



Brain Sciences Center

The origins: A million dollar baby

Today, the Brain Sciences Center at the VA Medical Center in Minneapolis, run in collaboration with the University of Minnesota, is considered

one of the leading-edge research facilities in the world – particularly for brain problems that involve veterans.

Studies on PTSD and other brain disorders have been published in dozens of worldwide medical journals, and the center is now breaking new ground on research into Gulf War Illness and aging.

But there was a time when the Brain Sciences Center was only an idea, and a scary one at that.

Past National Commander Dan Ludwig of Red Wing was there at the beginning, and he told some of the Brain Science story in an interview.

First of all, he said, you can trace the story back to the connection that was established between the VA hospitals and the medical schools in the late 40s under the direction of Gen. Omar Bradley, the World War II



PNC DAN LUDWIG

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DR. APOSTOLOS GEORGOPOULOS

The leadership: The doctor from Athens

The Brain Sciences Center at the Minneapolis VA began 27 years ago as empty rooms and adventurous ideas.

Dr. Apostolos Georgopoulos was hired in 1991 to be the American Legion Chair of Brain Science at the University of Minnesota. The Legion raised \$1 million to create the chair, and the sum was matched by the University of Minnesota.

Georgopoulos was a researcher at Johns Hopkins in Baltimore at the time, and he actually had three job offers – in Minnesota, Southern California and New York University. His research was focused on how the brain could control pros-

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What it's done: PTSD to Gulf Illness

The Brain Sciences Center at the Minneapolis VA Medical Center has been in the forefront of international research into PTSD for many years, and one of its leading scientists recently gave a run down on what we know about the disease.

Dr. Brian Engdahl, the William L. Anderson Chair in PTSD Research, gave the 25th annual American Legion and University of Minnesota Lecture in Brain Sciences in November.

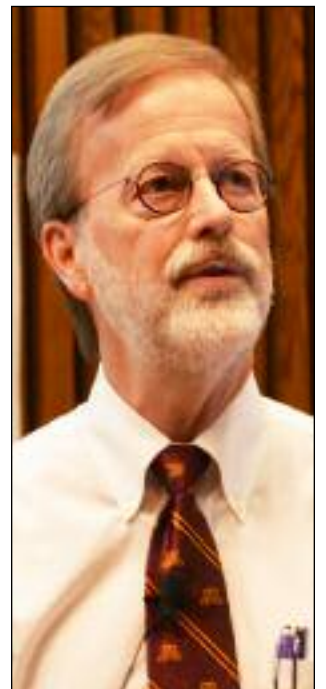
Engdahl said descriptions of PTSD (Post Traumatic Stress Disorder) have been recorded for over 4,000 years, going back to the Sumerian culture. In Napoleon's army, the disorder was called "nostalgia" and was so severe in some soldiers that they curled up into a ball, in the fetal position, and refused to fight.

"One of the cures was to bury the soldier up to the neck in the ground and to shame him. That was not

helpful."

In the Civil War it was sometimes called "soldier's heart" because one symptom was the racing of the

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DR. BRIAN ENGDahl

Spotting artillery in Okinawa

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National Cdr.'s Tour in March

The National Commander's Tour will come to Minnesota on March 10-12.

This year's tour will begin in Two Harbors with stops to follow in West Duluth, Pequot Lakes, Brainerd, and Anoka. Contact information will be announced in January.

Brett Reistad of Virginia is the National Commander

A lonely road in Korea

I am Samuel Butler. I serve in Charlie Company, Second Battalion of the 7th Marine Regiment, 1st Marine Division.

I am the runner for Captain Joe Martin, or at least I was. Captain Martin now lies a few feet from me on a hospital bed, his head wrapped in a huge bandage. His eyes are shut. He hasn't moved for 17 days.

They tell me it's Christmas. I was surprised to hear that. I did see that someone stuck a little fir tree with ribbons on it near the door to the hospital tent.

Captain Martin doesn't move a muscle. Twice a day, they come and change his bandages. A tube connected to his arm drips something into him all day long.

We got to Korea just after the Inchon Landing on September 21 of 1950. We got our first taste of combat a few days later when we helped liberate Seoul. They put us back on ships, and in late October we landed on the East Coast of North Korea.

We kept hearing rumors that the Chinese were going to get involved, and about a week later they did. We took on a whole division of Chinese along the coast, and we made them disappear.

I think it was there that the guys knew they had a good officer in Captain Martin. He was always in front and he was always encouraging us.

We just kept pushing the North Koreans north, and then further

north. We finally got to what they called the Changjin Reservoir. I think some people called it the Chosin Reservoir. We, the Gyrines, went up the left side of the reservoir and the Army went up the right side. It was our intention to push the North Koreans all the way to China.

I've been Captain Martin's runner since the beginning. Back in training, he actually had a foot race among all the corporals. I've always been fast, and I won. He said only the fastest jarhead could keep up with him, and he was right.

He's not the biggest guy, maybe 5-9, 140 pounds, but

Continued on Page 7

A Christmas Story

By Al Zdon



Endorsements

Ash endorsed for V. Commander

Teresa A. Ash has been endorsed by Christie DeParcq Post 406, St. Paul, and the Fourth District for Department Vice Commander (4th/5th District) for 2019-2020.

Ash has been a member of The American Legion for years and is currently the Public Affairs chair for the 4th District. At the District level, she has held the posi-

tions of Public Affairs Chair, Vice Commander and Commander.

At the Department level she served as Public Relations chair and was a member on the 2012 and 2018 Department of Minnesota National Convention Corporation.

Ash is eligible for membership in The American Legion through her service

in the Army Reserve. She is a graduate of The American Legion College.

In her personal life, she and her husband Mike have a son and daughter (all proud veterans and members of The American Legion) and four grandchildren.

She works for the office of Veterans Affairs.



TERESA ASH

Legion seeking to open up membership

Membership eligibility in The American Legion is determined by Congress through the establishment of specific dates of declared hostilities in which U.S. military personnel were activated. Since its founding in 1919, membership in The American Legion has been open to veterans of World War I, World War II, Korean War, Vietnam War, Lebanon/Grenada, Panama and Gulf War/War on Terrorism.

There are at least 12 known combat operations that required an activated military personnel, such as the Cold War, Libyan Conflict and Persian Gulf Conflicts, and resulted in about 1,600 U.S. military men and women casualties. However, because these operations are unrecognized by the U.S. government as a period of war, those who served during these timeframes are not eligible for membership in The American Legion.

The American Legion's National Executive Committee passed a resolution during its annual Fall Meetings in Indianapolis Oct. 17 to change that.

Resolution No. 1, "Unrecognized armed hostilities recognition," calls on Congress to declare that the United

States has been continuously engaged in a state of war from December 7, 1941 to present, and for Congress to direct the Department of Veterans Affairs to qualify a wartime veteran as any military service personnel who served honorably under Title 10 for at least one day from December 7, 1941 to present.

Following the passing of Resolution No. 1, the NEC adopted Resolution No. 2, "Unrecognized armed hostilities membership date change," which will change membership dates for The American Legion. This resolution will only be put in motion once the actions of Resolution No. 1 are approved by Congress. Once approved, membership in The American Legion will be open to the following war periods: April 6, 1917 to Nov. 11, 1918, and Dec. 7, 1941 to the date of cessation of armed hostilities as determined by the U.S. government.

The American Legion believes that membership in the organization should be extended to all U.S. military personnel who served on active duty during the hostile events that are not seen as a period of war.

Millerville duo celebrated 100th birthdays

Larry Cline and Matt Thoennes have been to dozens of Legion meetings together over the years, but recently they shared a special moment.

Both turned 100 in recent weeks, and the post honored them with a large cake.

Cline and Thoennes were both drafted into the Army in 1942 during World War II. Thoennes served in Europe and on the Burma Road, while Cline served as communications specialist in the South Pacific.

Cline and his wife, Irene, have been married for 70 years while Thoennes and his wife, Corine, have been married for 69 years.



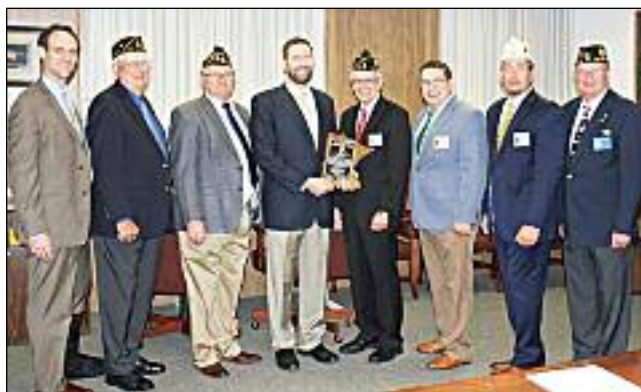
CENTENARIANS -- Larry Cline and Matt Thoennes celebrated at the Millerville Post 527.

Legion selects VA Physician of the Year for Minnesota

Dr. Christopher Churchill, the Service Line Director/ Medical Director for the St. Cloud VA Health System's Extended Care and Rehabilitation Service, has been chosen at the Minnesota VA Physician of the Year by the Department Rehabilitation Committee.

Churchill works in the hospital's Community Living Center, delivering memory care, nursing care and other services for a 225-bed unit.

"Dr. Churchill's leadership style creates an environment where both veterans and staff can flourish," said Dr. Scott Bartley, chief of staff at the hospital.



PHYSICIAN OF THE YEAR -- The Minnesota American Legion Rehabilitation Committee selected Dr. Christopher Churchill as the VA Physician of the Year from Minnesota. From left: Dr. Stephen Black, director of the St. Cloud VA Healthcare System; Gary Munkholm and Roy Bressler, committee; Churchill; Wilson Spence, committee chair; Dan Tengwell, committee; Jeremy Wolfsteller, Department Service Officer, and Bill Brockberg, committee.



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COMMANDER'S COLUMN

By Darrel Redepinning



Greetings Legion Family,

At the time of this writing, it is Thanksgiving evening, home from an afternoon with the family. Normally when I write my article I have my calendar by my side and anticipate the next month's activities as your Department Commander. Today I'm more reflective on the busy fall coming to an end. I guess it's hard not to be reflective on Thanksgiving. Today we found out our niece is expecting her first child, and it'll be a girl. That will be the third great-granddaughter for my parents and of course they are very pleased.

Unfortunately there was a shadow hanging over our Thanksgiving this year. Dad recently found out that his cancer has spread and he is now on hospice care. I've known for some time that this day was coming and of course hoped it would be years away. Dad and I have followed similar paths in The American Legion. One of these paths has haunted me since my election. When Dad was

Department Commander, my grandpa (his dad) passed away. Dad's always been everything you could want in a father and an extremely loving man. He's also a very devoted Legionnaire. I always enjoy sharing stories on "how we're doing it my year," as he reflects on "how it was done his year." He's my mentor, my confidante and most of all, my Dad. I can share anything with him. I told him today that my prayer for him is that some evening he falls asleep next to mom and wakes up next to Jesus. I love you Dad.

I would also like to thank all the posts that have invited my wife and I to membership and Veteran's Day dinners. Your hospitality has been great and we're humbled by all the attention. Although our great state still has membership challenges to overcome, it's certainly refreshing to see how active all of our Posts are in their communities. I am especially impressed by the Posts without buildings or businesses that still serve the veterans in their area very well.

Our Legion Family will come together again this month with the Pearl Harbor Rally in Fairbault. A little different this year, with an earlier start time and hosted by the Legion Riders. If I know Chuck Stone, this one is bound to be entertaining. I hope to see you all there.

As we draw an end to 2018, I hope you're excited about 2019 and the American Legions 100th birthday. Wouldn't it be a great birthday present if Minnesota could be at goal with membership? There is still time! Legion membership also makes a great Christmas present. It is the gift that keeps on giving for individuals and Posts alike. Consider a gift of membership; it's a win-win situation.

Till next time, from my family to yours, I would like to wish you a very Merry Christmas and Happy Holidays to all.

Chaplain's Corner

By Bonnie Hanson



Here we are almost to another year gone by. First off we had Fall Conference and had some really interesting speaker, and it was very informal with what was said. I had some of my favorite speakers, but I won't say who. I want to thank the Marshall Post 113 for the great job and to Legionnaire Jeff Gay for all the help he got me in the transportation department. I salute you.

We had Veteran's Day where we honor those alive and that have passed. We have them in our hearts.

I do want to wish a very great Thanksgiving to everyone. It seems Thanksgiving, Christmas and Easter bring families closer together. We all live in such a busy, active world it takes a holiday to slow us down and spend time together as a family. Family time is such an important time and we must not waste a minute of it.

December 7, 1941 was a sad time for our country. The attack on Pearl Harbor that Sunday morning was a time of awakening. After WWI everyone thought there would be no more wars.

WWII was the war to end all wars: but that was not to be either. Let us take the time to reflect on what we have and how we got it.

A commander that I know sent out this that I thought was appropriate for the day:

Happy Veterans day to everyone. Veterans Day is a day for remembrance. For us to think of our time in the service, the people we served with, who came before us and who is there standing watch after us. We all can be proud of our service to this great country as it is a better place because we served.

Time ticks by and memories are made. The young wait eagerly for time to pass, Yet old folks pray for time delayed, that they might stop the hourglass.

Time moves too swiftly, but then again, It moves too slowly, it would seem, when we are face with grief and pain or harboring a broken dream.

