



### Contacts

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Editor, JoAnne Potter, 604-3137

# First Formation

## Calendar of Events for July/August 2019

### July 4:

Lone Rock Legion 383: Parade 10:30 with Viet Vets. Food Stand in the afternoon. Looking for veterans to walk or ride.

July 6: 1PM Richland Center City hall: Placement of the Stone commemorating Richland Center as the first Purple Heart city in the nation.

July 8: VFW 2267 aux regular meeting. 6PM, RC Legion Hall.

July 8: Legion 383 Veterans memorial regular meeting. 6:30, village office.

July 9: VFW 2267 regular meeting. 7pm meeting, RC Legion hall.

July 9: Viola Legion 447 regular meeting. 1pm Aux, 7PM Legion, Legion hall. Talk by Badger boy/girl.

July 11: Viet Vets 7 regular meeting. 7PM, RC Legion hall.

July 12: Women's Relief Corp regular meeting. 11AM Brewer Library

July 16: Legion 383 Lone Rock regular meeting. 7PM, library.

July 16: VFW 2267 Vets Roundtable, Pine Valley 1:30PM.

July 18: RC Legion 13 regular meeting. Supper

6:30, Meeting 7:30, RC Legion hall.

July 18, 19, 20, and 21: American Legion State Convention in Middleton, WI.

July 19: Legion 383 Lone Rock Aux regular meeting. 5PM, Masonic hall.

July 19, 20, 21: Cazenovia 491 Summer Celebration

July 20: Legion 491 Cazenovia regular meeting. Sons of the Legion 5:30, Legion and Aux 7PM at legion hall.

July 26, 27, 28: RC Legion 13 Centennial Birthday Celebration.

Friday 7PM karaoke in the bar, Saturday event begin at 9AM with Ralph Verlin Jackson stone dedication at 5:30PM. Pancake breakfast Sunday 7AM to noon. No carryins except for lawn chairs. Parking at Hofer's Small Engines and by shuttle to campus lots.

Motorcycle parking at UW extension building. No cover cost, but donations will be taken at memorial. Bring your own lawn chairs for Saturday's events. Updates at [ralphverlinjackson.com](http://ralphverlinjackson.com)

July 28: Legion post 13 Pancake Breakfast—part of 100 year celebration.

Aug 1: 40&8 Regular meeting. Meal 6:30, meeting 7:30. Call for location.

Aug 6: County Legion meeting. 7PM Call for location.

Aug 8: Viet Vets 7 regular meeting. 7PM, RC Legion hall.

Aug 9: Women's Relief Corp regular meeting. 11AM Brewer Library

Aug 12: VFW 2267 Aux regular meeting. 6PM at the RC Legion Hall.

Aug 12: Legion 383 Lone Rock Vets memorial meeting. 6:30 PM, village hall.

Aug 13: VFW 2267 regular meeting. 7pm meeting. RC Legion hall.

Aug 13: Viola Legion 447 regular meeting. 1PM Aux, 7PM Legion. Legion hall.

Aug 15: RC Legion 13 regular meeting. Supper 6:30, meeting 7:30. RC Legion hall.

Aug 15: VFW 2267 Vets Roundtable, 1:30 PM, Pine Valley.

## New Officers

Legion Post 13,  
Richland Center,  
new officer

election:

Commander -  
Kerry Melby, 1<sup>st</sup>

Vice Commander  
- Larry Sebranek,  
2<sup>nd</sup> Vice

Commander -  
Marlin Clark.

Auxiliary: Presiden  
t - Sandra M.

Kramer, 1<sup>st</sup> Vice

President - Joanne  
Scribbins, 2<sup>nd</sup> Vice

President -

Elizabeth Mueller.

VFW Riders

Group for 3rd

District the

Chapter President

is Dominic

Anderson.

VFW Post 2267

Auxiliary Bessie

Varvitsiotes is

the Auxiliary

President.

Chapter VII

Vietnam

Veterans Bill

Lobeck is the

President of the

chapter.

