran feels like this might be the case, reach out to DAV by visiting benefitsquestions.org so we can assist in a review of symptoms and rating criteria.

Under the PACT Act, hypertension became a new presumptive condition. According to the VA, over 82% of PACT Act-related claims for hypertension have received a 0% disability rating.

A 10% disability rating for hypertension is only assigned if continuous medication is required for blood pressure control and their past diastolic pressure before taking medication was predominately 100 or greater.

Hypertension can lead to serious health conditions over time and can be fatal, especially if left untreated.

We remind all veterans that they should never stop taking prescribed medications prior to any disability evaluations to try and obtain a higher rating.

You can file a claim for a new disability as a secondary claim. This means if a new disability arises that is caused by or linked to a service-connected disability, then service connection and compensation can be awarded even if the original condition is rated as 0% disabling.

Here's an example of when a veteran might file a secondary claim:

A veteran develops heart disease caused by high blood pressure that the VA already concluded was connected to their service. The veteran would get service connection for that heart disease, which could have a higher rating than hypertension.

We know that receiving a 0% disability rating might be confusing or even frustrating, but it's important to know that it still does come with various VA benefits and could be reevaluated for a higher rating in the future.

Again, if you have questions about or need assistance with filing for VA disability compensation, please contact your nearest DAV service office by visiting benefitsquestions.org.

MILITARY HOLIDAYS AND OBSERVANCE DAYS THROUGHOUT THE YEAR:

- Dec. 7 – Pearl Harbor Remembrance Day – The anniversary of the day Japan attacked Pearl Harbor, Hawaii, signaling the United States' entrance into World War II.
- Dec. 13 – National Guard Birthday
- Dec. 18 – National Wreaths Across America Day

UPCOMING DAV MN OUTDOOR EVENTS

The Minnesota DAV Department's Outdoor program has scheduled their upcoming events and posted them on their website. Check them out at: <https://davmn.org/events-activities/events-for-veterans/>



Stellher Human Services
Mental health services for children and adults

218-444-2845 www.stellher.com
Offices in: Bemidji, Detroit Lakes, and Baudette



**Bemidji AEROSPACE
MANUFACTURING JOBS**

- Engineers
- Fabricators
- Machinists
- Mechanics

AirCorpsAviation.com



FREE RIDES

2024 - BEMIDJI VAN - 2024 DAV NORTHWEST TRANSPORTATION DATES

FREE RIDES

JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FREE RIDES To All Veterans and Caregiver (if needed)!

Northwest Transportation MN DAV Bemidji-Fargo Trips • Pick-up Points:

Bemidji National Guard Armory • Solway in front of bar • Shevlin in front of bar • Bagley Cenex Station west end of town
Fosston at LaPiere's on the east end of town • Mahnomen northside of town • Ada Country Store • Mainstreet Leonard & Clearbrook

TO SCHEDULE RIDES FOR HIGHLIGHTED RED AREAS:

Call 1-855-277-9787 and follow voice prompts to leave a message.
If you have problems leaving a message call **Saddoris** at 218-209-1863 (text/call).

Volunteer Drivers Needed!
Call **Saddoris** for info.



218-444-8963
www.countrykitchenrestaurants.com

Darrell's Auto Glass

TRAVIS MALTERUD
Owner



Bemidji: 218-759-8810
Bagley: 218-694-3789
McIntosh: 218-563-2477
Toll Free: 1-888-472-0230

2035 Adams Ave. NW
Bemidji, MN 56601

Ken K. Thompson
Jewelry
Since 1935



Wouldn't you like to say... "It came from Ken K. Thompson Jewelry!"

(218) 751-1433 1080 Paul Bunyan Dr. NW
- Bemidji -

King of the Road Trailers LLC
Tom: 218-686-8222 Trailers: Jeff: 218-760-4246
UTILITY . ENCLOSED . FLATBED & TILT . DUMP . GOOSENECK



BigTex Mission EZRULER Rock Solid QUALITY STEEL AND EQUIPMENT PRODUCTS

KING OF THE ROAD TRAILERS
FOR SALE OR RENT

BEMIDJI, MN
218-888-6181

www.kingoftheroadtrailers.com | Located West of LePIER'S
363 Bentley Dr SW | Bemidji, MN 56601

THE PACT ACT AND YOUR VA BENEFITS

The PACT Act is a law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances. This law helps us provide generations of Veterans—and their survivors—with the care and benefits they’ve earned and deserve. And starting **March 5, 2024**, we’re expanding VA health care to millions of Veterans—years earlier than called for by the PACT Act.

This page will help answer your questions about what the PACT Act means for you or your loved ones. You can also call us at 800-698-2411 (TTY: 711). And you can file a claim for PACT Act-related disability compensation or apply for VA health care now.

- File a disability claim online
- Apply for VA health care

On this page

What’s the PACT Act and how will it affect my VA benefits and care? What does it mean to have a presumptive condition for toxic exposure? Am I eligible for VA health care under the PACT Act? Gulf War era, and post-9/11, Veteran eligibility, Vietnam era Veteran eligibility, Getting benefits, Toxic exposure screenings, and Information for survivors.

What’s the PACT Act and how will it affect my VA benefits and care?

The PACT Act is perhaps the largest health care and benefit expansion in VA history. The full name of the law is The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act.

The PACT Act will bring these changes:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras
- Adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures
- Adds more presumptive-exposure locations for Agent Orange and radiation
- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care
- Helps us improve research, staff education, and treatment related to toxic exposures

If you’re a Veteran or survivor, you can file claims now to apply for PACT Act-related benefits.

What does it mean to have a presumptive condition for toxic exposure?

To get a VA disability rating, your disability must connect to your military service. For many health conditions, you need to prove that your service caused your condition.