The clock may stop, but time moves on. Too much of time is wasted. The years go by and soon are gone with the joys we've never tasted.

Time makes flowers bud and bloom. It changes seasons as it goes to rob the trees of colored leaves, consuming all in their repose.

Time is kept by marching feet tuned in harmony, A metronome to gauge the beat of prose and symphony.

Time is measured by the sun, making magic in the sky. We cannot capture any day no matter how we try.

The love we've shared with others And accomplishments we've made are the moments and the memories That time will never fade.

-- Patience Allison Harbauer

As we enter the holiday season and prepare to put 2018 behind us, I ask that you all be careful in your travels, I wish you best when meeting with family and friends, and ask that the Lord continue to bless our American Legion family and our country.

From me to you have a safe and great day.

Mail Call

Oratorical Contest

To the Editor:

Oratorical Contest will be upon us faster than one would think. I ask that we get the information to students as quickly as possible. Get with your District Chairperson and assist them with the distribution of information. You can also go to <https://www.legion.org/oratorical/about> to get all the information needed to disseminate to the students. The assigned topics are Amendment 1,4, 13 and 21. This information is also on the website.

All District winner's names must be turned into Department no later than the February 15th. Department Contest will be March 2nd with semi-finals at both the Osseo Post as well as the Anoka Post. If it should happen to be that we are unfortunate and do not have enough contestants to split up then we will have both semi-finals and finals at the Anoka Post. All contestants must be at the Post by 8:30 for a start time of 9:00.

We are in need of judges, timers, escorts, and tabulators. The Toastmasters are once again wanting to do the judging for the finals. They have expressed interest in keeping a relationship going into the future. If anyone from the Legion Family or if you know someone outside the Legion Family who are interested in helping let myself or Vice Chairman Cliff Newman know.

I would also like to say that in my mind Oratorical is one of the top youth programs that we have. I would hope that we have a huge audience turn out for these kids. When we have Legion programs like this then I would think they should be supported not only financially but physical appearance. So please come and listen to these amazing kids.

Sy Fix
Oratorical Chairman

Quilts of Valor

To the Editor:

Thank you so much for the donation from the Minnesota American Legion Foundation to Quilts of Valor in Minnesota. Your generosity will fund many QOV kids camps around the state. Our campers return year after year to create quilts to honor and comfort active duty and veteran military. And they are spreading the word.

Last summer we held camps in two new locations. We have invitations to hold camps in three new locations next summer. Your donation makes that possible. On behalf of those campers and the Quilts of Valor Foundation, thank

Editorial

Jon Hovde, 1948-2018

It was in a hospital bed in Vietnam that Jon Hovde famously made his three vows to God -- should he live. He promised he would drive the fastest car in Polk County, never depend on the government for support, and that he would make a difference.

Hovde had been blown up when he was an armored personnel carrier driver in Vietnam in 1968. Hovde lost an arm and a leg and was pronounced dead at least twice before he recovered.

you.

Jenny Caughey
State QOV Coordinator

Flag Etiquette

To the Editor:

All the conversation in the November letters to the editor of the flag can easily be researched by googling flag etiquette. Any number of sites will pop up. It will settle who has the authority to order flags to half staff.

Do as the president or governor say and keep the politics out of it.

A better subject of discussion would be: how do you get businesses and individuals to look up at their flag daily and see the condition of that flag? Some put up a flag and forget about it. That flag ends up looking like a faded dish cloth and shredded rag.

Lyle Puppe
Maplewood

World War II History

To the Editor:

A little more about German POWs

In Faribault, we had several hundred German POWs. They worked and were housed at the Faribault Canning Factory. As I recall, there were several half round Quonset type buildings about 50'x 100'. They would work at the canning factory in various jobs. My father & mother also worked there, my mother worked in the snack shack. Since my father's & mother's families had immigrated from Germany some 75 + years before the war, the German language was still familiar. A few blocks north of the canning factory, my grandfather had a custom meat market, butcher shop, smoke house & grocery store. When he would process bacon, weiners, hams, dried beef and other good smelling food, the flavor would drift with the wind, sometimes within smelling distance of the POWs. Since they were not a threat to anyone, they would roam about the neighborhood in their free time and sometimes follow their nose to my grandfather's store where he would give them free samples of food that they remembered & missed from back home.

These buildings survived many years (some years used to house various seasonal workers) but were eventually demolished.

Chuck Kuntze
Hills

He kept each of those vows, making a life for himself. He earned a degree, went to work for 3M, and ran for the local school board. In 1986, he was elected president of the Minnesota State School Boards Association.

He gave hundreds of talks to veterans, school kids and others, and his message was simple: Make a difference.

Hovde spent most of his life in his hometown of Fertile, and he got to see his family and their families grow.

There are few Minnesota Vietnam veterans who have made such a positive impact and inspired so many. Indeed, he made a difference.

Legionnaire

The Minnesota

Official Publication of and Owned Exclusively by
The American Legion, Department of Minnesota

Al Zdon, Editor

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What's Happening

Christmas with the Gophers

The annual Legion Night with the Gophers will be Dec. 21 at Williams Arena. Discounted tickets are \$15 and up. The Gophers men's basketball team will host North Carolina A&T in a game at 7 p.m.

Call Jacob at 612-626-1592, gilbertj@umn.edu to order tickets.

Waite Park Post 428 Color Guard will present the colors for the national anthem at the game.



Shop, Ship and Share

The 4th District is again sponsoring the Shop, Ship and Share program at the Maplewood Mall. The event collects and mails goods and packages to military members serving overseas. Volunteers and donations are needed.

The event will be held Friday and Saturday, Nov. 30-Dec. 1, at the Maplewood Mall.

Bowling Tournament

The annual Minnesota American Legion Family Bowling Tournament will be held Feb. 23-March 31 at the Sundance Lanes in Dayton. All requests for reservations, information and so forth should be directed to Cari Lamb, Tournament Secretary, 612-986-4839 or email: crlmb74@gmail.com.

Taps

Held, Howard J., 92, Army veteran World War II, died Nov. 1, 2018. He served in the 11th Airborne Division. He was a member of Faribault Post 43.

Eggers, Edgar, 101, Army veteran of World War II, died Nov. 9, 2018. He was a member of Elysian Post 311.

Atherton, Edward Sr., 75, Navy veteran of the Vietnam War, died Nov. 10, 2018. He was a member of Elysian Post 311.

Scott, Warren, 89, Navy veteran of the Korean War, died Nov. 12, 2018. He was a member of Elysian Post 311.

Chaika, William, 83, Air Force veteran of the Korean and Vietnam Wars, died Oct. 16, 2018. He served for 22 years. He was a member of Sauk Rapids Post 254.

Iverson, Alvin, 90, Army veteran of the Korean War, died Nov. 5, 2018. He was a member of New London Post 537.

Mellum, Arnold C., 98, Army veteran of World War II, died Nov. 13, 2018. He served in the 240th Field Artillery Battalion. He was a member of East Grand Forks Post 157.

Hovde, Jon D., 70, Army veteran of World War II, died Nov. 12, 2018. He was wounded severely in Vietnam. He was a member of Fertile Post 238.

Dobis, Sylvester Raymond, 89, Army veteran of the Korean War, died Nov. 5, 2018. He was a member of Little Falls Post 46.

Bakke, Douglas Viking, 73, Navy veteran of the Vietnam War, died Oct. 11, 2018. He served on the USS Oriskany and then with VP-47 doing three tours of Vietnam. He was a member of Alexandria Post 87.

Froemming, Roger D., 80, Air Force veteran of the Korean War, died Oct. 30, 2018. He was a member of Parkers Prairie Post 219.

Johnson, Dale A., 72, Army veteran of the Vietnam War, died Nov. 5, 2018. He was a member of Cloquet Post 262.

Koster, Marvin Richard, 93, Army veteran of World War II, died Nov. 6, 2018. He served in Belgium as a chauffeur. He was a member of Underwood Post 489.

Fostervold, Lowell, 77, Army veteran of the Vietnam War, died Oct. 31, 2018. He was a member of Willmar Post 167.

Eekhoff, Doyle, 84, Army veteran of the Korean War, died Nov. 1, 2018. He was a member of Willmar Post 167.

Anderson, Milton, 96, Navy veteran of World War II, died Oct. 29, 2018. He was a member of Willmar Post 167.

Kellen, Donald, 90, Navy veteran of World War II, died Nov. 1, 2018. He was a member of Willmar Post 167.

Ploeger, Ronald G., 83, Army veteran of the Korean War, died Nov. 14, 2018. He was a member of Milaca Post 178.

Ling, Charles "Gary," 78, Navy veteran of the Vietnam War, died Nov. 4, 2018. He was a member of Round Lake Post 461.

Branstad, Hubert, 92, Army Air Corps veteran of World War II, died Nov. 9, 2018. He served in the Aleutian Islands. He was a member of St. James Post 33.

Willson, John D., Navy veteran of the Vietnam War, died Oct. 30, 2018. He served in Bermuda. He was a member of Cleveland Post 207.

Bloomquist, Lowell, 80, National Guard veteran of the Korean and Vietnam Wars, died Oct. 17, 2018. He was a staff sergeant. He was a member St. James Post 33.

There will be two divisions, one for Legion and one for Auxiliary. SAL are welcome. All entries should be post-marked before the end of December.

Drop-in Legal Clinic

There will be a free drop-in legal clinic at the VA Medical Center, Flag Atrium Balcony Room, on Tuesday, Dec. 11, from 9 a.m. to 2 p.m. Information will be available on housing, employment, benefits, expungement, wills, debt collection, and family law.

Gulf War Vets Needed

Gulf War era veterans are being recruited for a study about genes, health and immune system function at the VA Medical Center in Minneapolis. Questions will be asked about health history and your deployment, if any. You will be given a brief evaluation and provide a blood sample.

Those participating will receive \$20 an hour plus mileage if more than 30 miles in one direction.

Call Melinda Brueschke, 612-467-2282 or Dr. Lisa James at 612-467-1695.

Round Tables

The St. Croix Valley Civil War Roundtable will not meet in December.

The World War II History Round Table will meet at Historic Fort Snelling Visitor Center on Thursday, Dec. 13, at 7 p.m. The topic will be Pearl Harbor: "The Attack that

Brought the U.S. into World War II." Michael Wenger will be the speaker, and veterans of Pearl Harbor will serve on a panel. A \$5 donation will be received.

The Vietnam War Roundtable will be held on Monday, Dec. 17, at Concordia University Buetow Auditorium at 7 p.m. The topic will be Marine Reconnaissance Units and will feature veterans of the 1st and 3rd Marine Reconnaissance Battalions. There is no admission.

Wall of Thanks

The Woodbury Post 501 will conduct the Wall of Thanks charity drive from 9 a.m. to 3 p.m. on Saturday and Sundays up through Christmas at the Valley Creek Mall, across from Keys Cafe.

Money and other donations are accepted and will be used for a variety of military and veteran purposes. Names will be posted of those currently serving on the Wall of Thanks.

Pearl Harbor Remembrance

The official Minnesota Department of Veterans Affairs Pearl Harbor Remembrance Day will be held Dec. 7 at Historic Fort Snelling. The event will begin at 10 a.m.

Legion Dates

The Minnesota American Legion Convention Corporation has announced the following dates and places: Fall Conference, 2019, Mahanomen, Oct. 24-26; 2020, Nisswa, Oct. 22-24. Conventions, 2019, Willmar, July 11-13; 2020 Redwood Falls, July 16-18.

Ward, Alfred G., 88, veteran of the Korean War, died Oct. 22, 2018. He was a member of Anoka Post 102.

Nutter, Clifford L., 91, veteran of World War II, died Nov. 1, 2018. He was a member of Anoka Post 102.

Bouley, Marcel E., 85, Army veteran of the Korean War, died Nov. 2, 2018. He was a member of Anoka Post 102.

Nordstrom, Gerald E., 83, Army veteran of the Korean War, died Nov. 3, 2018. He was a member of Anoka Post 102.

Skuya, Anton, 92, Marine Corps veteran of World War II, died Nov. 4, 2018. He was a corporal and served as a tank driver and infantryman on Iwo Jima. He was a member of Marshall Post 113.

Olson, Donald D., 84, Air Force veteran of the Korean and Vietnam wars, died Nov. 6, 2018. He served for 21 years and was in communications. He was a member of Austin Post 91.

Bakke, Roy, 90, Army Air Corps veteran of World War II, died Nov. 6, 2018. He was a member of Anoka Post 102.

Parvey, Art, 89, Army veteran of the Korean War, died Nov. 3, 2018. He was a member of Anoka Post 102.

Wegner, Dick "Homer," 85, Navy veteran of the Korean War, died Oct. 11, 2018. He was a past commander of Bloomington Post 550.

Hesebeck, Roger, 79, Army veteran of the Vietnam War, died Oct. 22, 2018. He was a member of Jackson Post 130.

Cole, Harold C., 98, Navy veteran of World War II, died Nov. 19, 2018. He served in the Philippines. He was a member of New London Post 537.

Homan, Robert, 69, Navy veteran of the Vietnam War, died Oct. 30, 2018. He was a member of Hutchinson Post 96.

Martin, Roland L., 86, Army veteran of the Korean War, died Nov. 9, 2018. He was a member of Austin Post 91.