American

Legion Kerry

Melby is the

Legion

Commander .

## **From HQ**

Let's briefly discuss life insurance.

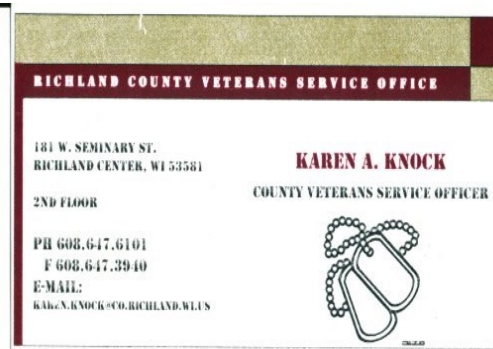
Do you have a life insurance policy through the Dept of Veterans Affairs? Are you Beneficiaries and their addresses correct? The Richland County Veterans Service Office can help.

Did you have a life insurance policy during service? There's a few different kinds but check your DD214. That policy could still be active! We can help you check on it.

True story, we've had a 96 year old Veteran receive a check in the mail for \$37,000. Because he had lived to full life expectancy and had a life insurance policy from his time of service that he had completely forgotten about for 70 years. How incredible is that!!

Don't forget to stop in and check in with us at least once a year to find out about new and ever changing benefits that might be available to you and yours

*-Karen*



## Events (Ctd. From page 1)

Aug 17: Legion 491 Cazenovia regular meeting. Sons of Legion 5:30, Legion and Aux 7PM, Legion hall.

Aug 20: Legion 383 Lone Rock regular meeting. 7PM, library.

Aug 21: Legion 383 Lone Rock Aux regular meeting. 5PM, Masonic hall.

Aug 29: DAV 32 regular meeting. Meal 5:30 followed by meeting. RC Legion Hall.

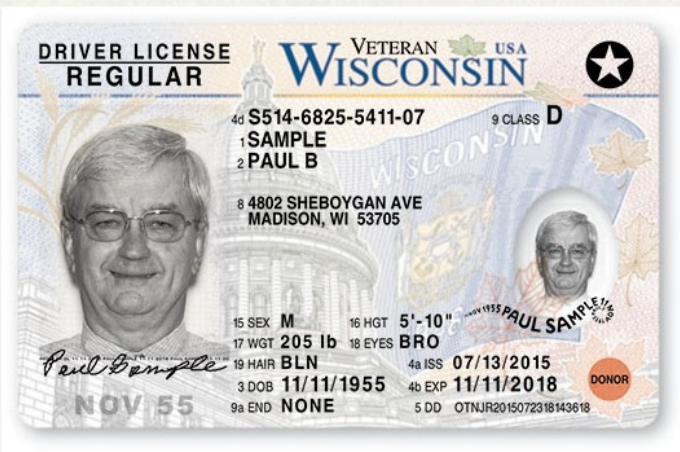
September 5-8: Legion Post 13 RC Food Stand open at Richland County Fair.

October 31: Deadline Patriot's Pen and Voice of Democracy submissions.

VFW District 3 has approved a riders group (VFWRG). President Dominic Anderson and Sergeant at Arms John Weitzel were recently pictured in the Richland Observer to bring attention to this new organization, formed to encourage new membership into the VFW family. Currently at 11 members, anyone joining before July 15, 2019 will be deemed a Charter Member and eligible to wear a patch saying so. Supporting the mission of the VFW, their rides are open to all qualified VFW members and auxiliary.

Have you gotten your Drivers' License stamped VETERAN yet?

Veteran identifier on Wisconsin driver license or ID



To get the veteran identifier on your driver license or ID card:

Contact your local County Veterans Service Officer to obtain certification of your veteran status for the identifier.

Once you've established eligibility, you may apply at the Wisconsin DMV. If renewing or getting your first driver license or ID card, you'll need to visit your local DMV. If it's not time to renew, you have the option to get a duplicate product online.