But for some conditions, we automatically assume (or “presume”) that your service caused your condition. We call these “presumptive conditions.”

We consider a condition presumptive when it’s established by law or regulation.

If you have a presumptive condition, you don’t need to prove that your service caused the condition. You only need to meet the service requirements for the presumption.

Am I eligible for VA health care under the PACT Act?

You’re eligible to enroll now—without needing to apply for disability benefits first—if you meet the basic service and discharge requirements and any of these descriptions are true for you:

- You served in the Vietnam War, the Gulf War, Iraq, Afghanistan, or any other combat zone after 9/11, **or**
- You deployed in support of the Global War on Terror, **or**
- You were exposed to toxins or other hazards during military service at home or abroad

Specific toxins and hazards include burn pits, sand and dust, particulates, oil well or sulfur fires, chemicals, radiation, warfare agents, depleted uranium, herbicides, and other occupational hazards. Find more military exposure categories on our Public Health website

Note: Even if none of these descriptions are true for you, you may still be eligible for VA health care based on your service. Check the full health care eligibility requirements

KNIFE RIVER
MATERIALS
AN MDU RESOURCES COMPANY

■ READY-MIX CONCRETE ■ AGGREGATES
■ ASPHALT PAVING

Sales 751-6241 | Dispatch 751-6215
Asphalt 751-5413 | Toll Free (866) 383-6215

Lake N Woods
Realty

Land * Lakeshore
WE KNOW
REAL ESTATE
Residential * Commercial

BEMIDJI, MN 751-2538

1106 Paul Bunyan Drive South
Bemidji, MN 56601
(218) 751-2538

www.lakenwoods.com

Law Offices of
**FULLER, WALLNER, CAYKO,
 PEDERSON & HUSEBY, LTD.**
 514 America Ave., P.O. Box 880
 Bemidji, MN 56619-0880

Office Phone: 218-751-2221
 800-552-6881
 Fax Number: 218-751-2285
 www.lawofficemn.com



2401 Hannah Ave NW • Bemidji MN 56601
218-751-0850
 bemidjifloral.net



www.heimloghomes.com



Sign up for Northdale Rewards!
 It's FREE! It's EASY! **Where EVERYONE is a VIP!**

2 convenient locations in Bemidji:
 North location: 8001 Irvine Ave • South location: 2202 Division St
 Propane Office: 785 Louise Lane NW (218) 444-6637

Gasoline * Diesel * Propane * Deli * Snacks * Cold Drinks * Hot Coffee



Olson-
SCHWARTZ
 FUNERAL HOME & CREMATION SERVICE

3330 Irvine Avenue NW • Bemidji, MN 56601
 Tel: 218-751-3159
 osfh@paulbunyan.net



**THE GIGAZONE IS
 10x FASTER!**
 INTERNET SPEEDS
 UP TO 10 GIG

Get GigaZone Blast featuring WiFi 6 technology
FREE FOR THE FIRST SIX MONTHS

Paul Bunyan COMMUNICATIONS POWERED BY **GIGAZONE**
 1831 Anne St. NW - Bemidji
 218.444.1234 • 888.586.3100
 paulbunyan.net

Service availability depends on location. Some restrictions may apply. This institution is an equal opportunity employer.



Custom Engraving
 &
 Awards

www.customengravingminnesota.com

Laser Engraved: Gifts, Granite, Wood,
 Acrylics, Glass, Leather, Metal

Tim Goose, Owner

Shops Located at:

24330 480th St. Thunderbird Graphics
 Laporte, MN 56461 675 Mag Seven Ct SW
 Bemidji, MN 56601

pvtc24@gmail.com
 Cell: 218 556 1991
 Phone: 218 751 9624

48972
 Thunderbolt
 Drive
 Bemidji, MN

MPCA
 License #4139



RENTAL AND SERVICE

(218) 751-9453

www.portablejohn.net • pjohns@paulbunyan.net

Portable Restroom Rental • Restroom Trailers
 Septic System Maintenance

PO Box 593
 Bemidji, MN
 56619



Raphael's
 Bakery & Cafe

The Finest in Cakes, Pastries & Breads

Breakfast • Lunch • Soup & Sandwich
 218-444-BUNS • www.gr8buns.com

Come in for coffee & a roll!



Military
 Discounts



(218) 444-3459

602 S. Railroad St SE • Bemidji, MN 56601

Bemidji Chapter 7

Disabled American Veterans

North Central Minnesota Chapter #7

P.O. BOX 564

BEMIDJI, MN 56619-0564

NON-PROFIT ORG
U.S. POSTAGE
PAID
MAILED FROM
ZIP CODE 56601
PERMIT NO. 71

Printed by Arrow Printing Inc. • Bemidji, MN

If you would like to receive the newsletter by email, please send your email address to the organization at mndavchapter7@gmail.com or call or text Tom Annonson @ 218-251-3025

Sara Labraaten
State Farm
218-444-2400
700 Bemidji Ave | Bemidji, MN

Contact Sara for a quote today!
www.sarasagency.com



• FREE ESTIMATES • Complete Collision • Glass

Scenic Auto Body
(218) 586-3343
Josh Bradseth
8042 Flying Eagle Dr. scenic@paulbunyan.net
Bemidji, MN 56601 Fax (218) 586-3372



ASE CERTIFIED MECHANICS
COMPLETE AUTOMOTIVE SERVICE
COMMERCIAL TIRE SERVICE
PLOW & TRUCK ACCESSORIES

218.444.9444
2618 Paul Bunyan Drive NW | Bemidji, MN 56601



skipstireservice.com

Thunderbird Graphics
Penny Olson
www.tbirdgraphics.com tbirdpenny@gmail.com
675 Mag Seven Ct
Bemidji, MN
218-751-6821
Quality Screenprinting for over 20 Years