Laffin, Thomas C., 74, Air Force veteran of the Vietnam War, died Nov. 6, 2018. He was a member of North Branch Post 85.

Stalker, Edgar F., 88, Army veteran of the Korean War, died Oct. 29, 2018. He was a member of Albert Lea Post 56.

Burnett, Melvin K., 95, Army veteran of World War II, died Nov. 16, 2018. He was a member of Albert Lea Post 56.

Walski, Clarence R., 86, Army veteran of the Korean War, died Nov. 17, 2018. He was stationed in Hokkaido, Japan. With the 1st Cavalry Division, 99th FAB. He was a member of East Grand Forks Post 157.

Kindseth, Francis, 94, Army Air Corps veteran of World War II, died Oct. 28, 2018. He was a gunner on a B-29 bomber, stationed out of Saipan. He flew 35 missions and received a Purple Heart. He was a member of Twin Valley Post 431.

Svoboda, James, 73, Army veteran of the Vietnam War, died Nov. 21, 2018. He was a member of Jackson Post 130 and served on the honor guard.

Foote, Dale Warren, 90, Army veteran of World War II, died Nov. 13, 2018. He was a member of Clarissa Post 213.

Markham, Leon Avery, "Buzz," 87, a veteran of the Korean War, died Nov. 17, 2018. He served at Fort Richardson, Alaska, in the message center. He was a member of Pine Island Post 184.

Peterson, Raymond H., 89, Army veteran of the Korean War, died Nov. 14, 2018. He served in Korea. He was a member of Cloquet Post 262.

Slagter, Forrest Alton, 87, Army veteran of the Korean War, died Oct. 22, 2018. He served in Japan. He was a member of Raymond Post 420.

Erickson, James Rayburn, 68, Navy veteran of the Vietnam War, died Oct. 29, 2018. He served on the USS Dixon. He was a member of Granite Falls Post 69.

Chaffee, Harold E., 85, Army veteran of the Korean War, died Oct. 23, 2018. He was a member of Pine City Post 51.

Braud, Doris L., 103, Navy veteran of World War II, died Oct. 29, 2018. She was a petty officer first class stationed at Corpus Christi where she instructed pilots in instrument flying. She also taught ship and plane recognition. She was a member of Chisago City Post 272.

Koester, Kenneth L., 85, Army veteran of the Korean War, died Oct. 11, 2018. He was a member of Effie Post 182.

Johnson, C. Ellsworth, 88, Army veteran of the Korean War, died Oct. 27, 2018. He served in the 82nd Airborne. He was a member of Cambridge Post 290.

Bratager, Boyd, 91, Army veteran of World War II, died Oct. 4, 2018. He served in Japan as an armored personnel carrier commander and a messenger. He was a member of Winger Post 200.

Fearing, Warren, 87, Army veteran of the Korean War, died Oct. 29, 2018. He served two years in Korea. He was a member of Long Prairie Post 12.

Munson, George, 84, Army veteran of the Korean War, died Nov. 1, 2018. He served in the 93rd Battalion, Radar Division, in Alaska. He was a member of St. James Post 33.

White, George A., 94, Army veteran of World War II, died Oct. 10, 2018. He was a member of 1333D Engineers, Company C. He was a member of North St. Paul Post 39.

Ondracek, David F., 80, National Guard veteran of the Vietnam War, died Oct. 18, 2018. He was a member of Silver Lake Post 141.

Rief, Dale Mathew, 95, Army veteran of World War II, died Oct. 7, 2018. He served in the 35th Infantry Division as a combat medic. He was a member of Chaska Post 57.

Gudem, Duane, 83, Navy veteran of the Korean War, died Oct. 24, 2018. He was a member of Zimmerman Post 560.

Berghuis, Delwin, 92, Navy veteran of World War II, died Oct. 17, 2018. He was a member of Park Rapids Post 212.

Roth, Ronald G., 75, Navy veteran of the Vietnam War, died Nov. 3, 2018. He served in the Philippines, Japan and Vietnam. He was a member of Waconia Post 150.

Schnitzler, Charles Joseph, 91, Army veteran of the Korean War, died Oct. 29, 2018. He was a member of Le Sueur Post 55.

Willts, Gordon, 82, Army veteran of the Korean War, died Oct. 28, 2018. He was a member of Tyler Post 185.

Reinke, James, 91, Army veteran of the Korean War, died Oct. 7, 2018. He was a member of Waconia Post 150.

Brynildson, Kenneth B., 91, Army Air Corps veteran of World War II, died Oct. 13, 2018. He was a member of Waconia Post 150.

American Legion Riders

By Chuck Stone
Department Director



Greetings American Legion Family,

I hope everyone had their share of turkey and all that goes along with it on Thanksgiving. Good thing Thanksgiving only comes around once a year. Now we have a few weeks to work off all that we ate before stocking back up during Christmas and New Years.

If you do not have the 8th of December marked on your calendar for the Department Pearl Harbor Rally, now is the time to do so. Department Membership Director Mike has taken a slightly different approach to this years rallies and the American Legion Riders will be hosting or acting master of ceremonies for this one. The program looks to be an exciting and informative one. Hope to see you at Faribault American Legion Post 43 on the 8th.

I saw an interesting post on Facebook the other day. It went something like this. If you are wondering what to get the Veteran in your life for Christmas, how about a membership to The American Legion. I believe that it was Randy Olson from the Soaring Second District that had the posting, very nice Randy. As far as that goes invite any eligible Veteran to your post and give them the gift that keeps on giving. Just remember that you don't have to wait for Christmas to give a membership.

The Department Legacy Ride Committee will be starting up with their planning meetings in January. If you know of a post that would like the Riders to visit on their 2019 Ride please get in touch with myself or Steve "Sully" Sullivan. You do not have to put on a meal to have us stop. A short (1/2 hour "Butt Break") with cookies, soda and ice water will do just fine, donuts are nice too.

Christmas is just a few short weeks away. Now is not the time to start being good if you haven't been good the past eleven months. Hopefully each and everyone of you have been good and will have a Very Merry Christmas and Happy New Year.

Keep the chrome side up and the rubber side down.

Veterans Affairs and Rehabilitation

By
Jeremy Wolfsteller



VA's best kept secret revealed.

Since the 2014 Phoenix VA scandal, the VA has been under scrutiny because of long wait times for veterans trying to access their healthcare appointments. It wasn't until 2017 when Secretary Shulkin was appointed did the VA start to win back the hearts and minds of discouraged veterans across the nation. I believe this happened because of Shulkin's top priority, VA Healthcare Transparency. This happened through a transparency tool veterans could use to compare VA Healthcare Systems to its private sector competitors, (www.accessstocare.va.gov).

Not only did VA's transparency tool allow veterans to compare their wait times to the private sector in their area, it also provided veteran satisfaction within a facility, and comparing a veteran's VA to other VA's across the nation. In 2015 VA also made available a public facing dashboard called SAIL, which compares all VA Hospitals performances amongst each other using 25 quality measures. Strategic Analytics for Improvement and Learning (SAIL) Value Model includes measures like death rate, complications and patient satisfaction. (SAIL)

Although these new additions have been an improvement in customer service, VA hasn't been transparent on all aspects of its health care services. Recently VA's best kept secret had been revealed according to an investigation by USA TODAY and the Globe who exposed care at many VA nursing facilities was worse than at private nursing homes using the Agency's own internal ratings system. The investigation revealed VA data showing that 95 of 133 VA nursing homes – about 71 percent – scored worse than private nursing homes on a majority of quality indicators, such as rates of infection, serious pain and bed sores.

VA's nursing home workload consists of three settings, Community Living Centers (CLC) which are VA owned and operated, community nursing homes which VA contracts with to provide care to veterans in the community and state veterans homes owned and operated by states. There's

an estimated 46,000 senior veterans that reside in VA's nursing homes per day.

In 2013 The Government Accountability Office (GAO) released a report on VA's nursing homes that included the VA's nursing home expenditures were \$4.9 billion across all three VA nursing home settings. VA spent 71% (\$3.5 billion) of its total nursing home expenditures on care provided in CLC's, 16% in state veterans homes (\$784,000,000) and 13% in community nursing homes (\$637,000,000)

The ones in question were the CLCs that are operated directly by the VA. There are seven in our region, none of them received a "one," the lowest score.

USA TODAY and Globe's investigation is directed to VA's owned and operated community living centers (CLC's). VA did respond to these accusations stating that VA has been transparent with star ratings for these nursing homes on VA's Access to Care Website. Although the VA did not address what are the quality measures used and why did the investigation show discrepancies that VA feels weren't accurate?

To understand the complete truth on this subject may never happen, although when a story of this magnitude becomes public, it's Veteran Service Organizations (VSO) like The American Legion that need to take action to ensure the truth does get revealed and if necessary, changes are made.

"Anybody who respects veterans should be angered by this," American Legion National Commander Brett Reistad said. "America's veterans deserve better."

The American Legion is one of VA's strongest supporters but can be its toughest critic at times, it's important for The American Legion to have a working relationship with the VA to help address concerns to ensure the betterment of America's brave men and women who served their country.

If you're interested in seeing if you're eligible for VA's nursing home program, work with your primary care social worker and make sure to do a full review of the nursing facilities they're recommending for you.

Jwolfsteller@mnlegion.org

Minnesota Sons of the American Legion News

Sons of The American Legion

By
Shawn Davis



Happy Holidays. By the time you read this, Thanksgiving will be done. Many will have gathered as family, enjoyed a hearty meal and perhaps fell asleep afterwards. Some went shopping and contributed to the economy. Some had to work for them to do the shopping. I hope you also remembered our service members, who also had to work, to be deployed, to not be with their families. I pray that they are out of harms way, and could enjoy a good meal with their fellow service members. Towards that end Shop, Ship, and Share will have taken place as well. I hope many of you helped out with the postage, gathering contents for the packages, packing them, and getting them ready to mail.

Pearl Harbor Remembrance Day is next. We remember those who lost their lives on that fateful day, and remember how that changed the lives of so many afterwards. Our Membership Rally is on Saturday December 8th in Faribault. I hope to see you there. From the war that followed, the "Greatest Generation" stepped up and made a difference. And made an impact on our organization. For many of us, we get our eligibility through our veteran from that war era. My Grandfather served with the U.S. Navy during WW II. I am a member of the Sons of The American Legion in his memory, and to honor that legacy.

We, the American Legion Family, need to stand tall this time of year to ensure that all our service members are taken care of over the holidays. Whether it is through Shop, Ship, and Share, collecting toys for the children or food for deployed service members families, sharing a meal with a Veteran in your community or any of the things that we do to help the service members, the Veterans, their families, and our communities. Take the time to do the right thing.

Thank you for all you do. Even if it does not get advertised, it is appreciated. And thank you for the support of my projects this year. And as someone much wiser than me once said, it is not the words that are said that matter, but the meaning behind them. Merry Christmas.

Brain Sciences Center unravels health questions

On November 14 at the Lecture of the Brain Science The American Legion handed out two scholarships to two students who were chosen by Doctor Georgopoulos to continue in their education in their Brain Science studies. The lecture that followed was delivered by Brian Engdahl. He is the chairman of the William Anderson endowed chair in the studies of PTSD. The research has found evidence to begin the unraveling and understanding the effects of issues like what has been termed Gulf War illness. The studies show that auto immune deficiency prior to the batteries of immunization given prior to deployments are hampered by these shots and traumatic events and stress compounds the affects leading up to the symptoms of Gulf War illness, Traumatic Brain Injuries and PTSD. In the early stages as they were diagnosing what later was termed GWI they were telling the soldiers that it was just in their heads. Now with the 'Meg' scanner they can see that it really is and where it is and what it looks like. Having this ability it is possible to evaluate and determine the best treatments and gives hope to those who suffer these issues.

Check out brain.umn.edu for more information.

Cdr. Shawn Davis: salshawndavis@gmail.com
Adjutant Doug Bible: saladjmn@gmail.com
Website: www.mnsal.org



Sons of the American Legion Commander Shawn Davis spoke at the Auxiliary session at Fall Conference. Shown are President Jean Walker and Secretary Sandie Deutsch.

ORNAMENTS FOR SALE -- Sons of the American Legion ornaments are now on sale. The cost is \$20 for one or three for \$50. The top ornament shown is a 100th anniversary Minnesota ornament, and the second is Sons ornament, not dated. They can be purchased at department rallies, or through Douglas Bible, 320-252-3864 or email: saladjmn@gmail.com. Cash or check only. Shipping and handling charges will be added for orders shipped.



A lonely road in Korea

Continued from Page 1

he never stops moving. I thought he'd wear me out when I started, but I survived.

Besides keeping up with him, my job was to run to the COs of the other companies or to HQ, either to exchange information or to get orders. I would also run to outposts to bring them information and find out if they were seeing anything.

Usually I had to memorize the messages, and the cold made that difficult at times. It just seemed hard to keep your concentration.

It could be some scary running, especially at night. There were times when I heard those bullets whizzing around me. There were a lot of times that I wasn't running, I was crawling.

We got some down-filled sleeping bags and some of the guys got rubber boots, and that helped. And no matter where we were, we always got plenty of ammunition. Sometimes no food, but plenty of ammo.