After years of hard work, of fundraisers and awareness raising, the stone commemorating Richland Center as the first Purple Heart city in the nation will finally be placed. Join the members of MOPH at 1PM at city hall to salute their efforts and this distinction.

BOWER-GUNNILL-DALTON VFW POST 2267 encourages and invites all VFW members to attend and welcomes new members! Our membership is at 107.56 %!

## How A Vietnam Vet Overcame Survivors' Guilt

My Fellow Vets:

I'm a Vietnam Veteran. Like in any war, we had moments of extreme, close encounters and moments of boredom. We came home to a political nightmare where we were hated, spit upon, and called names. I, like many that came home, suffered from Survivor's Guilt and something that we'd never heard of at the time: PTSD.

We went to Vietnam as soldiers and came home as individuals, so I lost contact from my unit. I never contacted the VA; I had enough of the military. I was young, strong, and independent. I could deal with anything at the time. I went back to school, got a job, got married, began a family with two wonderful kids. I was living the dream but I had a secret that I kept from everyone.

As I aged, my PTSD turned into "flashbacks," nightmares, and three suicide attempts. The last was the worst. I sat on our kitchen floor at midnight, mad and scared. That's when I contacted the VA Suicide Hotline and was convinced to go to the VA Hospital. I snuck some clothes from our bedroom. I was going to sneak out, but my wife woke up and demanded to drive me.

My secret was out.

I got the help I needed from VA through the Prolonged Exposure Therapy Program (PE). My family now knows everything. It's been six years and counting with no flashbacks, nightmares, or suicide attempts. My life and my family's lives have changed. I believe I came through all this hell for a reason, and that is to help other Veterans who suffer. The suicide rate among all Veterans absolutely scares me, but most troubling is those who were like me: the 70% who don't have any contact with the VA.

Get the help you need. Do it.



### Patriot's Pen and Voice of Democracy Writing Competition

VFW National has released the requirements for 2019 entries, the deadline for entries to be received to the post is October 31, 2019. Winners to be announced early in 2020. The theme for **both** the Voice of Democracy and the Patriots Pen are the same. Guidelines and requirements can be found at: <https://www.vfw.org/community/youth-and-education/youth-scholarships>.

**PATRIOT'S PEN (GRADES 6-8):** Each year more than 132,000 students in grades 6-8 enter the VFW's Patriot's Pen youth essay contest. The national first-place winner wins \$5,000 and an all-expense-paid trip to Washington, D.C. The first-place winner from each state competes for national awards totaling \$55,000, with each first-place state winner receiving a minimum of \$500 at the national level. The essay contest encourages young minds to examine America's history, along with their own experiences in modern American society, by drafting a 300- to 400-word essay, expressing their views based on a patriotic theme chosen by the VFW Commander-in-Chief. Want to apply? [Read the rules and eligibility requirements](#), then download and [complete the 2019-20 entry form](#). All student entries must be submitted to a sponsoring [local VFW Post](#) by midnight, Oct. 31.

**VOICE OF DEMOCRACY (GRADES 9-12):** Established in 1947, our Voice of Democracy audio-essay program provides high school students with the unique opportunity to express themselves in regards to a democratic and patriotic-themed recorded essay. Each year, nearly 40,000 9-12 grade students from across the country enter to win their share of \$2.1 million in educational scholarships and incentives awarded through the program. The national first-place winner receives a \$30,000 scholarship paid directly to the recipient's American university, college or vocational/technical school. A complete list of other national scholarships range from \$1,000-\$16,000, and the first-place winner from each VFW Department (state) wins a minimum scholarship of \$1,000 and an all-expense-paid trip to Washington, D.C. Want to apply? Read [the rules and eligibility requirements](#), then download and [complete the 2019-20 entry form](#). All student entries must be submitted to a sponsoring [local VFW Post](#) by midnight, Oct. 31.

**THE THEME FOR BOTH CONTESTS IS: WHAT MAKES AMERICA GREAT.**

Marge Freeman, Commander, VFW Post 2267, 608-647-4884