As we kept pressing north, we knew the Chinese would be coming at some point. I asked Captain Martin about that, and he said it didn't make any difference if they were North Koreans or Chinamen. It was our job to kick the crap out of the enemy.

Still, when I talked to the other guys, they were a little nervous. We heard the Chinese had, like, millions of troops.

The officers were cautious and slowed us down a lot, and we made sure we had outposts on all the high ground. The worst thing was the cold. It was going below zero every night. Some guys just got frozen feet and had to go back.

We dug in like crazy, but the ground was rocky and it was frozen. It was tough going. We usually had two to a foxhole, and sometimes we'd get into the same sleeping bag.

They told us to change our socks every day, because if they got wet, they'd freeze, and then so would your feet. I kept my spare pair of socks under my shirt next to my belly.

And then it happened. On Nov. 27, and I know that was the right date because it was my birthday, the Chinese attacked.

We were at a place called Yudam-ni, and, of course, the Marine humor was still there trying to make fun of the name. I heard one guy say, "I don't know about Yudam-ni, but my damn knee is frozen." That's about as funny as it gets at 10 below zero with a nasty wind blowing things around.

When they came, it was like hell. They were blowing whistles and bugles, hammering on cymbals and drums. It was just a mess. There were just hundreds, maybe thousands of them, and they were into our perimeter right away.

Captain Martin was everywhere, and mostly I was with him. He moved the men here and the machine guns there, and we were chewing them up pretty good, but, my God, they just kept on coming. Somehow we made it through the night, but we lost a lot of good Marines.

In the morning, we went out and looked at the bodies of the enemy. They weren't all young guys. A lot of them were older. I suppose they could have been World War II veterans. They were on our side then.

In the morning, Captain Martin called for me in his usual way: "Buttttllerrrr! Get your ass over here." He sent me down to HQ to find out what was what. That's where I found out that we had held our ground pretty much, but that the Chinese had severed our supply lines south of us. The orders were for the 5th Marines, who we were fighting side by side with, to try and hold on to Yudam-ni, while the 7th Marines, including Charlie Company, would head south and try to open up that road again. I guess you could say we were surrounded.

The guys loved Captain Martin, and I think he loved them. Their survival was his biggest concern, and the best way to stay alive in battle was to beat the other guy. He never told us what to do, he was always out front, saying, "Follow me." I've seen him standing on a ridge with the bullets zipping around him. He didn't seem to care.

I figured part of my job was to keep him alive. The enemy liked to pick off our officers. Captain Martin didn't wear any insignia or carry binoculars or anything, but you could just tell by the way he moved around and told the men what to do that he was the leader. I was constantly scanning the hills for snipers, and I snapped off a few rounds when I thought I saw a gun barrel gleaming in the distance.

And now I'm just sitting beside him. My leg is all bandaged up where it got ripped open by a Chinese bullet. The first few days, I'd come to see the Captain and they'd kick me out. But I kept coming back. After a while, they just ignored me. I had a chair off to the side by the curtain. I talked to the captain all the time, just like he could hear me, and I think the nurses liked that.

But today they said an evacuation plane was coming in, and they're going to move the captain somewhere. Maybe they're giving up. I know they didn't want to move him before because of his head wound. They kept hoping he'd come out of it, but that hasn't happened. So now, they're going to move him. They don't have much choice because

A Christmas Story



they're going to close this hospital and move it further south.

But I won't give up. I'll just stay on guard until he's gone.

Life is good when you're the hunter, and we were that for a while. Not that this war isn't a terrible business. I've lost three good friends in the last month. And now we are the hunted.

The 7th Marines headed south toward Hagaru, where the Chinese had taken the road, and the 5th Marines stayed behind for a while in Yudam-ni. At the same time word came around that we were heading back to the sea, about 80 miles away. I asked Captain Martin if this was a retreat, but he said, no, we were just advancing in the other direction.

And this was a lot tougher advance. Basically we were strung out on this road, which wasn't much of a road, but it was the only road. The Chinese came at us from the sides, from the hills, from everywhere.

We'd get parachute drops, usually ammunition. We'd use the parachutes at night to help keep warm. We also got blankets from the dead Chinese soldiers.

I remember one drop where we got Tootsie Rolls and fresh baked bread. That was a good drop.

We had C rations, but they and the water were usually frozen solid.

We had it bad, but here in the hospital I've heard of some units that had it much worse. Fox Company got the job of taking the high ground to protect the Toktong Pass, just south of Yadam-ni. They stood off the Reds for four days and five nights, and when they were finally relieved, they only had about 80 guys standing out of 240 that were sent up the hill. They stacked the frozen bodies of the enemy around their position for protection. They named the hill after the company, Fox Hill.

We kept pushing south, through Hagaru and on towards Koto-ri. At one point, the Chinese blew the only bridge over a huge chasm, and we were stuck. But somehow the Marine engineers got a temporary bridge in place by the next day. I don't know how they did it.

It snowed, and then it got cold again. We were just a few miles from Koto-ri and hoping that we could take a day off from the fighting, which seemed like it was constant.

"Buttttllerrrr! Get your ass over here." The captain wanted me to check with the company in front of us to see what they were up against. I made my run and came back with the news that the advance was still pressing on, but there was a hell of a fight going on at someplace called Hill 1081, just outside Koto-ri.

We just kept moving on. Oh, it was cold, but the captain never let us stop. He said we could get a hot meal in Koto-ri. I don't know how he knew that, but it sure was a nice dream, and it kept us going.

They had captured Hill 1081 by the time we got there but the Chinese were not giving up and kept attacking. If they could take back that high ground, the thousands of Marines behind us, strung out on that lonely road, wouldn't have a chance to get into Koto-ri.

Charlie Company pressed on, with Captain Martin always in front, or walking beside us. Up Hill 1081 we trudged and as we headed over that high ground, that's where we got attacked.

It wasn't as big as some of the Chinese units we'd seen, but it was several hundred and they were coming up the side of the hill with their whistles and bugles blowing. Captain Martin got us dug in, best we could in the few minutes we had, and then they were on us.

They were ferocious, but we gave them everything we had. It was all over in about 10 minutes, and the Chinese fell back. We sat there among all the dead, theirs and ours.

We kind of relaxed, and that was our mistake. I was sit-

ting on a rock, reloading my rifle, and the captain was standing a few feet away looking at a map and talking to the radioman.

All of a sudden, one of the Chinese soldiers we thought was dead rose up from the ground and began firing. He was coming right at me. He fired and the bullet hit me in the leg, and I was down. He seemed to have chosen me in particular, because he kept on coming. Now there was only about 10 feet between us, and he looked like a maniac as he aimed that rifle at my head. I knew I was a goner.

Then, out of the corner of my eye, I saw a blur that was Captain Martin. Just as that Chinese soldier was about to squeeze off the round with my name on it, the captain launched himself between me and the enemy. At the same time, the enemy snapped off that final shot that would have put me at St. Peter's Gate.

But the bullet never arrived. I opened my eyes, although I don't remember shutting them, and Captain Martin was stretched out at my feet. Blood was streaming from a wound on the side of head. His helmet was gone.

The rest is just fragments of my memory now. I remember a corpsman putting a tourniquet on my leg and poking me with some morphine. I remember another corpsman bending over the captain and saying that he was still breathing. And then I remember waking up in the hospital.

And now I'm here at his side. They say they're going to move him in a few minutes. I don't think anyone supposes he'll survive the move, or probably it's too late already.

The nurse just changed his bandage for the last time, and the wound still looks terrible. And then she left, and I was alone with Captain Martin.

I had a lot I wanted to tell him, and only a few minutes to do it. "Captain Martin," I said. "I know you can hear me. This is Corporal Butler. I just want to tell you that the company really misses you."

"And I want to tell you that I miss you. Captain Martin, you've just got to make it. Do you know what you did Captain Martin? You saved my life. You took the bullet that was meant for me. And now I'm sitting here healing, and you're not."

"Captain Martin, I know you can hear me. Please wake up. Please wake up. It's Christmas Day, and this would be a really good day for you to wake up. Oh, please wake up."

When I wasn't talking to Captain Morgan, I was talking to God. I think I promised him anything if he would wake up the captain.

I put my head in my hands, and for the first time on that vigil, I started to weep. I tried not to cry out loud, but the tears were streaming down my face. I had finally reached that breaking point.

And then I heard it.

"Buttttllerrrrrr!" It wasn't loud, only a whisper in fact. But the voice was unmistakable. I looked up, and Captain Martin was looking right at me. His eyes were open and he had a little smile on his lips.

He tried talking, choked a little, and then tried again. "Butler," he rasped, "get your ass over here." And now the smile was there in full.

I made my way to his bed, wincing as I put weight on that bad leg, but my heart was soaring with joy. I looked down at him.

All I could think to say was, "Merry Christmas, sir."

This is for all the men and women who served in Korea, the Forgotten War, and to all the men and women serving everywhere in the world this holiday season.

SPOTTING ARTILLERY ON OKINAWA

By Al Zdon

When Wally Haider turned 17, he wanted to join the Marines. His best friend also wanted to go in, and they wanted to join the service together.

There was one problem: Wally's father.

"My brother was already in a German prisoner of war camp, and my other brother was in the Navy. He was on a ship that was torpedoed twice. I was the last child. My dad wouldn't sign the release."

In order to join the Marines at age 17, a parent had to sign off. Haider kept working on his dad.

"It took a month of convincing. I told him I'd be back in a month with a chest full of medals. He finally signed. I didn't come home for 30 months."

Walter G. Haider grew up in the Rice Street neighborhood of St. Paul, and he remembers it as a nice place for a kid. His mother had died when he was five years old, and his dad worked at the railroad.

Haider attended Mechanic Arts High School and had his heart set on being an architect. He still has some of the drawings he made when he was a student.

"There were nine guys I hung out with and we did everything together."

In September, 1943, one of those buddies, Ray, who was a year older and eligible for the draft, told Haider that they should go down and see the Marine recruiter together. "He said he wanted to be a Marine and he didn't want to get drafted."

The two went through training together and then Haider went off to artillery school. The friend became a rifleman.

Haider was trained to be a spotter, the guy who is a mile or so in front of the big guns calling back the coordinates to the gunners. "I don't know why they picked me. Maybe because I showed some aptitude for math."

He was transported across the Pacific on the aircraft carrier USS Wasp, one of 3,000 replacement Marines. The ship stopped in Hawaii and then continued west. His first duty was on the tiny atoll in the Marshall Islands named Majuro. The U.S. had taken the island, unopposed, in January, 1944.

Next stop was Eniwetok, another atoll in the Marshalls, which was attacked and secured by the U.S. a month in February. "We were just security forces in case the Japs decided to come back. Eniwetok was just one big sand dune."

Then it was back to Hawaii where he got his permanent assignment to the 2nd Marine Division.

The division, after being refitted, headed west again, this time to the Marianas where it participated in the battles of Saipan and Tinian. "Every place I went to was a little bit closer to Japan."

The 2nd Marines almost participated at Iwo Jima, but their role was to fake an attack on the north end of the island while the real attack took place in the center of the island. "We got in the landing craft behind the smoke screen and started heading inland. The Japanese opened up on us with those big 88s they had, and we turned around and went back to the ships."

The idea was that the division would land later at Iwo,

but Haider said it was judged that they weren't necessary.

At Okinawa, Haider's artillery unit was assigned to the Second Battalion, 10th Marine Regiment. This time Haider saw plenty of action.

"Before we got on the ships, they'd never tell us where we're going. Once we're on our way, though, they told us it was Okinawa. We said, 'Okay, where the hell is that?' All we knew for sure was that we were getting closer to Japan again."

On the transport, because they were artillerymen, they were assigned to man the five-inch guns on the Navy ship.

They also went through training about what to expect at Okinawa. "They told us there were four kinds of poisonous snakes. It turned out, though, that the Japanese Army had put a bounty on the snakes, and they were pretty much eradicated by the time we got there."

The Marines were happy to see that their transport ship was in the middle of the armada headed for Okinawa, which they supposed would provide them some protection from the constant Kamikaze attacks.

"I was on watch one morning at 4 a.m., and I had just been relieved and I went down to the mess hall. We usually had plenty of butter for our toast, and I was just commenting to my buddy that there wasn't much butter that morning when the kamikaze hit us.

"It just threw us across the mess deck. We stumbled to our feet and we were all wet. The ship was thundering like it was going to go down.

"It wasn't until 20 years later that I found out that the plane had caused a lot of damage, but the bomb the plane

Just getting to the battle was difficult for Wally Haider of St. Paul.

Twice, while on his way to fight at Okinawa with the 2nd Marine Division, kamikaze planes came after his ship.

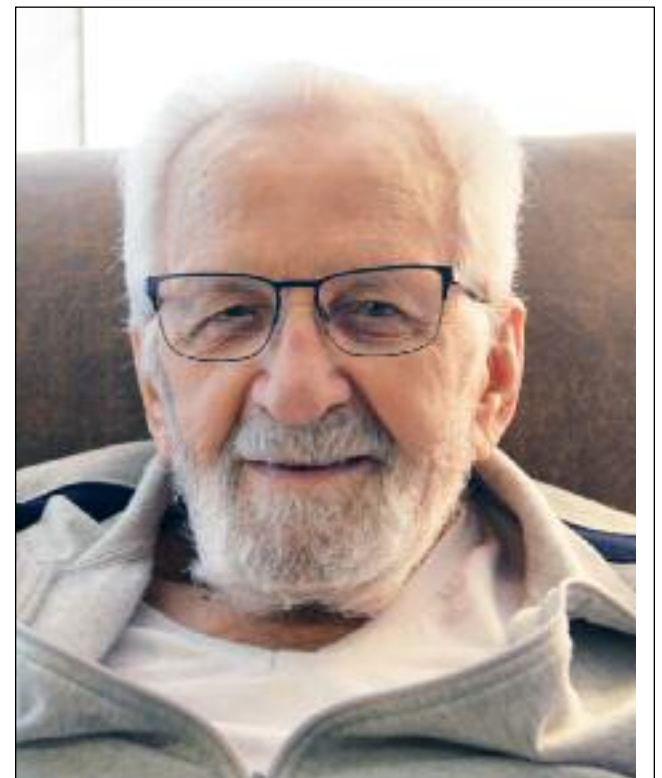


was carrying didn't go off. If it had gone off, it would have just blown us up. We were carrying a lot of munitions. I know I wouldn't be sitting here talking to you right now."

The men were transferred to an LST, which now had too many Marines on board. "We would only go below for a meal, the rest of the time we spent up on deck. We slept on



WALLY HAIDER
during World War II



WALLY HAIDER
At home in Golden Valley

the deck.”

Not long afterward, the kamikazes came again. “The sirens went off and we all watched as the kamikaze headed straight for us. It was coming across the water, and we all knew our time was up. But then it was like the hand of God lifted that plane and it flew over our fantail and hit the ship on the other side of us.”

After that, Haider said, the Navy sent an escort carrier to provide some air support against the suicide bombers.

The assault ship joined a huge fleet of ships lying off the Okinawa landing area.

“When we were waiting to land, the hospital ship was next to us. We saw about a thousand stretcher cases go aboard the hospital ship. I said to my buddy, ‘Hey, look where we’re going.’”

The battery had started at Camp Pendleton in training with 75 millimeter guns. “Those were good for learning, and on the small islands, but now we were using 105 millimeter guns.”

“In practice, we would put some stakes in the ground and then the spotters would direct the guns. The number two gun, for which I was the spotter, would fire and then the whole battery would fire. Once they had the target zeroed in, we’d go two clicks up, one down and then a half click up. They called that zone fire, and we’d cover a lot of ground.”

In combat, of course, there were no stakes.

Haider would be up with the assault troops at the front. “I’d try to get a Marine squad around me when I was spotting. They could protect me. The guy doing the spotting had to use all his time and attention to getting the coordinates right and didn’t have time to see who was shooting at him. A squad had 13 guys including three BAR men and they used a lot ammunition. They were great guys.

“I also had a Navajo talker with me. I’d set up my tripod and use the instrument to determine the range, give the coordinates to the Navajo and he’d radio it back to another Navajo back by the guns.”

One of the jobs of the artillery was to send shells into the caves occupied by Japanese troops. “But sometimes, that just didn’t work. Then two Marines would have to go up to either side of the cave and each throw in five pounds of TNT. They tossed it and got the hell out of there.”

Another weapon was a special shell that would embed itself into the coral rock before it would explode.

Haider didn’t escape Okinawa unscathed. His legs are dotted with scars. He was reluctant to talk about it but he did allow it was a mortar that did most of the damage and that he was sent back to an aid station to be bandaged up.

“In the Marine Corps, they say that if you lose an arm or a leg, that’s a good reason to get a Purple Heart. I lost some pieces of meat, but I never got a Purple Heart.”

He said he experienced plenty of bullets whizzing by him. “But none of them had my name on them, or even ‘to whom it may concern.’”

He said the scariest weapon the Japanese had was a 40 millimeter mortar. “You could just see that son of a bee coming at you, tumbling through the air. It really packed a wallop.”

The island was secured in June, 1945, and then it was back to Saipan to practice for the next mission: the invasion of Japan.

“The Marines have regulations about tents if you’re going to be in them for a long time. They have to be 18 inches off the ground and there has to be ditching around them to protect you from the rain.

“We were there for several months getting ready for Japan and our tents were on the ground. That was pretty miserable.”

But in August, the United States dropped two atomic bombs on Hiroshima and Nagasaki and the war came to an abrupt halt.

“They were going to send about 50 of us to the Nagasaki area to be military policemen. I don’t know how they picked those guys, but I got selected.”

The men were stationed in an area not far from where the bomb had leveled part of Nagasaki, and part of their job was to watch over the Army intelligence people who had been sent there to gather information about the aftermath of the atomic bomb.

“We walked all over Nagasaki about a month after the bomb, and we didn’t have any protective clothing or anything. Nobody said it was dangerous.”

The MPs would have to go to the train station to ride to wherever their assignment was that day. “As soon as we got on the platform, the Japanese civilians would move away from us and keep bowing. We told our interpreter to tell them that we meant them no harm, but they had undergone years of indoctrination telling them that if the Americans ever came to Japan all they would do is rape and kill. The people were scared of us, and no matter what we told them they’d just keep bowing and moving away.”

Haider and some of his comrades were invited to the local police chief’s house one night for dinner. “After dinner, he said he was going to bring out the geisha girls. We were all looking at each other. Wow, geisha girls. But it turned out that they were just dancing girls and nothing



While training, probably on Saipan, Haider’s artillery crew posed for a photo. Haider is in the middle, in back.



With cap askew, Haider enjoys some free time in Hawaii.



A young Marine in the Pacific.



Back in the states, Haider had an official portrait done in full uniform.



On occupation duty in Japan, Haider served as a military policeman.



Haider’s unit of military policemen posed outside their barracks near Nagasaki, Japan.

else.”

One of the MPs' jobs was to protect American occupation troops from the houses of ill repute that sprang up after the war to service the troops. "We could tell from the radio traffic when the officer of the day was coming to a particular establishment, and we'd warn the Americans to get out.

"One day we had gone through a bordello and warned everybody, and a little later the OOD showed up and we had to take him through it. We went from room to room, and, of course nobody was there. Then I opened a closet, and there was one of my buddies. I whispered to him, 'I just told you to get out of here.' And he said, 'I thought I had more time.' I just slammed the door and said, 'Nobody here.'"

Haider served six months in the occupation force and was sent home. "They put us on a Dutch ship, and they warned us that Dutch ships were dirty. Boy was that the truth."

He was discharged from the Marines in April 1946 in Chicago. "They gave me a train ticket to St. Paul, and then I took a streetcar to my sister's house. I hadn't communicated with anyone for about a month, and they just went nuts when they saw me."

All three brothers made it home safe. Haider found out that his buddy, Ray, who had talked him into joining the Corps, had never actually made it to the fighting. "He got rheumatic fever and they sent him back to the states. He spent the war fighting the battle of the bars. But we were still good buddies afterwards."

Haider said he spent a few months enjoying life and planning his future. He finally enrolled at the University of Minnesota in architecture school, but the opening class disillusioned him. "There were so many students in those days, they would just herd us into a huge hall and the professor would do the class over the loud speaker. That didn't seem right."

Instead, Haider went to night school to learn finance and got a job with Marshall-Wells Hardware Co. When they were absorbed by Coast to Coast Hardware, Haider went on to be a regional manager. He retired in 1993, but went back to work for a marketing firm and finally retired for good in 1999.

He and his wife, Cathy, had two sons. Cathy died seven years ago.

A few years ago, he and his two brothers joined up for an Honor Flight to Washington D.C. where they met Sen. Bob Dole.



Haider's father received this notification from the Marine Corps that his son had enlisted.



At a recreational spot called the Owl Bar, Haider, second from right, and his buddies celebrate a night off.

Dr. Georgopoulos

Continued from Page 1

thetic limbs.

Eventually, Minnesota was chosen. "For my wife and me, it was a new adventure. It was a lot like going out to the Wild West."

The new Brain Sciences Center was only a concept. "It was an opportunity to start something totally from scratch," Georgopoulos said. "We had a blank slate."

He paid tribute to Robert McDivitt, who is now director of the VA Midwest Health Care Network, and Tom Mullan, who was director of the Minneapolis VA for key help at that time.

"It was moment to moment, day to day trying to implement our ideas. It taught me how to make things happen."

The annual American Legion and University of Minnesota Brain Sciences Lecture was inaugurated two years later. "We've had the best in the world give the lectures, including two Nobel Prize recipients."

In the late 90s, Sen. Pete Domenici, R-New Mexico, was seeking ways to put federal money into studying the brain. Georgopoulos was one of those on a panel charged with what would be the best way to achieve real results. Georgopoulos, who had worked with magnetoencephalography at Johns Hopkins and knew the machine had tremendous potential for brain study, recommended buying MEGs, which cost several million dollars each, for researchers.

Domenici got his grant, and one day Georgopoulos got a letter saying that Minnesota, along with Harvard and the University of New Mexico, had been chosen to receive MEGs. "We hadn't even applied."

The arrival of the super brain scanner began a new era at the Brain Sciences Center. "It was a dream. It started work in all kinds of things."

The MEG, with its ability to detect minute magnetic changes in the brain, could see brain activity. "There are 100 billion cells in the brain, and it's the interaction that's important. It's how cells talk to each other to create a move-

ment."

Through the years, the Brain Sciences Center has done research on PTSD, a condition suffered by many veterans, along with research on Alzheimer's, Parkinson's, alcoholism and other brain diseases.

With the MEG, the researchers at the center have been able to definitively see PTSD in the brain.

"We have been doing a lot of things, some bigger than others. We have done things that are very fundamental, and maybe not flashy."

Published examples of the research done with the MEG and other devices put the Brain Sciences Center on the map worldwide for innovative research.

A regret, he said, is that the VA medical system has never tried to apply the MEG research, particularly on PTSD, in a clinical setting.

As the years have gone by, the center has changed. "But we'll always be veteran-centric with benefits to the rest of humanity."

Over the years, Georgopoulos, who is now a Regents Professor at the University, has had job offers from Harvard, Yale, and his old employers Johns Hopkins. But in every instance, he has stayed in Minneapolis. "Looking back, if I had gone anywhere else, we couldn't have made all of this happen."

At the present time, the Brain Sciences Center has shifted gears again. Two major focuses these days are Gulf War Illness and the Minnesota Women's Healthy Brain Aging Project.

Georgopoulos said the center is shifting to biology to study Gulf War Illness. "Our studies of PTSD have shown that it's not a psychological problem, but a biological disorder."

Research has shown that it's likely GWI, which affects over 30 percent of Gulf veterans, can be blamed on the heavy array of vaccinations the troops received before going overseas.

Biological research, Georgopoulos said, has shown that some veterans may be lacking certain genes that could fend off the damage done by the vaccinations. It's possible that

antibodies can fight the effects and bring healing to some veterans.

The research has also shown that the GWI could make the brain more vulnerable to PTSD. It has been shown that Gulf War veterans have a high rate of PTSD.

The aging project, under the supervision of Dr. Lisa James at the center, is studying how parts of a gene can affect the shrinkage of the volume of the brain in older people.

Georgopoulos said he has no intention of retiring. "There's always something new. It's exciting, and I don't want to leave anything unfinished."



AWARD WINNERS -- Two research assistants at the Brain Sciences center were the recipients of the American Legion Family Brain Sciences Award for 2018. The two will receive \$1,000 each. From left: Eric Scuto, Don Thorpe, and Brain Sciences Foundation President Gary Olson, presenting the award at the annual Brain Science lecture. Scuto is studying the neurobiological functions of Gulf War Illness. Thorpe is studying the brain mechanisms of mild traumatic brain injury.

Dr. Engdahl

Continued from Page 1

heart. Treating the condition sometimes led to an addiction to morphine.

In World War I, it was often called "shell shock." In World War two it was called "battle fatigue."

"Some scientists think that the human body is actually wired to get PTSD," Engdahl said. "It can make you very vigilant, more careful going forward. Mother Nature doesn't care if you're comfortable, only that you survive and have children."

Engdahl said the condition wasn't officially recognized by scientists until 1952, when it was called a "gross stress reaction" by the American Psychiatric Association.

Through the years, more symptoms were recognized, but it wasn't until 1980 that the PTSD label was applied.

PTSD has been difficult to define because of its varied symptoms, and also because it often is combined with other problems such as alcoholism. Some standard definitions, though, include persistent painful memories which can be set off by triggers in life, hyperarousal and fear, and withdrawal from society.

There are certain factors that seem to cause PTSD in some including lack of social support, general life stress, poverty, a history of sexual abuse, low intelligence, mental disorders that run in a family, and gender.

Women are twice as likely to get PTSD as men.

Engdahl said in the 1970s when service people were coming back from the Vietnam War, it was just considered a normal reaction to a trauma. "You were told you should just get over it."

By 1980, as the research built a case for the disorder, The American Legion and the Disabled American Veterans fought to have Congress recognize PTSD as something the VA should treat, and it finally was.

A study of prisoners of war showed some interesting results, he said. Prisoners of Germany in World War II only showed about a 42 percent chance of getting PTSD, while prisoners of the Japanese, where camp conditions were much more harsh, developed PTSD at about an 82 percent rate.

PTSD, of course, does not just affect the military. "If trauma is severe and prolonged, most of us will develop PTSD."

As for treatment, Engdahl said providers "are trundling along."

He urged those who want to know about the efficacy of various treatments to go to the VA website.

Engdahl talked about how the Brain Sciences Center at the VA was a project of the Minnesota American Legion. "They went at it, and raised a million dollars. That was matched by the University of Minnesota."

One of the primary tools used by the center is a MEG (magnetoencephalography) scanner. "It's a concept that developed from anti-submarine warfare. The military wanted to be able to detect very faint magnetic signals at great distances."

The scanner has 248 sensors that look for magnetic activity in the brain, with such activity revealing communication in the brain. "All brain functions can be explained by communication."

He showed how scans can reveal such things as PTSD. "You subtract the normal brain functions, and what's left is what's wrong with the brain." The MEG can be used with other scanning devices, and PTSD can actually be mapped to certain areas of the brain. "When analyzed properly, we can see PTSD with great clarity."

In particular, there's an area in the right side of the brain, not far from the ear, that is a key "bio-marker" for PTSD.

The Brain Sciences Center has been recognized internationally for this research.

Research is also ongoing for Gulf War Illness. "The Gulf War in 1991 was considered a perfect war because it only lasted for 100 hours and we won. Yet, 30 percent of the veterans coming home reported symptoms of Gulf War Illness."

Recent research has shown that the huge amounts of vaccinations given by the U.S. to soldiers heading overseas may be a fundamental cause of GWI. Some soldiers, depending on their anti-immune systems, were more susceptible to the vaccinations having long-term adverse effects.

Additional research is being aimed at what can be done for people who have just experienced a major trauma in their lives. An injection of hydrocortisone has been shown to have a positive effect.

Engdahl thanked the Legion for getting the Brain Sciences Center started.



ERIC KALER
University President
introduced Brain Science
annual lecture

Origins of the Brain Sciences Center

Continued from Page 1

hero. Bradley saw that the Veterans Administration, which he led after the war, was not up to the task of taking care of the nation's veterans and he developed the university-VA connection.

The University of Minnesota and the VA have had a working relationship since 1948.

Another thread in the story, Ludwig said, was the fact that the Minnesota American Legion had successfully established a Heart Research Chair at the "U" in the early 1950s. Another half million dollars was raised in the 1970s.

In the mid-80s, Dr. Dick McGraw had an idea. "He was a World War II veteran, and a Legionnaire. He had this vision about a brain science professorship."

McGraw came to the Legion to see if they'd be willing to take on the project: Raise a million dollars to establish a brain science chair at the university.

"Nobody was opposed to the concept," Ludwig said. "But everyone was a little nervous about the million dollars."

An ad hoc committee was formed with Dick Saccoman from Pengilly as the chair and reports were brought back to the Department Executive Committee during 1985. Ludwig, who had been First District commander, was on the committee.

"I found it interesting, but the money really scared me."

At the Department Convention in 1986, the program was adopted in principal, but the committee was told to come back with concrete plans on how the money was to be raised.

Saccoman died, and George Ashwood of Minneapolis became the chairman. "It was the only time I ever lobbied to get on a committee, but I asked the incoming Commander Bud Redepening if I could be on the Brain Science committee."

Ludwig's wish was granted, and the project moved ahead under Ashwood. And then Ashwood died of a heart attack.

Redepening named Ludwig as the new chairman.

"We came to the Fall Conference that year, to the Executive Committee, to present the final plan. I was sicker than a dog."

"Dan Foley made the motion to approve, and provided the leadership to support the project. If he hadn't done that, it might have died right there."

Then the real planning began. A non-profit organization was created, and a committee of six Legionnaires and three Auxiliary members was named.

"Starting in January 1987, we met every two or three weeks at Sauk Rapids. We'd meet from six p.m. until midnight most times, and everybody was at every meeting. By

the end of six months, we had the mission, the details, the awards, an honorary board, everything. It was a whole lot of good work."

Ludwig said the plan was so thorough, it never had to be retooled along the way. The only part of the plan that wasn't used was a contingency to go to corporations and other outside parties to complete the funding. The Legion Family raised every penny.

"I remember five different times during that year where we had meetings where over \$100,000 was raised. It came in big chunks and in little donations from individuals."

In January 1989, the Minnesota Legion held its annual Blizzard Rally at Rosetown Post. "And that particular night, there actually was a blizzard. And so we had no one there from the west or the north."

The committee had raised \$950,000 by that time. "We had \$30,000 come in that night, including \$10,000 from the Richfield Post. But before I could even announce the total, the commander from Richfield got the floor and asked how much short we were. I said \$20,000. He came up to the podium and wrote out a check for \$20,000. It brought Richfield's total contribution to \$70,000.

"It was exciting times, I'll tell you."

Nothing happened for a time, and finally the University announced that it had formed a search committee to pick the new American Legion Brain Science Chair.

Ludwig was named to the committee in an advisory role.

Five finalists were chosen. "The discussion in the search committee was very heated. It damn near scared me."

In the end, a young researcher from Greece who had worked at Johns Hopkins for ten years was picked. Dr. Apostolos Georgopoulos has held the chair ever since.

"I didn't have a vote, but Dr. Georgeopoulos impressed the hell out of me. He was both competent and confident. But he didn't have a big ego."

Ludwig also paid tribute to two others in those early years, Dr. Neil Gault and Gordon Starr. "Gault and McGraw went to all kinds of Legion functions and talked about this vision. They got people fired up about it."

"And after every meeting, we'd have a to-do list, and that's what Gordon Starr did. He was like the 10th member of the committee."

Ludwig looks back at those days fondly. "I always tell people that whatever I've done in my life for the Legion — including being national commander — or for mankind, the Brain Science program was my finest hour.

"What we were doing at the time was still a mystery. We understood very little about the brain in those days. But we knew that whatever good we accomplished, it would be good. There was no qualification to that."

First burial held at Duluth vets cemetery

Minnesota's newest State Veterans Cemetery held its first interment this Veterans Day, honoring a Minnesota Veteran who dedicated his life to service. Surrounded by family and close friends, Durbin M. Keeney Jr. was laid to rest Sunday afternoon with full military honors at the Minnesota State Veterans Cemetery - Duluth.

"This Cemetery will expand burial services to the more than 32,000 Veterans who live in Northern Minnesota and Northwest Wisconsin. Often, burial is the only benefit our Veterans claim," said Larry Shellito, Minnesota Department of Veterans Affairs Commissioner. "Durbin Keeney was a remarkable Veteran who not only served this country through the U.S. Air Force, but continued to serve in so many ways. He was instrumental in the opening of this Cemetery, and we will never forget his contributions to the Minnesota Veterans community."

Keeney enlisted in the U.S. Air Force in 1969. He met

his his future wife, Diane, while stationed in Duluth, and left for Vietnam in May of 1970. He served in Bien Hoa with the 3rd Security Military Police Unit. Keeney and Diane were married when he returned home, in 1971. Although honorably discharged from military service in 1973, he continued serving.

Keeney passed away May 4, 2014. His wife, Diane, said she was honored to have her husband's ashes be the first placed in the columbarium at the new Cemetery.

The addition of the Duluth State Veterans Cemetery in Minnesota is part of a nationwide campaign by the National Cemetery Administration to provide burial within 75 miles of a Veteran's home.

The closest VA national cemetery to this site is the Fort Snelling National Cemetery in Minneapolis, Minn., which is approximately 160 miles away. The closest state cemetery is 90 miles away.

Legion membership chart for November 21, 2018								
District	2019 Goal	Total 2018	Total 2019	Months Gain	Total Posts	Goal Posts	% Of Goal	
District 1	8,553	8,495	6,206	243	58	0	72.56%	6,965
District 2	6,793	6,709	5,228	139	84	0	76.96%	5,616
District 3	11,262	11,197	8,597	221	65	0	76.34%	9,035
District 4	2,281	2,263	1,708	30	18	0	74.88%	1,821
District 5	2,340	2,318	1,714	43	22	0	73.25%	1,759
District 6	11,342	11,271	8,751	139	71	0	77.16%	9,316
District 7	6,089	6,013	4,704	169	76	0	77.25%	4,966
District 8	3,998	3,958	2,937	77	40	0	73.46%	3,205
District 9	6,482	6,417	4,707	175	65	0	72.62%	5,117
District 10	9,539	9,485	6,975	257	54	0	73.12%	7,710
District 11	2,009	2,084	1,426	37	2	0	70.98%	1,608
Totals	70,688	70,210	52,953	1,530	555	0	74.91%	57,118
								Same Date Last Year

District Commanders

FIRST DISTRICT

Gary Miller
Commander



Holiday greetings from the First District;

All the Fall Conferences are over, next is the Pearl Harbor Car Caravan Membership Rally in Faribault. Dec. 8th, Post 43. Starting at 11:00 am.

Veterans Day was again on the weekend (Sunday). My Post went to the two schools in Eyota on Friday I helped out where I could. Some went Monday and some Posts had membership dinners. Now Saturday I went to the Marine Corps birthday at the Rochester VFW, even got on TV (Chanel 6). Sunday at my church they honored all the veterans and EMT's and Firemen also, and we got in the St. Charles paper for that one. Matter of fact the St. Charles paper put our school programs and membership dinner in their paper also.

Now. That's the key word right now. Membership the in the whole state is behind in the total numbers (1st as well). We need to get out there and be pounding on doors, getting those that haven't paid before the first of the year so that no one loses any benefits. Yes, you're at risk of that more than you know.

If your Post or District is having a Christmas Party invite a new (or old) member and most of all invite their families because that is what we are is family.

You should all be full of turkey by now (I'll just leave it at that) and getting ready for the next holidays.

But during this season remember those Troops still serving at home or away from home on the Holidays. See if you can help the family's of those left behind....open your hearts to everyone.

Happy holidays to you all.

SECOND DISTRICT

Cindy Brunk
Commander



Hello American Legion Family Members,

A big thank you to all of you that honored our veterans on November 11th. It's the date recognized by so many of us. Taking time to remember our veterans is what we want to do and should. All your efforts in whatever you did shows you care, in showing our appreciation and saying thank you. Thank you veterans.

Thank you to all of you that made the Fall Conference in Marshall. If you were not there you missed a good one. Our new Commander Redepenning is setting the bar. I'm asking everyone to do something to make this the best year ever for being a part of The American Legion.

Not all of us can do everything but everyone of us can do something. Paying your dues is a good first move, plus going to post meetings, getting active in the post, the district, and community. Thank you so much.

Upcoming events: December 1st, 10 a.m. Membership Rally, Lambertton. December 8th, 1 p.m. Pearl Harbor Rally, Faribault Post 43. December 12th & 19th, 2:30 p.m. Luverne Veterans Home Christmas Party. January 11-12th Mid-Winter Conference, Briceyn. Thank you to Lake Wilson Post for hosting the November Membership Rally and to Duane Mabon from the Luverne Veterans Home for his presentation.

Mark Coney funeral will be January 5th, 10:30 am, St Catherine Catholic Church, Luverne. Thank you for all contributions to my projects to the Luverne Veterans Home and Legionville.

Thank you for your service to our country.

Wishing all of you a very merry Christmas and happy new year. Please remember Legion family members mobilized, family members that have lost loved ones, our members in nursing homes and are alone. Thank you.

THIRD DISTRICT

Carla Tappainer
Commander



Greetings Thundering Third.

I hope everyone had a wonderful Thanksgiving. I for one enjoyed every bit of it except for the extra five pounds that come with this particular holiday. Spending time with friends and family is the best. Of course, the shopping that happens on Black Friday is also great. Now we are on to Christmas and that actually is my favorite holiday of all.

We can reflect on all that has happened this last year and make plans for next year. I encourage everyone to spend time at our local veteran's homes and maybe adopt a veteran for Christmas. Remember, it is not all about gifts. They want to know that they are not forgotten, and that we care about them. Please stop by to visit them.

I want to encourage everyone to seek out our younger veterans and teach them what it means to belong to the American Legion. If we do not teach them, they will not join. It's not just about getting a membership, we need to get them and their families involved. Remember, our Veterans are our future and we will not survive if we can't get the younger veterans involved.

Always remember.....

"Christmas is the occasion to thank all the soldiers of our country who live and die for the nation... May you all be blessed with strength, love and joy.

Merry Christmas to you.

FOURTH DISTRICT

Lane Stunkel
Commander



Greetings Fabulous 4th District.

To all of the members of the Fabulous 4th - thank you. As of Bulletin 21, the 4th District dropped to 5th place. Let's keep it going. Let's work hard to retain our current membership and to find new members. Post Commanders and Adjutants, and Post Membership Officer please reach out to your District Vice Commander, Mickey or myself for assistance, we all are here to help each Post make 100%.

Keep these dates in mind:

Pearl Harbor Rally - December 8th, Faribault American Legion.

4th District RCCC - December 12th, Arcade Phalen hosted by North End Post 474, Jon Lovald from MAC-V will be our guest speaker, joining us will be our friends Jewish War Veterans.

Mid-Winter Conference - Arcade Phalen (4th and 5th District's Family) January 5th doors open at 8 a.m., conference starts at 9. We have some great speakers lined up for the day including some of our American Legion Graduates.

In January I will start looking for Outstanding Enlisted Soldiers from the Guard and Reserve Units, if you know of a soldier that is in the Guards or Reserves please let me know. Four out of the last five years the 4th District had at least 1 winner, let's see if we can provide the names of outstanding enlisted service members to the National Security / Foreign Relations Committee; please help me find the next winner or winners.

To all of you who helped with Shop Ship & Share - thank you for another successful event.

I wish all of the members of the 4th District a Very Merry Christmas and a Happy New Year.

God bless each and every one of you of the 4th District American Legion Family and please keep our ailing members in your prayers. Thank You ALL for everything you do in your Post and Community, and all of the Volunteer work you do. God bless America. Still Serving America

FIFTH DISTRICT

Joe Bayer
Commander



Greetings Fighting Fifth.

We had an information table at Home Depot on 'Veterans Day' and had positive response from both employees and customers. Thank you to all of the volunteers who helped with the membership revitalization held at Minneapolis/Richfield Post 435 in November. We appreciate all of your efforts.

The holidays are here now and our attention turns to family and friends. Don't forget about our 'Legion Family' and our goals and our programs for this year. Shop, ship and share at the Maplewood Mall is a phenomenal program. I think the 4th District shows what camaraderie is as we share the joy of helping our fellow veterans deployed both home and abroad.

I hope to see many of you at our next membership rally in Faribault. Don't forget there is a combined midwinter with the 4th District at Arcade/Phalen Post 577, on January 5. Doors open at 8, and the program starts at 9 a.m. The St. Paul Grand Day Winter Carnival Parade on January 26 is also a great time to show your patriotism and have a good time with friends. Our next 5th District meeting is December 4th at Wold Chamberlain Post 99 at 7:30 pm. Merry Christmas and a Happy New Year.

SIXTH DISTRICT

Richard Cross
Commander



Hi Legion family

It's been a very busy month between post visits and pheasant dinners. President Sharon and I have been on the move across the 6th District. We recently were invited to

the Leech Lake Post 2001, for their meeting and later to the tribal pow wow at the Walker Casino. It was an honor to attend the events. The pow wow was a special spiritual celebration, honoring the heritage of their culture and, combined with honoring the veterans, it was something to see.

Again, as usual, it is the slow time for membership, but we must keep the membership coming in. We must strive to get the all-time high plus (+) one member from each post. The legion is losing members faster than we can get them in, so keep up the good work.

Remember, membership is everybody's job. May God Bless the veteran.

EIGHTH DISTRICT

Wilbur Swanson
Commander



Hello out there in the Eighth District.

I want to thank those who attended the 8th/10th workshop and I hope we all got something out of the presentations. Our Commander, Darrel Redepenning, gave a good talk and our Membership Director, Mike Maxa, did a great job. I would like to extend appreciation to both for their dedication and hard work. I appreciate Paul and the 10th District members who attended. If only we could all work half as hard to promote The American Legion.

Membership is moving along, but we do need to keep working to keep it going. New members are the key to our survival in the future. We look forward to another 100 years of working for the good of all veterans.

Since it is the Christmas season, I want to wish everyone in the Legion family the very best Christmas and Happy New Year. As a reminder, the 8th District is having its mid-winter meeting January 26, in Hibbing. It will be held at the Servicemen's Quarters, Memorial Building, 9 a.m. I encourage all who can to attend.

God bless the Legion family and the USA.

NINTH DISTRICT

Arlo Rude
Commander



Greetings.

Happy holidays. May you enjoy the holidays with family and friends. Remember all the women and men who are stationed around the world and will be away from home for the holidays. Keep them in your thoughts and prayers.

We are a month away from the start of 2019. A New Year's resolution to look for veterans who are not members of The American Legion and offer membership is a worthy goal.

The membership is declining. All the benefits and rights that we receive as veterans has been gained by past members. It is our turn to guard and improve veterans' lives. The veterans who are not members now will have this responsibility in the future. Membership now will give future members the orientation to and knowledge of the needs in the future of veterans and the contacts to help provide veterans their needs and benefits.

Happy New Year. For God and Country.

VA clinic expanded at Brainerd facility

The VA Clinic in Brainerd has added new services as the result of a recent physical expansion.

The physical expansion provided the space to develop full service, on-site audiology and optometry services that were previously available on a limited basis or at the Medical Center in St. Cloud. The enlarged clinic provides additional space to serve the growing number of Veterans seeking care at the Brainerd VA Clinic.

The expansion added 3,900 square feet to the clinic, increasing gross square footage to just over 20,000 square feet. Included in the expansion are:

- An audiology booth with an exam suite. Audiology services were previously provided by the mobile audiology van, which visited two weeks per month. The expansion allows us to conduct 40-50 audiology exams per week (instead of 40-50 exams per month using the van). Exams, cerumen removal, hearing aid fittings, and hearing aid repairs can now be obtained at the clinic.

- Two fully equipped Optometry exam rooms and another room designated for auxiliary optometry testing including a visual field, optical coherence tomographer and retinal camera. This expansion allows us to conduct 70 optometry appointments per week, and Veterans are now able to obtain their eyeglasses at the clinic.

Listening Post

News from around the State



MILLVILLE VALLEY HONORS MEMBERS -- Millville Valley Post 579 honored longtime members. From left: Dick Grobe, Dallas Adams, Leonard Van Houten, Francis Appel and Commander Don Sexton.



FLAG RETIREMENT AT BREWSTER -- Posts from Round Lake, Dundee, Brewster, Ellsworth, Adrian, Heron Lake, Okabena and Worthington participated in the Nobles County Council flag retirement ceremony.



EAGAN MEMORIAL SERVICE -- Eagan Post 594 conducted a memorial service marking the anniversary of the 9/11 attacks. The post's color guard and the Eagan Fire Department participated. Post Commander John Flynn emceed the event.



WOODBURY RETIRES DEBT -- Dick Krumm, chair of the Woodbury Lions Memorial Council, presented the final payment for the Woodbury Lions Veterans Memorial to Mayor Mary Guiliani Stephens. The check was for \$29,999. Woodbury Post 501 was part of the council.



FALLDIN DONATES SUPPLIES -- Falldin Post 555 delivered school supplies to Valley View Elementary School in Columbia Heights. Presenting were Commander Donovan Ortel and Adjutant Ray Eiden. Accepting was Principal Edward Fellows.



FAIRMONT FLAG DONATION -- Fairmont Post 36 recently donated 15 American flags to St. John Vianney Catholic School for display in each of the classrooms. Accepting were Principal Sara Striemer and first graders Elin Scheppman and Isaiah Cuellar.



LAKE CITY RETIRES FLAGS -- Lake City Post 110 and VFW Post 8729 conducted a joint flag retirement ceremony at the VFW Post. Boy and Girl Scouts helped out with the ceremony.



BAGLEY MEMORIAL -- In October, Bagley Post 16 had a special memorial service for its namesake, Irvin Blix. It was held at Lake Lomand, where Dennis Henkemeyer placed a memorial. It was 100 years exactly since Blix died at sea during World War I.



ASHBY HONORS TEAM -- Ashby Post and SAL 357 honored the Babe Ruth state champions and families with a dinner. Each player got a jacket.



BACKUS BREAKFAST CREW -- Backus Auxiliary wound up their breakfast season in October. The breakfasts are served from March through October twice a month. Proceeds went to veterans overseas and to a host of other projects. From left: Janine Thaler, Judy Johnston, Deb Winn, Larry Whalen, Bill Taylor, Marty Whalen, Coordinator Lynne Gagnon, Helen and Bill Dobson.



The Auxiliary Bulletin

No. 19-5

President Jean Walker

December 2018

Secretary Sandie Deutsch

Department Headquarters, Veterans Service Building, St. Paul, MN 55155 651-224-7634

The President's Column

By
Jean Walker



As we start with another holiday season, I hope everyone had a Happy Thanksgiving with family and friends. It is just hard to believe that December is here already.

I would like to personally thank Robin Dorf for all of her Monday membership quotes. I always look forward to see what she will come up with next. Just remember that membership is everyone's job. If we work together along with our membership team we will accomplish our goal. So keep those positive thoughts and remember one member at a time.

November was a busy month for me with all my travels. Started with a supper at my home post in Warren. It was an Auxiliary meeting and my unit invited Units from Oslo, Alvarado, Euclid and Argyle. It was a great time to visit with our members. Then onto Veterans Day Dinners at the Osseo Post and the New London Post. The food and fellowship was fabulous. I was honored to be asked to speak and thank our veterans for their service. I would like to thank Mary Kuperus for taking my husband John and I to the 20th Annual Veterans Day observance in Willmar before the supper in New London. It is a display of so much memorabilia from the past: uniforms; tents were set up as they were in the war and how our veterans survived the conditions and so much more. It is something to see if you are in the area next year. I also attended the State of Minnesota Veterans Day event at the Veterans Memorial Community Center in Inver Grove Heights. I had the honor to sit next to our Department Commander Darrel for the ceremony. The program was Honoring All Who Served and WWI 100 years. It was an awesome experience: The speakers; the band; and a POW/MIA hot air balloon was on display. My family attended as well and they said it was a very memorable experience. My last stop was at the North Star Manor in Warren where I had the privilege of presenting the Veteran's Day speech.

I would like to thank the Posts and Units for their great hospitality and also for the donations I have been receiving thus far for my project. I just can't say thank you enough for what you all do for our veterans every day.

In December, I am looking forward to attending some of the Gift Shops and of course visiting more Units in my travels. I also have a Pheasant Dinner in Fergus Falls on my calendar. If I did not make it to your events I am sorry. But when the invites come in, I accept as they come in basis. So priority goes to the first invite.

I am looking forward to seeing everyone at the Pearl Harbor Membership Rally in Faribault. We will see our membership grow one member at a time and hopefully we will have a caravan full of memberships this year.

As I close, I would like to wish our American Legion Family a very Merry Christmas and a Happy New Year. If you are traveling, safe travels. Keep our Military and their families in your prayers.

"Veterans Are Our Stars and Our Heroes."

Cookbooks still for sale

To everyone, we still have a supply of our 100th Anniversary of the American Legion Auxiliary cookbooks available. What a wonderful Christmas gift this would make. Just give us a call at the Department Office and we can get them shipped out to you the same day. They are \$25.00 a book plus \$6.00 shipping and handling. We also have a new supply of our Auxiliary emblem magnets on hand. This is a great gift to give new members as you sign them up.

Girls State info going out in the January/February mailing

Information needed to reserve a place for your Girls State citizen(s) for the 2019 session of the American Legion Auxiliary Minnesota Girls State will be included in the January/February Unit mailing. Please make sure and go through all the information. The Committee has made some very exciting and positive changes to this year's session! It will include an American Legion Auxiliary Minnesota Girls State informational brochure, a cover letter from the American Legion Auxiliary Minnesota Girls State Chairman and a reservation form. After the department office receives your reservation form and your registration check of \$300.00 per girl, a packet will be sent to the Unit. This packet will include a set of registration forms for each girl you will be sponsoring. It will include the enrollment card, information sheet, pledge, brochure, dress code, order form for the polo shirts, etc. The packet will be sent to the person who signs the reservation form. The registration materials must be returned to the department office on or before May 1. If you have any questions, please contact the department office. This year the Girls State week will be held at Bethel College in St. Paul.

PRESIDENT'S PROJECTS

Our Department President Jean Walker, has chosen as her President's Project, to collect \$25,000.00 in donations to create Patriot's Park at the Minnesota Veterans Home Fergus Falls. It will have benches, bushes and vines growing over the Pergolas, a dock and a monument with matching granite benches. The monument will have 3 soldiers and the motto: No One Left Behind, with the emblems of all the branches of service. The reason for the short dock is for maintenance of the pond, plus the recreational staff plan to do remote boat races with the Veterans. This will be a place for our Veterans to go with their families and friends. Any additional fund will be split between the other 4 Veterans Homes (Hastings, Minneapolis, Luverne and Silver Bay for their recreational fund. Please support this very worthwhile project for our veterans.

MEMBERSHIP

Our big push is to get everyone off the proverbial goose egg. We still have 22 Units not having turned in membership – please make sure and get your dues paid. We need to catch up over 2,000 memberships to get ahead of last year. Why not for a Christmas present to the Department office – get all the membership you can collected before January 1. Remember we have a rally in Faribault on December 8 – make Department Secretary Sandie have to work real hard with lots to count.

If your Post is donating funds from their gambling accounts, please make sure they make the checks payable to the American Legion Foundation, Fund 83. If they aren't written out that way, we have to return the checks and have them reissued. We can really use some donations in the Gift Shop category. We want to make sure this is a memorable Christmas for our Veterans and their families.

POPPY CONTEST WINNERS

Chairman Shaaron Barnes has submitted the following Poppy Contest Winners at Fall Conference – keep in mind ALL entries were winners:

Veterans Autobiography/Photo: 1st Place – Karla Minnick, Unit 545, District 7; 2nd Place – Wanda Seidler – Unit 545, District 7; 3rd Place – Jean Pederson – Unit 24, District 9; Peoples Choice – Karla Minnick, Unit 545, District 7.

Veterans Scarf: 1st Place – Pat Kieffer, Unit 29, District 7; 2nd Place – Pam Gades – Unit 29, District 7; Peoples Choice – Pat Kieffer, Unit 29, District 7

Shaaron thanks everyone for participating. She can't find the name of the individual who won 3rd place for the Veterans Scarf. If you were awarded that place, please contact the Department Office so you can get the recognition you deserve in the next issue.

POPPY POSTER CONTEST

Please encourage your schools to participate in the Poppy Poster Contest. There are classes for all grades. All of the rules will be in the January/February Unit Mailing included in the Trophy and Awards packet. All of this information is also on our website mnala.org. This is a great way to teach our youth all about the Poppy, our Memorial Flower. Being sponsor of the contest we must get into our schools and promote this wonderful contest. We have many very talented children in our schools. In the past few years entries have been dwindling. Make an effort to boost this great program.

MERRY CHRISTMAS

The Department Staff, Sandie, Jan and Julie want to wish each and every one of you a very Merry Christmas and Happy New Year. This has been an outstanding year here – we are so happy to help you all with your needs and thank you for everything you do for us.

GIFT SHOP DISTRIBUTION DAY

There is a correction from the November issue of the Legionnaire. The Gift Shop Chairman this year is Linda Deschene and her committee member is Mary French. Apologies to both.

Here is a reminder of the Gift Shop Dates:

Fargo VAMC - December 3 & 6
Fergus Falls Veterans Home - December 10
Hastings Veterans Home - December 6
Luverne Veterans Home - December 13
Minneapolis Veterans Home - December 5 & 6
Minneapolis VAMC - December 4 & 5
Silver Bay Veterans Home - December 13
Sioux Falls VAMC - December 10
St. Cloud VAMC - November 26-28

SECRETARY SANDIE'S NOTES

Sometimes it is hard to write down feelings. Another year is closing and a brand new one is about to start. It's hard to believe I am in my eighth year trying to give all of you the best assistance I can. I remember my first day of work – the MSP airport to go to Indianapolis for a President/Secretary conference. There is one individual that I must recognize as he made me feel so welcome and has become a true friend. That is Ray DeZurik who was the NEC for Minnesota at the time. I had no idea what my job was or where my desk was in St. Paul. Ray sat with me and welcomed me and offered all his support. To both Ray and Patty – love you to the moon and back. That was my first impression of the American Legion Family and has only grown 1000% since then. As you are reading this our family Christmas will be in the history books. Don't ever forget family and friends are everything – cherish each and every moment you have. Again, something that has already occurred is our annual Montgomery American Legion Thanksgiving Tom and Jerry/Bloody Mary morning. I work every year but this year I was awarded the title of "Celebrity Bartender" as Chester Retka had to retire. Of course the number one celebrity is none other than Steve "Vrzy" Vrzal, wouldn't be the same without him. I am kind of thinking the manager just gave me the title because there was nobody else that wanted to work that hard. Thanks Manager Shorty!

From Shorty and myself we want to wish you a very Merry, Blessed Christmas and a Happy, Prosperous New Year. Make sure and remember those less fortunate, especially this time of year.

Upcoming Notable Dates:

December 8 – Pearl Harbor Rally – Faribault Post 43
December 11 – Articles for the January/February Unit Mailing
December 24 & 25 – Department Office Closed for Christmas
December 31 & Jan 1 – Department office Closed for New Year.

December is VA&R Month for Auxiliary

The Veterans Affairs and Rehabilitation program promotes our mission to enhance the lives of veterans, military and their families.

Becoming a Veterans Affairs Voluntary Service volunteer (also referred to as a VAVS volunteer) is a fulfilling way to accomplish the mission of the American Legion Auxiliary. Our VA Health Care Systems and Veterans Homes need you! We recently held our VA Health Care System (VAHCS) and Veterans Home Representatives meeting and the Reps agree that they all need more volunteers. If you have a few hours each week, or each month, that you could become a regularly scheduled volunteer, please reach out to these Auxiliary members and they will connect you with the facility Voluntary Services Coordinator who will facilitate the training required and obtain the authorization for you to become an American Legion Auxiliary VAVS volunteer and work regularly with our veterans. All members should familiarize yourself with the ALA Guide for Volunteers. This can be downloaded directly from our National website: www.alaforveterans.org/Programs/Veterans-Affairs-Rehabilitation.

We are grateful for the many American Legion Auxiliary members who sew items for our VA facilities. These are items such as bibs, wheelchair bags, laundry bags, heart pillows, neck pillows, and quilts. Before delivering items, please contact the ALA Representative to find out if they need what you have sewn. Our storage areas are very limited so they can only take items that they specifically need at their location. The sewing list & patterns have been updated. Some of the items listed in previous years are no longer used. Be sure to check the Unit mailing for the new information.

The only facility that can accept used clothing is the Hastings Veterans Home. Donations to the other facilities must be NEW clothing items. Again, call and check with the Rep before you go shopping so you buy and donate the items that are needed there.

Veterans homelessness is a focus of the ALA. The numbers are growing at a dramatic pace. Regardless of the reason for their situation, we need to help our veterans. Connect with Minnesota's Homeless Veterans Coordinators at the Minneapolis and St. Cloud VAHCS (find them at www.va.gov) to find out where your assistance is needed.

Participate in the VA Project CHALLENGE for Veterans (Community Homelessness Assessment, Local Education and Networking Groups) which was organized to enhance the care for homeless veterans provided by your local VA and its surrounding community service organizations.

Carry telephone numbers for the Minnesota Assistance Council for Veterans and for the Eagle's Healing Nest so you have referrals at your fingertips for veterans in need.

Our Christmas Gift Shop programs are underway at the 5 veterans homes in Minnesota and the 4 VAHCS facilities that the Department of Minnesota ALA serves. Please contact the home or hospital ALA representative to see how you can volunteer and help to make the holidays a bit brighter for our veterans.

Be sure that if your Unit chooses to make a monetary donation to any of our VA facilities that you send that donation to the Department Office, not directly to the facility. This is the only way that the American Legion Auxiliary can record and accumulate our impact.

Speaking of our impact, I have some amazing facts that were learned during the National convention. Each hour volunteered in the ALA VAVS program is equal to \$24.14 per hour or \$236 million! There are 66,844 active VAVS volunteers throughout the US and they have contributed 9.78 million hours of service which is equal to 5,205 full-time equivalents. In addition, ALA Units have contributed \$314 million dollars of in-kind donations. Simply amazing numbers!

The American Legion Auxiliary is mission focused and our Veterans Affairs and Rehabilitation program is impacting veterans every day. Thank you for the role you play to make it happen!

Patti Coleman
VA&R Chairman, 2018-2019



FALL CONFERENCE WALK -- Seventh District made their entrance at the Fall Conference as Jessica Lange, Bruce Willis and Jamie Lee Curtis, also known as Mary Kuperus, Dean Knutson and Pam Gades.



SISTERS HELPING SISTERS -- From left: Sunny Dauphin, 2017-2018 5th District President and Laura Wendt Unit 251 three-time Past Unit President.

My son Stuart Laniel, a member of Westphal SAL had been visiting some friends one night, and they were telling him about a bell they had found and were going to scrap it. He asked if he could see it and said "no you are not, my mom belongs to the Auxiliary and would want it or know who it belongs to". It was so old he knew that it had to be a real treasure. He took it to The Legion and it was shown to Kathy Gustafson, the Auxiliary President, who took it home to polish it. I looked up the Unit number and said they were from Burnsville or Bloomington. In the meantime Kathy reached out to Laura Wendt, another Westphal member who said she would contact the 5th District President from Richfield. My son was so happy it was home where it belonged and the right people got it back.

-- Diane Laniel



CELEBRATION -- Waite Park Unit 428 recently held a Celebration of Service honoring its female veterans and members with 50+ years of membership. One family, the Curtis family, has seven members with an accumulated membership of 380 years.

7th District report

Always try to be a little kinder than necessary." - J. M. Barrie

Fall Conference at Marshall was a highlight for me so far this year. What a wonderful conference. Kudos to the Marshall Unit and Department of Minnesota, and all the volunteers who put the conference together, and to everyone who attended and participated in the Silent Auction, Poppy Contests, Program Posters, Friday Night Red Carpet event, Hospitality Night, and the meeting, of course.

As Christmas approaches, let us take care of our local area Veterans, Active Military and their families, and youth in our communities. There are many good programs and events scheduled this month, across the state.

Merry Christmas to All the Heroes, written by Songwriter, Glenn Boudreau:

<https://goo.gl/e3GFZx>

Thank you for your service.

-- Pam Gades, President, 7th District



MARIETTA HONOR -- Dorothy Redepenning (center) received a 70-year certificate and a patriotic corsage from Marietta American Legion Auxiliary President Cathy Harstad (left) and Membership Chairman Tiny Engebretson (right) during their annual membership supper Saturday, Oct. 20.

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Help for veterans and families

Nov. 21, 2018, Auxiliary Membership

District	Goal	Membership To Date	Percent of Goal	Membership Last Year 11/22/17
One	4,907	2,723	55.49%	3,232
Two	4,924	3,073	62.41%	3,281
Three	4,422	2,741	61.99%	2,952
Four	720	435	60.42%	460
Five	788	380	48.27%	447
Six	6,042	3,926	64.98%	4,039
Seven	3,934	2,267	57.63%	2,503
Eight	1,628	839	51.54%	1,012
Nine	4,344	2,638	60.73%	2,883
Ten	5,129	2,696	52.56%	3,021
1982	160	113	70.63%	108
Totals	36,998	21,831	59.01%	23,938



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PASSPORT REQUIRED

Savannah

March 29-April 6, 2019

Tour Includes:

- 4 Seasons Vacations Tour Director, Cindy Peterson
- 7 nights accommodations
- Deluxe motor coach transportation
- 11 Meals: 7 Breakfast, 2 Lunches, 2 Dinners
- St. Louis Arch & Museum
- Gospel Dinner Cruise
- Historic tours of Savannah
- Jimmy Carter Library and Museum
- Opryland Hotel
- Luggage Handling for one suitcase per person
- The Golden Isles (Jekyll Island and St Simons)

\$1,599.00 Per Person Double Occupancy

Panama Canal

February 28- March 17, 2019

Tour Includes:

- Services of 4 Seasons Tour Director, Larry Alvey
- Round trip air from Minneapolis to Ft. Lauderdale and return for Los Angeles to Minneapolis on Delta Airlines.
- All transfers to and from the airport, hotel and pier
- 1 pre-cruise night in Minneapolis
- 1 pre-cruise night in Ft. Lauderdale
- 15 Day Cruise on the CORAL PRINCESS
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- Visiting 8 ports of call including Ft. Lauderdale and Los Angeles
- Onboard ship gratuities

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New York Your Way

June 25-29, 2019

Tour Includes:

- 4 Seasons Tour Manager, Larry Alvey
- Delta Airlines flights, MSP to New York City
- Transfers
- Hotel in Times Square
- Lunch at VIRGIL'S BBQ

2,599.00 per person double occupancy

San Antonio Riverwalk

February 11-18, 2019

Tour Includes:

- 4-Seasons Vacation Tour Escort Linda Andersen
- 7 nights accommodations
- Deluxe motor coach transportation
- 12 meals: 7 breakfasts, 3 lunch, 2 dinners
- Luggage handling for 1 suitcase per person
- Oklahoma City National Memorial
- Magnolia Market at the Silos in Waco, TX
- Riverwalk district for shopping and dining
- San Fernando Cathedral "The Sagu" music and light show
- Private tour of the Alamo
- San Antonio history tour at lunch at the Historic Menger Hotel
- Riverwalk boat tour
- LBJ Ranch "The Texas Whitehouse"
- Sixth floor Museum at Dealey Plaza in Dallas, TX

\$1,399.00 per person double occupancy

Monuments of Washington D.C.

May 17-21, 2019

Tour Includes:

- 4 Seasons Tour Director, Tammi Honey
- Round trip Delta Airlines flights Minneapolis to Washington D.C.
- 4 nights accommodations in the Washington D.C. area
- Evening Guided Memorial and Monuments Tours
- 4 Breakfasts, 4 Dinners
- Train ride through Arlington National Cemetery
- Admission to George Washington's Mount Vernon Estate and Garden
- Two full-day guided tours of Washington D.C.
- WWII Memorial, Capitol Hill, Embassy Row, the Korean War, Vietnam Memorial, the Vietnam Veterans Memorial, the Smithsonian, Martin Luther King Jr. Memorial, and much more!

\$1,649.00 Per Person Double Occupancy

Heart of Alaska

July 11-18, 2019

Tour Includes:

- 4 Seasons Tour Manager, Tammi Honey
- Round trip Delta flights between Minneapolis & Anchorage
- 13 Meals (including an Alaska Salmon Bake)
- Mitered Trail Headquarters
- Denali National Park Natural History Tour
- Riverboat Discovery Cruise
- Chena Indian Village
- Travel the Alaska Railroad between Talkeetna & Denali National Park
- sled Dog Demonstration
- Pan for gold at the Gold Dredge #8
- Prince William Sound Cruise
- Meares Glacier
- Luggage handling for one suitcase per person

\$3,500.00 Range

The Best of Italy

September 17-28, 2019

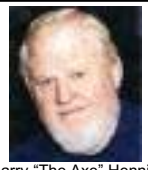
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- 4 Seasons Tour Director, Tammi Honey
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- Local expert guides all along the way in 11 magical cities
- VIP access to must see sights and headsets throughout the tour
- Transportation included deluxe motor coach, private boat rides in Venice (optional gondola serenade), jetfoil boat, busicular railway, open top taxi and boat cruise in Capri

\$5,399.00 Per Person Double Occupancy

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